

GO DEEPER

BOTTOM LINE

**WHEN WE ARE UNDER
PRESSURE, GOD IS
ENOUGH**

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 AFRAID

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

What are you afraid of? Bugs, thunder, sickness, being lost, failing at school? There are so many things in this world that can create the feeling of fear. But remember: God is in control. When you are afraid, stop and think about who God is. He created the world, He performs miracles, He is bigger than anything we will face on this earth, and He offers you His peace! **Remember: When you are under the pressure of fear, God is enough!**

DAY 2: GOD IS ENOUGH WHEN I AM SAD

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

Start today by having a frowning contest. Have everyone make silly, frowning faces, and see who can hold it the longest without laughing. Share about a time when you were sad. Did anything or anyone help you when you were sad? When you are sad, remember that God is with you. Pray and tell Him how you are feeling and ask Him to help you. Read the Bible, and look for His love written in the pages. **Remember: When you are under the pressure of sadness, God is enough!**

DAY 3: GOD IS ENOUGH WHEN I AM WORRIED

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

What if I don't score a goal at my game? What if someone makes fun of me? What if my parents fight today? What if I get sick? What if I fail my test? All of these "what ifs" come from worrying about the future! We can remember that God is in control of the future, and we can trust Him. When we worry, it is like carrying a backpack full of heavy rocks. God doesn't want us to live in worry, He wants us to trust Him. He wants to carry these heavy worry rocks for us. **Remember: When we are under the pressure of worry, God is enough!**

DAY 4: GOD IS ENOUGH TO FILL ME WITH JOY

READ - Isaiah 55:12, Zephaniah 3:17

What makes you feel happy? Some people think the more money, or things, or friends they have will make them happy. But, we don't need more stuff or things to make us happy, God's love is enough! God wants us to celebrate who He is and allow Him to fill us with His joy. Make a list of people and things that you are thankful to God for. Then have a dance party! Turn on some music and worship God for all the good things He has done for you! **Remember: When we are under pressure to be happy, 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

Sometimes it can be scary to talk with someone about Jesus, but God promises us that if we are His child, He will be with us. Talk to God today and ask Him to show you someone in your life who needs to hear His Good News. Start by praying for that person, and ask God to give you an opportunity to talk with them about Jesus. God wants to give you courage to tell others about Jesus. **Remember: When we are obedient and share about Jesus with others, 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? We sometimes disobey God, or try to provide for ourselves, because we don't trust that He is enough.

Tissue Box Challenge: Have an adult record a video of 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! Sometimes we think we need more, but one is enough. Sometimes we don't trust God in our situations and we try to fix it ourselves, but we need to remember that God is enough!!



SUN CATCHER PRAYER

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 sun catcher into any shape you would like (heart, flower, sun, etc.).



When you have finished creating your sun catcher, use the sharpie and write on it a difficult situation you might face this week. 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 that is enough in that situation.



NO ROOM FOR GOD

Materials: Cup, Water, Rocks

Gather some rocks to represent things that take up a lot of your time. Things like money, TV, video games, sports, etc. Then grab a cup and fill it with water. The cup represents your heart and the water represents the goodness of God. Sometimes the other things try to crowd into our hearts. Dump your rocks into your heart (cup of water).

- What happens to the cup of water when you put your rocks in it?
- How is this like what happens in our own hearts with God?
- How can we keep our hearts full of God so he has first place?

God's second commandment is "You shall not make any idols." Sometimes things we love become like idols, crowding God out. But God wants and deserves first place in your life.