

# Week 4 (Lessons 7 & 8)

**Song of the Week:** Radical God

**Memory Verses:**

John 16:33 I have told you these things, so that in me you have peace. In this world you will have trouble. But take heart, I've overcome the world!

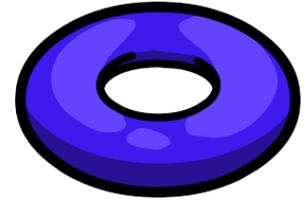
**Faith Questions:**

**Question 7:** What is sin? Not listening to God  
**Question 8:** Who sins? Everyone (except Jesus)

**Key Words:**

**Lesson 7:** God is Our Strength

**Lesson 8:** Patience



**In Person Gathering:** Friday, July 17 from 9:30-10:00am at St. Paul

## Lesson 7: Innertube: God is our strength

**Take out the Innertube and blow it up!**

**Have your mom or dad try to toss it around your head. Does it fit around your parent's head?**

**Do you like swimming?**

**Where are some places we can go swimming?** (backyard, beach, pool, hotel)

**What do you take with you when you go swimming?** (suntan lotion, suit, towel, sunglasses, floatie)

**Why do you (people) like to swim?**

**Why might it be important to know how to swim?**

**Why can swimming be scary**

**Who/what can help us not to be scared?** floaties, parents, shallow water

**How is God like a floatie?**

**Look-Up Psalm 46:1-3**

1God is our refuge and strength, an ever-present help in times of trouble 2That is why we are not afraid even when the earth quakes or the mountains topple into the depths of the sea.

3Water roars and foams, and mountains shake at the surging waves.

\*\*\*NOTE: It doesn't say we won't face troubles/challenges (we will since we live in a perfect world). But He will guide us through those scary times. He'll hold us up when we think we're sinking.

**Using a marker, write on the Innertube some things that you (and your parents too!) are afraid of. Talk about why these things are scary.**

**Then write: Psalm 46:1 (You can write all of it—but at least the first line "God is our refuge and strength")**

**Practice the Key Words: God is our strength**

**Pray together:**

If in the morning: Dear God, thank you for the rest we got last night. You always give us what we need—not always what we want. Help us to have a good day today. Be with us as we (insert 1-3 things that you're going to do today). Please be with (insert any concerns for yourselves or others). And please give me strength as I face my fears. We love you. Amen

If in the evening: Dear God, thank you for today. You are awesome. Thanks for allow us to (insert 1-3 things that you did today) Please be with (insert any concerns for yourselves or others). And please give me strength to face my fears. Watch over us as we wind down our day. We love you. Amen

# Lesson 8: Ice Tray: Patience

**\*\*PARENTS IF YOU HAVE A SPECIAL TREAT...**perhaps you can start off this lesson by telling your kid they can have it once you're done with this lesson!

**Take out your ice tray. Fill it with water and put it in your freezer.**

**What is something you get excited for?** (A special meal, your birthday, a friend, a TV show)

**What is it like waiting for that special thing?** (Do you think about it a lot, do you get excited, do you tell others, do you walk around excitedly, do you have troubles sleeping)

**Are you good at waiting? Set a timer for 1 minute...and just watch it. Set the timer again and now have the kids do a different/fun activity—or maybe some jumping jacks or run around. (notice how much quicker the time goes when you're not paying attention)**

**Watch Object Lesson Video**

**Check on your ice tray...are the cubes frozen yet?**

**Practice the Key Word:** Patient

**Is it easy to be patient?**

**How do we become more patient?** (Practice, pray)

**SAY:** God gives us patience through his Holy Spirit.

**Look-up Galatians 5:22-23** But the spiritual nature produces love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There are no laws against things like that.

**Do you know that God is patient with us?** He wants us to love Him, listen to Him and spend time with Him and to love others. (Review Week 3 & 4 Key Words: Love God—Love Others). When we don't listen to Him we sin.

**How often to we sin?** All the time—every day.

**SAY:** But the Good News is that God forgive us every time we sin. He is patient. He keeps giving us a chance to do better.

**GOSPEL CONNECTION: But will we ever not sin?** Nope...and that is why God sent Jesus. He took away all the sins we've done—and will do. So we know that we can go to Heaven some day.

**Pray together:**

If in the morning: Dear God, thank you for the rest we got last night. You always give us what we need—not always what we want. Help us to have a good day today. Be with us as we (insert 1-3 things that you're going to do today). Please be with (insert any concerns for yourselves or others). And please help us to be patient with ourselves and others. We love you. Amen

If in the evening: Dear God, thank you for today. You are awesome. Thanks for allow us to (insert 1-3 things that you did today) Please be with (insert any concerns for yourselves or others). And please help us to be patient with ourselves and others. Watch over us as we wind down our day. We love you. Amen

**CHALLENGE: A)** Make 10 cards/papers with the word "patience" on them. Both you and your parents should take 5 of these. If you see each other being patient or needing to be patient, give them one of the cards as a reminder.

**B)**Dump the water out of the Ice Tray and replace it with juice or kool-aid (and insert popsicle sticks if you have them). Let me them freeze and have them as a "popsicle" later.

