



## LOW-ENERGY GAME

### Filled With God's Strength

[10 min]

#### Supplies

- uninflated balloons (1 per child)
- 12-ounce cups (3 per child)
- upbeat music (optional)
- music player (optional)
- timer (optional)

#### Use Balloons to Move Cups

Say: **We're discovering that God is strong, and we're strong in him. That means God's strength can fill us and make us so much stronger than we are with just our own strength. I have a game that'll give us a picture of that.**

- Form pairs. Give each pair six cups and each person an uninflated balloon.
- Pairs will set up their cups in a line, and the goal will be to move the first five cups so they're stacked inside the last cup.
- Kids can't touch the cups with their hands. The only thing they can use to move the cups is the balloon.
- Allow pairs to line up their cups on the floor and try to figure out how to lift the cups using only the balloons.
- Kids may figure out that they can slightly inflate the balloon while it's dangling inside the cup so they can then use the balloon to lift the cup, move it over the final cup, and then let the air out of the balloon so the cup lands inside the final cup.
- If after a few minutes kids haven't figured out the solution, you can show them what to do and then allow teammates to take turns using their balloons to move their cups into a nesting stack.
- If you have a timer, challenge kids to beat their own times in a second round.
- If you'd like, play upbeat music while kids play.

#### Talk About It

- Ask:
- **Why couldn't the uninflated balloons move the cups?**
  - **How did you give the balloons the power to move the cups?**

Say: **You filled the balloons with air from your lungs, and then the balloons could do something they couldn't do on their own. That gives us a fun picture of what happens when God fills us with his power—we can do things we couldn't do on our own! God is strong, and we're strong in him.**

**TALK-ABOUT VIDEO**  
**Gracie's Story**

[10 min]

**Supplies**

- "Gracie's Story" teaching video

**Discuss and Watch "Gracie's Story"**

Say: **We're learning that God is strong, and we're strong in him. Let's find out how God gave a girl named Gracie strength.**

Watch "Gracie's Story."

Ask: • **Why did Gracie need strength from God?**

• **Gracie felt insecure about her arm. Why do we need God's strength when we feel sad or insecure?**

• **How did you see God's strength in Gracie?**

• **Gracie said, "I don't have to be strong all the time; he will be strong for me." What do you think of that?**

Say: **Gracie was different than other kids, and she has some limitations. She was a little insecure and embarrassed about being different for a while. But God gave her strength, and she helps pass on God's strength by teaching children. Gracie knows she can't always be strong on her own, but that God is strong, and we're strong in him.**



## DEEPER BIBLE

### How Can I Fight an Enemy I Can't See?

[15 min]

#### Supplies

- Bibles
- paper
- pencils
- "Sword of the Spirit" handout (1 per child)

#### Set It Up

Say: **Let me reread a verse from our Bible story.**

Read Ephesians 6:12.

Ask: • **How would you fight an enemy you *could* see in a face-to-face battle?**

Say: **Maybe you've seen war movies or played battle-themed video games and you can picture how to fight an enemy. But this verse says we're fighting against enemies of the unseen world—enemies we can't even see! How can we fight an enemy we can't see? Let's dig in to that.**

#### Prepare for Battle

Say: **First, let's consider your battlefield. Draw a map that shows places you go on a regular basis. That might include your home, a friend's house, school, the park, church, and a sports field.**

Distribute paper and pencils, and allow time for kids to draw.

Say: **Now let's see what else the Bible has to say about fighting an enemy we can't see. First of all, let's find out more about our military commander.**

Read Ephesians 1:21-22.

Say: **On your map, draw something that shows how God has authority over any unseen enemy that tries to hurt you in each place.** Allow time. If kids aren't sure what to draw, suggest marking a #1 in a heart over each place.

Ask: • **How does it help you to know that God is stronger than your enemy?**

Say: **Our Bible story said that God's Word is our sword. That means when we learn verses from the Bible, we don't just do it to earn rewards. We need to do it so when our unseen enemy lies to us, we can declare the truth from the Bible!**

Distribute a "Sword of the Spirit" handout to each child.

Say: **Pick one verse to learn this week. Write that verse along the streets of your map.** Allow time for kids to select a verse and write it.

Say: **Right after the Bible talks about wearing the armor of God, it tells us this.** Read Ephesians 6:18.

Say: **Part of our battle plan is to pray and stay alert! Prayer is just talking to God like we would talk to a friend. Write a one-sentence prayer about each place on your map, right in front of the place.** Allow time.

Say: **Another important part of our battle plan is to resist temptation. That's easier said than done, right? But good news! God is strong, and we're strong in him. He even gives us a way to get out of temptation!**

Read 1 Corinthians 10:12-13. Have kids add a symbol to each place on the map that demonstrates resisting temptation. For example, kids could draw a circle with a line through it, then write the reference "1 Corinthians 10:12-13" underneath it.

Say: **There's one more important part of our battle plan: Don't go it alone. You're in an army!**

Read 1 Peter 5:7-9.

Say: **Other Christians are going through the same battles you are, so talk to each other! Pray for each other! Let's try that right now. Find a partner and talk about some of the battles you face at the places on your map. It might be temptations, self-doubts, or other struggles. Then pray for your partner.**

Allow time.

### Wrap Up

Say: **All this talk about fighting an enemy you can't see might sound scary, but here's good news: Even though we're fighting, we already know how the battle ends. God wins! God is strong, and we're strong in him. In fact, let me read how the Bible describes you.**

Read Romans 8:37.

Say: **Jesus beat Satan when Jesus died on the cross and came back to life. That's great news! And because of that, we have overwhelming victory. All the things we talked about in our battle plan are about staying close to God. When we remember he's already won, when we turn to him for strength when we're tempted, when we pray and read his Word, and when we rely on the support of other Christians, we're staying close to God. Let's remember that the victory is ours!**

Have kids fold their battle plans and write on the outside: "Jesus won."  
Kids can take their battle plans home and look at them when they need a reminder of the victory they have in Jesus.



## LIFE APPLICATION WRAP-UP

### Stand Firm

[5 min]

#### Supplies

- Bible

#### Stand and Pray

Read Ephesians 6:13.

Say: **God is strong, and we're strong in him. He gives us the strength to stand firm in battle. Let's practice standing firm as we pray.**

- Have kids stand, planting their feet firmly and posing like a warrior (whatever that means to them).
- Allow time for willing kids to pray aloud for strength.

#### Wrap Up

Pray: **God, thank you that we're strong in you! Help us put on your armor and stand firm. In Jesus' name, amen.**



## ACTIVITY PAGES WITH A POINT

### Strong Armor

[10 min]

#### Supplies

- “God's Armor Gives Us Strength” Activity Page (1 per reader)
- pencils
- crayons
- aluminum foil
- glue sticks

#### Older Kids: Do an Activity Page

Say: **God is strong. And when we wear God's armor, we're strong, too! Let's put on our armor as we fill in this puzzle.**

Distribute the activity pages and pencils. Kids will fill in the word puzzle.

Ask: • **How did you know where each piece of armor went in the puzzle?**

• **How do you know which piece of God's armor you need in a real-life situation?** Run through specific examples, such as asking kids when they might need peace or righteousness.

Say: **God is strong, and we're strong in him. He gives us a strong faith, righteousness, peace, salvation, and more!**

ANSWER KEY:



**Younger Kids: Color a Coloring Page**

Distribute the coloring pages and crayons. Say: **God is strong, and we're strong when we wear his armor. Let's put his armor on this soldier!**

Allow time for kids to color and to glue torn pieces of foil onto their coloring pages.