

**GO DEEPER**

**SPECIAL WORDS**

**WHEN WE ARE UNDER PRESSURE**

**(PRESS PALMS TOGETHER AND RUB BACK & FORTH)**

**GOD IS OUR STRENGTH**

**(MAKE A "MUSCLE" POSE)**

**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: SET APART**

*READ - Judges 13:1-5*

Draw two identical pictures, but change a few details on one of the pictures. See if your child can spot the difference! In God's Word today, you heard about a man named Samson and that God wanted him to live a little different from other people. God gave Samson special directions to follow. God wants us to look different too and He gives us special directions to follow in His Word, the Bible! When we follow God's directions He is our strength! **Remember: When we are under pressure, God is our strength!**

**DAY 2: GOD'S STRENGTH IS FOREVER**

*READ - Isaiah 40:27-31*

Have your child go outside and sprint across the yard and back. How do you feel after all that running? I bet you feel tired! Did you know that God never gets tired? God's Word says that God is strong and powerful, He even created the world! God gives us His strength when we trust in Him. Whether we feel scared, sad, lonely, or angry, God will give us His strength - He will help us through when we want to give up! **Remember: When we are under pressure, God is our strength!**

**DAY 3: GOD IS OUR STRENGTH**

*READ - Judges 14:5-6, Ephesians 3:16*

Can you roar like a lion? Great job! What would you do if you saw a lion in your backyard? One day, Samson saw a lion in a vineyard. The lion suddenly roared and attacked Samson! God did not let the lion overcome Samson - He gave Samson His strength, and Samson won the fight with the lion with his bare hands! God gave Samson strength. **Remember: When we are under pressure, God is our strength!**

**DAY 4: STRENGTH IN OUR WEAKNESS**

*READ - Judges 16:26-30, 2 Corinthians 12:9-10*

At the end of Samson's life, he was blind and really weak. His enemies, the Philistine people, were making fun of him! But even though he was weak, Samson asked God for help and God gave Him the strength to make his enemies' building fall down! Our weaknesses aren't a problem for God. He wants us to remember to always ask Him for help! **Remember: When we are under pressure, God is our strength!**

**DAY 5: SHARING STRENGTH**

*READ - Romans 15:1-2, 2 Corinthians 1:3-7*

God wants us to share with others how He has helped us, so that they will ask Him for help too! With your family, think about someone who is ill, weak, or in need, and make a plan for helping them. Pray together and ask God to help you share about God's strength with this person. God wants us to use His strength in our lives to strengthen others! **Remember: When you are under pressure, God is our strength!**



## STRENGTH IN THE BODY

*Materials: 2 Cans of Food*

Get two cans and hold the cans with your arms straight out from your body. See if you can hold your arms this way for one minute. At the end of a minute:

- Was that easier or more difficult than you thought it would be? Why?
- What would make the task easier - aside from setting the cans down?
- In what ways does God give us strength?

Try holding out the cans again, but this time find a partner to help you. Hold your arms out again, still holding the cans, but this time ask your partner to help by holding up your arms under your elbows. How much longer can you last now?

Sometimes we won't have the strength to do things on our own, but with God's strength we can do anything. Sometimes God's way of giving strength to us is through members of the body of Christ, supporting and giving help to each other.



## PRAYER BOX

*Materials: Small Box, Paint Brush, Paint, Smock*

**\*\*Be sure to put on a smock or paint friendly clothes for this activity!\*\***

Even though Samson disobeyed God and allowed his enemy to trick him, God forgave him and answered Samson's prayer when he asked God to strengthen him through God's Spirit one more time.

Create and decorate your own prayer box. You can make a box from paper, use an empty cardboard box, or pick up a paper chest from a local craft store. Use this box as a prayer box, where you can put your prayer requests.

As God answers your prayers remove them from the box and thank Him for hearing your prayers. Maybe create a second box where you can store answered prayers to help remind you of God's faithfulness.



## CUDDLE CLOSE

*Materials: None*

Before bed pull your child close beside you and say, "God is my strength!" As you tuck them into bed, sing, "My God is so Big" (<https://tinyurl.com/mygodsobig>). Then pray together, pausing after each phrase, to let your child repeat after you:

*Dear God,  
You are strong.  
You never grow tired.  
Help me to ask you for help.  
Thank you for wanting to share your strength with me.  
In Jesus' name, Amen.*