

GO DEEPER

BOTTOM LINE

**WHEN WE ARE UNDER
PRESSURE, GOD IS
OUR STRENGTH**

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

Before Samson was born God had a plan to use him to help free the Israelites. But God asked him to live a life that was set apart, or looked different, than others around him. God calls us to live a life that looks different from the world around us. When we follow God's directions for our life, He equips us with His strength. What are some of the ways that following Jesus may make you look different from others around you? **Remember: When we are under pressure, God is our strength!**

DAY 2: GOD'S STRENGTH IS EVERLASTING

READ - Isaiah 40:27-31

God's strength lasts forever! We can go to Him and ask for His strength anytime we feel weak. When we trust in His strength and not our own, we will "fly as high as eagles, they will run and not get tired, they will walk and not grow weak." (NIRV) God will provide His strength to each of us when we ask Him and trust in Him. God wants you to pray to Him and ask Him for His strength. **Remember: When we are under pressure, God is our strength!**

DAY 3: GOD'S SPIRIT IS OUR STRENGTH

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

In the Old Testament before Jesus, God's Holy Spirit would help people, but not stay with them forever. When God wanted to use Samson, His Spirit came upon Samson to give him strength. Today, because Jesus died and rose again, you can have the Holy Spirit with you always when you choose to be a child of God. When Jesus is the leader and forgiver of your life, He promises to never leave you and is there to help you in every situation you face. **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 his life Samson looked very weak. But even in his weakness, God's strength came through! Your weaknesses are not a problem for God. Your weaknesses can let you see God's power at work in you, if you call on Him for help. Try to remember to ask God to help you do the things that are difficult for you. God's strength and power are always available. **Remember: When we are under pressure, God is our strength!**

DAY 5: SHARING STRENGTH

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

When we go through hard times and receive God's strength, He wants us to share that with others when they are struggling. With your family, think about someone who is ill, weak, or in need, and make a plan for helping them. (ex: cook a meal, rake leaves, or shop for an elderly person). Pray together and ask God to give you courage to share with this person where your strength comes from. God wants us to use His strength in our lives to strengthen others! **Remember: When we 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, Paper, Art Supplies

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.



IMPOSSIBLE MADE POSSIBLE

Materials: Potato, Straw

The potato represents a hard thing in your life. You need to push the straw through the potato to defeat it. Take one of the straws and try to push it through the potato. Are you able to poke this straw through the potato? No. This is kind of like us trying to face pressures in our life without God's strength.

To have God's strength you need to trust and follow Him. Pray, read your Bible, spend time with other Christ followers, and do the best you can to show Him that you love Him. He can give us the ability to do things that we are completely unable to do on our own. Read Matthew 19:26 and Philippians 4:13

Okay, try to stab a straw through the potato again. This time follow these directions:

1. Hold the potato.
2. Grab your straw and cover the top of it with your thumb (representing God's power).
3. Poke through the narrow end of the potato with the straw.

At first, it seemed impossible. But with God, nothing is impossible! You may be facing what seems like an impossible situation - like you're doing bad at school or maybe someone you love is sick. But don't get discouraged or lose hope! God can make possible what seems impossible!