

GO DEEPER

SPECIAL WORDS

WHEN WE ARE UNDER PRESSURE

(PRESS PALMS TOGETHER AND RUB BACK & FORTH)

GOD IS ENOUGH

(EXTEND CROSSED ARMS IN FRONT OF YOU, THEN GIVE A QUICK, SWEEPING MOTION OUTWARD. "BASEBALL SAFE MOTION")

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 ENOUGH WHEN I AM SCARED

READ - Isaiah 51:12, Psalm 34:4, John 14:27

Name some fears your child may experience. Say to your child, "Cover your face with your hands if you are afraid of _____ (bugs, the dark, the beach, etc.)." There are so many things that can make us feel afraid! But remember, God is bigger than our fears! Think about it - God created the world, He can make blind people see, He can calm a stormy sea. God can do anything, and He is always with you. Remember: **When we are under pressure, God is enough**

DAY 2: GOD IS ENOUGH WHEN I AM SAD

READ - Psalm 34:18-19, Matthew 28:20

Let's play a guessing game! Make some different faces for your child (happy, angry, silly, sad, etc.). Let your child guess how you feel based on your face. Your child can then make the faces and you can guess. What face do you usually make when you're sad? (A frown). Sometimes, when you feel sad, you may want a hug or you may cry. But do you know what? God's Word tells us that He is with us always, even when we feel sad; He is close to us when we are brokenhearted. God can comfort us like no other person in the world! Remember: **When we are under pressure, God is enough**

DAY 3: GOD IS NOT ENOUGH WHEN I AM WORRIED

READ - Proverbs 3:5-6, Matthew 11:28-29, Philippians 4:6-7

Fill a backpack with heavy items and have your child try carrying the backpack. Did you know that our worries can feel heavy, like this backpack? Worry means feeling afraid about bad things that happen or could happen in the future. God doesn't want us to worry. He wants us to trust that He will be with us no matter what happens, and that He is in control! Parents, take the backpack from your child and carry it for them. This is what God can do for us! He can take away worry and give us peace instead! Remember: **When we are under pressure, God is enough**

DAY 4: GOD IS ENOUGH TO FILL ME WITH JOY

READ - Isaiah 55:12, Zephaniah 3:17

How do your favorite toys make you feel? (Happy, excited, good, etc.). Toys and stuffed animals may make you feel happy right now, but there's something even better than that - God's love! God's love can bring us joy that lasts forever, even through really hard times or when bad things happen. God wants us to celebrate who He is and let Him fill us with His joy! Let's turn on some worship music and have a dance party to celebrate the wonderful things God has done and the joy He can give us! Remember: **When we are under pressure, God is enough**

DAY 5: GOD IS ENOUGH TO HELP ME TELL OTHERS ABOUT JESUS

READ - Matthew 28:19-20, Acts 18:9, John 14:16

Have you ever talked to somebody about who Jesus is? God's Word tells us to share the good news about what Jesus did for us when He died on the cross and came back to life! Talking about Jesus with somebody can feel scary because you may not know what to say, but God promises that He will be with us! Is there a person that needs to hear about who Jesus is? Let's pray and ask God to be with you! Remember: **When you are under pressure, God is enough.**



ENOUGH IS ENOUGH CHALLENGE

Materials: Small Box of Tissues, Timer

God rescued the Israelites from slavery and provided for them in the desert. Yet when Moses went to go talk to God for a while, what happened? Read Exodus 32:1. They made a golden calf (or baby cow) to worship! Instead of trusting that God is enough, the Israelites disobeyed Him. They went back to their old ways of doing things, worshipping false gods, instead of staying true to the one true God.

Do we ever do things like this in our own lives (disobey God, not trust Him, etc.)? How? Sometimes we disobey God, or try to provide for ourselves, because we don't trust that He is enough.

Tissue Box Challenge: Have an adult video you completing this challenge and upload it to our Facebook page. www.facebook.com/groups/brkids

Use a small box of tissues and try to take all the tissues out of the box, one at a time, using one hand, within one minute. How many tissues would you need if you sneezed? Only one! One is enough and God is enough as well!



SUN CATCHER PRAYERS

Materials: 2 Pieces of Contact Paper, Colored Tissue Paper, Scissors, Permanent Marker

Take the back off of one piece of contact paper and cover the sticky side with the tissue paper squares. Next, take the back off of the other piece of contact paper and place it sticky side down on top of the tissue paper covered piece. Use scissors and cut your suncatcher into any shape you would like (heart, flower, sun, etc.).

When you have finished creating your sun catcher, use the sharpie and write a difficult situation you might face this week on it. For example, maybe you have a hard project for school, or maybe you need to apologize for something you've done wrong. Also write our bottom line, "God is enough" on your sun catcher. Hang the sun catcher in your window as a reminder to pray for God to help you trust He is enough in that situation.



CUDDLE CLOSE

Materials: None

Before bed pull your child close beside you and say, "No matter what happens, God is enough." As you tuck them into bed, sing, "God's Love is So Wonderful" (www.tinyurl.com/ohwonderful). Then pray together, pausing after each phrase to let your child repeat after you:

*Dear God,
Thank You for wanting to be my helper.
Help me to remember You are enough.
Thank You for your wonderful love.
In Jesus' name, Amen.*