

GO DEEPER

BOTTOM LINE

WHEN WE ARE UNDER PRESSURE, GOD IS WORTHY

MEMORY VERSE

But we have this treasure in jars of clay to show that this all-surpassing power is from God and not from us. We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed.
2 Corinthians 4:7-9 (NIV)

DAILY DEVOTIONS

DAY 1: GOD IS WORTHY TO WORSHIP

READ - Judges 6:1-24

When Gideon saw the food he brought out consumed by fire, he realized he was speaking to the Angel of the Lord who speaks for God Himself! Gideon was reminded of God's power and control when in His presence and he was moved to build an altar of worship. Worship is more than just singing songs. Anything we do can be worship for God if we are doing it to bring Him glory. What are some ways you can worship God? **Remember: When we are under the pressure, God is worthy!**

DAY 2: GOD IS WORTHY TO TRUST

READ - Judges 6:36-40, Matthew 4:7

God told Gideon that he would be used to deliver the Israelites. Gideon did not trust God right away and asked for proof that what God was saying was true. God doesn't have to prove to us that He is trustworthy, but He did show Gideon that he could trust Him. Jesus reminds us that we do not need to test God. Where in your life do you want to trust God more? At school, at home, with your friends, with your future, or something else? **Remember: When we are under pressure, God is worthy!**

DAY 3: GOD IS WORTHY TO OBEY

READ - Judges 7:1-8, Judges 8:10

Okay, so, you are getting ready to face an army of at least 135,000 men and God tells you to send home all but 300 of your soldiers! YIKES!! Gideon sent home a total of 31,700 soldiers! Gideon showed extreme obedience because he had learned God is worthy. Do you believe God is worthy to obey? We obey God by following His Word and by obeying the parents and other trusted adults He has placed in our lives. Ask God to help you obey Him today. **Remember: When we are under pressure, God is worthy!**

DAY 4: GOD IS WORTHY TO FOLLOW

READ - Judges 7:9-25

Imagine you are one of the 300 men in Gideon's army getting ready to face an army of 135,000+ men. God gives Gideon directions to follow. You are hoping Gideon gives you a big sword. Instead, he hands you a trumpet, a torch and a clay jar. Not what you were expecting, right? There are times that there is no way for us to understand God's plans, but God is worthy to be followed and His plans are best! Gideon followed God's directions and the Israelites won the battle! **Remember: When we are under pressure, God is worthy!**

DAY 5: GOD IS WORTHY TO PRAISE

READ - Revelation 4:11, Psalm 66

God is the one true God. For that alone He is worthy to be praised. But He is also our Creator. He is loving, forgiving, kind, and so much more! Make a list from A-Z of some the ways God is worthy of praise. Start with 'A' and think of a word or phrase that describes God like, "All Powerful". Then repeat for every letter in the alphabet. How many things can you praise God for? **Remember: When we are under pressure, God is worthy!**



WRING THE FLEECE

Materials: "Sheep Skin" or Wash Cloth, Large Bowl with Water, Smaller Bowl, Timer

Play a game of "Wring the Fleece":

To play as a competition: Split into two teams (teams can be made up of one or more people). Give each team a small washcloth as fleece. For each group, place one large bowl of water beside one small empty bowl. When you signal teams to begin, each team should use the cloth and dip it into the big bowl and then squeeze the water out into the small bowl. If playing with more than one person on a team pass the cloth to the next person to have a turn. If playing one on one, continue to put the cloth back in the large bowl and squeeze the water into the small bowl as fast as you can. Teams continue until one team's small bowl is full of water.

To play solo: Grab your timer, a wash cloth and place one large bowl of water beside one small empty bowl. When you are ready, start the timer. Use the cloth and dip it into the big bowl and then squeeze the water out into the small bowl. Continue to put the cloth back in the large bowl and squeeze the water into the small bowl as fast as you can. When the small bowl is full of water, stop your timer! See how fast you can fill the small bowl. Play again and see if you can fill your bowl even faster!

To make this game more active, play outside and place the small bowl 10 feet away from the large bowl. Run back and forth between the bowls to fill the small bowl! Remember: God called Gideon to be a judge over Israel. He used the fleece to prove His calling. How should we respond to God's calling? We should obey God and trust Him to help us.



ACT IT OUT

Materials: Paper, Brown Paper Bag, Red & Orange Tissue Paper, Tape, Kazoo, 4th of July Poppers

Have some fun acting out the story of Gideon. Imagine you are one of the soldiers. You don't have a weapon but you know God is worthy! You can be strong, brave, and fight for the Lord!

1. Make your torch:
 - Take a piece of orange and red tissue paper and tape them to the inside of the lunch bag (leaving them sticking out of the top).
 - Twist and squeeze the bottom part of the paper sack to create the handle of the torch.
2. Set up your tents:
 - Fold your pieces of paper in half.
 - Place the folded pieces of paper around your yard to represent the tents of the Midianites.
3. Read and Act Out: Judges 7:19-21
 - When it says they "blew their trumpets" hum on your kazoo.
 - When it says they "smashed the jars" throw down the poppers.
 - Then shout out, "A sword for the Lord and for Gideon!"



WORSHIP FRAME

Materials: ½ Sheet of Paper, Whole Sheet of Paper

When we truly know God and consider His goodness in our lives, we can worship Him with all we are and with all we have. We're going to go out of our way to praise Him for what He's done for us and how good He is. He is worthy. Look at some Bible verses that talk about how God is worthy of worship. 1 Chronicles 16:9; 2 Chronicles 5:13; Psalm 100:1-3

Is there a verse that stood out to you? Spend a few minutes in silence talking to God about it. You might thank Him for being worthy of worship or tell Him that you love Him.

Then write the verse that stood out to you on the half sheet of paper. Create your own frame using the larger piece of paper cutting out the center or by taping the smaller paper on top. Decorate the edges of your frame with any design you would like! While you work you can put on some worship music. Check out our playlist at: www.tinyurl.com/brkidsplaylist