

GO DEEPER

BOTTOM LINE

**WHEN WE ARE UNDER
PRESSURE, GOD IS
WITH US**

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 WAS WITH THE ISRAELITES

READ - Judges 4:1-7

Why did the Israelites need the judges? Because they were wise in their own eyes. But what does that mean? Basically, if someone thought a choice was good for them they would do it no matter how their choice affected others. What a mess life would be if everyone lived that way! The book of Judges reminds us that no matter how wise you think you are, you still need wisdom from God. He is the only One who can guide us and deliver us from our sin. **Remember: When we are under pressure, God is with us!**

DAY 2: GOD IS EVERYWHERE, ALL THE TIME

READ - Psalm 139:7-10

Take a big breath and hold it for 3 seconds. When you took that breath, air filled your lungs. Was there still any air left in the room? Of course! If you go into the other room, will there be air there? If you're all by yourself on the playground at school, is there air there? Like the air we can't see, God is also there. God is everywhere, all the time. **Remember: When we are under pressure, God is with us!**

DAY 3: GOD IS WITH YOU

READ - Isaiah 41:10

Make a list of times when you've felt God was with you. Be specific. Write another list of times when you've felt God was far away. Take these two lists to God in prayer. Ask Him to help you believe the truth that He has never ever been away from you. He has always taken care of you. Place your first list somewhere in your room where it will remind you that God is with you. **Remember: When we are under pressure, God is with us!**

DAY 4: GOD IS WITH YOU EVEN WHEN YOU DO WRONG

READ - Romans 8:38-39

There is nothing that can separate us from God! Even when we make wrong choices, He is still there. The Israelites often made wrong choices by worshipping other gods and disobeying the one true God. But through the judges we see that God never left His people. When they asked for forgiveness, He was there. Is there something you need to ask God for forgiveness for today? **Remember: When we are under pressure, God is with us!**

DAY 5: SONGS OF PRAISE

READ - Judges 5:1-3, Psalm 34:1-8

When the Israelites saw God's presence was with them they broke out in song! God is worthy of praise because He is with us always. Take a piece of paper and write your own song of praise to God just like the Israelites did. Tell God why you are thankful He is with you. David often would stop and write songs to God. Use the songs in Judges and Psalms to help get you started. **Remember: When we are under pressure, God is with us!**



TAMBOURINE OF PRAISE

Materials: Paper Plate, Ribbon, Bells, Cotton Balls, Hole Puncher, Glue, Markers

Jingle Jangle! Create a paper plate tambourine. Use your finished tambourine to sing praises to God this week. Celebrate that God is always with you!

How To Make A Paper Plate Tambourine

Step 1: Color the backside of your paper plate and design it however you would like.

Step 2: Next, fold your paper plate in half and use a pencil to mark where you want to place your bells around the outside of the tambourine.

Step 3: To attach the bells to your tambourine use a hole punch to punch through your pencil marks. Make sure both sides of the plate are lined up and punched through.

Step 4: Cut some short sections of ribbon and thread them through the bells and then tie them on to your tambourine craft. Don't make them too tight as they'll need to be loose to jingle!

Step 5: To make the paper plate tambourine nice, plump, and soft to hold, you can stuff the inside with some cotton balls.

Step 6: Finish off your paper plate tambourine by gluing the edges of the plate together.



STUCK IN THE MUD

Materials: Glue, Water, Bowl, Dirt, Paper, Paintbrush, Plastic Spoon

Because Deborah listened to and obeyed God, He sent a huge rainstorm that caused the Canaanite chariots to get stuck in the mud, rendering them useless. Create your own unique mud poster to remind you of how God was with the Israelites and how He is with you.

Make the mud paint by mixing equal parts glue and water in the bowl, then add the dirt and mix it with the plastic spoon. Mix the paint gently so as not to splash!

Paint a scene from the story onto the construction paper with the mud mixture. Then use the mud paint to write out the bottom line for this week: **When we are under pressure, God is with us.** Place this unique poster in your room as a reminder that God is with you!



G.U.M. - GOD USE ME

Materials: Bubble Gum, Ruler

God is with you no matter where you go. He wants to help you fight the battles you will face in life, but you have to be willing to follow Him. Barak hesitated in following God's directions and the victory of defeating the enemy's commander was given to a lady named Jael. If we want to be used by God, we need to trust and follow Him. The gum is to remind you that we can ask God to use us. "**G**od **U**se **M**e." He wants us to be quick to trust and obey Him. God will have the victory, but will you allow Him to use you to be a part of it? If you want God to use you, stop and talk with Him about it right now!

Have some bonus family fun and have a bubble blowing contest! First, decide on the number of pieces everyone is allowed to have. Pick someone to measure bubbles and give them a bubble meter. For a larger group you may want to have two or three measurers. Next, everyone needs to start chewing and as the gum gets warmed up they can start blowing bubbles. Whgets blown, the blower tries to hold it while the measurer races over to measure the size of the bubble. Let it go on as long as you like, and be sure to end your bubble blowing contests with lots of laughter, smiles and hearty applause for the champion with the biggest bubble.