

CHILDRENS
LESSON
GUIDES

GIDEON FIGHTS A BATTLE JUDGES 6-7

God's Power Makes Us Strong

Bible Background

- Read: Judges 6-7
- In This Passage: Gideon is hiding, terrified of his enemies, when an angel greets him as a "mighty hero." Gideon tries to explain why he's not enough, why he's too weak, why he can't . . . but the angel calls him to fight a battle for God. When Gideon goes in God's strength, he wins the battle!
- Bible Point: God's power makes us strong.
- Theme Verse: "A final word: *Be strong in the Lord and in his mighty power.*" Ephesians 6:10

Prepare Your Heart

- You'll Be Discussing: ***God's power makes us strong.*** Gideon was full of "I can't's." And kids might feel the same way in the face of a world that's dramatically different than it was a few months ago. This lesson will help them shift from "I can't" to "I can," with God's power.
- Think About: What's something you said "I can't . . ." about recently? Rephrase it as an "I can" statement.
- Pray: for your kids because they might feel weak and incompetent to be empowered in what they can do for God.

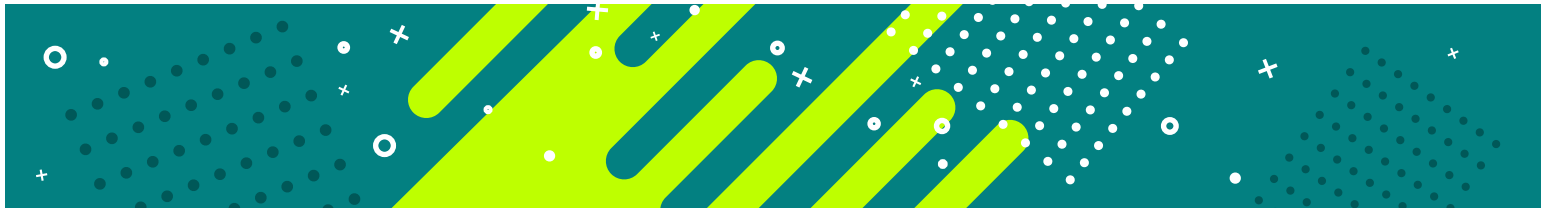
1. Watch the ECBC KidsChurch Video -- eastcooperbaptist.com/children

2. Family Discussion Time

Say: We've learned that God's power makes us strong.

Ask:

- What are some reasons Gracie might have said, "I can't"?
- How did you see God's strength in Gracie, helping her say, "I can"?
- Gracie said, "I don't have to be strong all the time; he will be strong for me." What do you think of that?



Say: Gracie was different than other kids, and she has some limitations. She was a little insecure and embarrassed about being different for a while. But God gave her strength, and she helps pass on God’s strength by teaching children. Gracie knows she can’t always be strong on her own, but that God’s power makes us strong and turns her “I can’t’s” into “I cans.”

3. Family Game

Power Training

Do a Workout

Say: Today we’re exploring how God’s power makes us strong. Let’s do some exercises to build our physical strength, and then talk about how God makes us strong on the inside.

- Lead kids in doing 10 toe touches for a warm-up stretch.
- Lead kids in doing 10 jumping jacks.”
- Lead kids in doing 10 sit-ups.
- Lead kids in doing “high knees” (running in place but lifting your knees really high) for around 30 seconds.
- Lead kids in doing 10 squats.
- Lead kids in doing 10 more toe touches to cool down.

Talk About It

Ask:

- How does exercising build physical strength?
- What can help us build strength on the inside?

Say: Gideon didn’t start out very strong on the inside. But through God’s power, he became strong! God wanted to make sure that everyone knew it was God’s power, not human power, that won the battle . . . so he had Gideon take a really small army! Even when we feel weak and small, we can trust that God’s power makes us strong.

4. Family Prayer

Mighty Heroes

Ask for Help

Say: God’s power makes us strong. We can’t always be strong on our own, but with God’s power, we can be mighty heroes like Gideon! Let’s ask God for help.

- Fill in each child’s name to this prayer: **God, help [child’s name] to be a mighty hero for you. In Jesus’ name, amen.**

5. Family Devo for the Week (Use this easy follow-up devotional anytime this week to reinforce the lesson.)

What If I Fail?

Supplies:

- Bible



Try Some Challenges (and Fail Some)

Say: It's nice to think about the idea that God's power makes us strong, but you still might feel that "I can't" feeling. Like Gideon, you might be afraid that you're not good enough...and that you might fail. So what if we fail? Let's see what the Bible has to say about that. But first, let's try some challenges.

- Try to say the whole alphabet...backwards.
- Try to curl your tongue.
- Try to snap your fingers.
- Try to whistle.
- Try to wiggle your ears.
- Try to lick your elbow.

Ask:

- Which challenges did you succeed in?
- Which did you fail?
- Tell about a time you felt like you failed. Briefly share your own story first.

Explore the Bible

Say: We all fail sometimes. And if it's failing to lick your own elbow, it might not feel like a big deal. But what if you're scared of failing in doing something important for God? Well, in the Bible, a guy named Paul wrote about that.

Read 2 Corinthians 4:7-9.

Ask:

- Explain whether you think Paul felt like a failure, or not.

Say: Paul knew that they were hard pressed and perplexed, hunted down and knocked down ... but not crushed or destroyed! Even when things didn't go perfectly, Paul focused on God's success, not failure. He focused on the "I can" rather than the "I can't." Paul also wrote this.

Read Philippians 3:12-14.

Ask:

- What did Paul do even though he wasn't perfect?

Say: None of us is perfect. We'll all have little failures and "I can't's" along the way. But we can keep running toward the goal of serving God! And we can trust that God's power makes us strong.