

Strength — Day 1



🎵 Listen to
Scripture Song:



Today's Promise (#66) — KJV

Deuteronomy 33:25 "And as thy days, so shall thy strength be." **Nehemiah 8:10** "For the joy of the LORD is your strength." **1 Thessalonians 5:24** "Faithful is he that calleth you, who also will do it." **Philippians 4:13** "I can do all things through Christ which strengtheneth me."

💖 Apply the Promise!

God promises that He will give us the exact amount of strength we need for every single day. When we feel completely weak, His joy and power will fill us so we can accomplish impossible things!

📖 Bible Story (1 Kings 18)

For three and a half years, a terrible drought had devastated the land of Israel. The prophet Elijah had just experienced an incredibly long, exhausting day on top of Mount Carmel.

He had faced down hundreds of wicked, false prophets in a spiritual battle, built a heavy stone altar by himself, and prayed until God miraculously sent fire down from the sky!

After this victory, Elijah warned King Ahab to get in his royal chariot and hurry home before the rain stopped him. Ahab's chariot was pulled by some of the fastest, strongest horses in the entire kingdom. The king snapped the reins, and the horses took off galloping toward the city of Jezreel, which was over sixteen miles away.

Elijah was just a normal man. He was on foot, he was already physically drained from the intense events of the day, and a powerful, blinding rainstorm was quickly rolling in. Humanly speaking, it was impossible for a tired man on foot to outrun a team of fresh, galloping chariot horses.

But the Bible says that the hand of the Lord came upon Elijah! God filled the exhausted prophet with supernatural, superhuman strength. Elijah tucked his long cloak into his belt so he could move freely, and he began to sprint.

His feet flew across the muddy ground with such incredible, divine power that he passed the king's galloping horses.

Elijah's story reminds us that God can give strength for hard things. When He calls us to do something, He can give us the courage, energy, and power we need at the right time.

☀️ True Story

Angela Cavallo was a completely normal, middle-aged mother living in Georgia. One afternoon, her teenage son, Tony, was outside working on his heavy 1964 Chevy Impala. He had jacked the car up in the driveway and crawled underneath to fix the suspension.

Suddenly, the jack slipped out of place. With a terrifying crash, the car collapsed, pinning Tony tightly underneath the heavy steel frame. Angela heard the noise and sprinted outside. When she saw her son trapped and struggling to breathe, she screamed for a neighbor to call for help.

However, Angela knew she could not just stand there and wait for the rescue squad. Tony was running out of time. Angela was not a weightlifter; she was just a regular mom who could never dream of lifting a car. But in that desperate moment, she needed strength that was completely beyond her own human ability.

As she rushed to the car, she was shouting for help, but deep inside, she had a frantic, continuous prayer in her heart, asking God to save her son. Suddenly, a rush of incredible, supernatural strength surged through her arms and legs! She pulled up with all of her might, and the two-ton car actually lifted off the ground! Angela miraculously held the weight of the car up in the air for several minutes until neighbors ran over and pulled Tony safely out from underneath.

Angela's story reminds us that God knows what we need in each moment. He may not always give us physical strength to lift something heavy, but He can give us courage, endurance, and help at exactly the right time.

💬 Discussion Questions:

- What was pulling King Ahab's chariot that Elijah miraculously outran on foot?
- When the jack slipped, what did Angela Cavallo miraculously lift into the air to save her son?
- If God gave you superhuman physical strength for exactly sixty seconds—just like Elijah and Angela—what is the craziest, heaviest thing you would try to pick up, throw, or outrun?

🎨 Activity:

Have the biggest, strongest adult (or an older teenager) lie flat on their back on the floor, pretending to be the stuck "Heavy Chevy." Have the younger kids try to "lift the car" by picking up the adult's arms and legs! They will quickly realize they aren't strong enough. Then, have the adult suddenly help them by using their own core strength to pop up, showing how God's massive strength partners with our weakness to get the heavy lifting done!

Strength — Day 2



🎵 Listen to
Scripture Song:



Today's Promise (#67) — KJV

Isaiah 40:29–31 "He giveth power to the faint; and to them that have no might he increaseth strength. Even the youths shall faint and be weary, and the young men shall utterly fall: But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint."

💖 Apply the Promise!

Even the strongest people eventually get tired. But when we trust God and wait on Him, He promises to renew our strength and help us keep going when we feel weak.

📖 Bible Story (Joshua 14)

Forty-five years after the Israelites first came to the border of Canaan, Caleb was still trusting God's promise. Many years before, he and Joshua had believed God could give Israel the land, even when the other spies were afraid.

Now Caleb was eighty-five years old. Most people his age would have wanted a quiet place to rest, but Caleb had not forgotten what God had promised him. He came to Joshua and asked for the mountain land where the giants lived.

Caleb was not bragging in his own strength. He said, "As my strength was then, even so is my strength now." He knew God had kept him alive and strong through many long years in the wilderness. Caleb's body was older, but his faith in God had not grown weak.

The land Caleb asked for was not easy. It had strong cities, steep mountains, and powerful enemies. Other men might have looked at the giants and felt afraid, but Caleb looked at God's promise instead. He still believed the Lord could help him conquer it.

God honored Caleb's faith. The old warrior went forward, trusting that the God who had strengthened him for forty-five years would strengthen him still. He did not ask for the easiest place; he asked for the place God had promised. With God's help, Caleb drove out the giants and received his inheritance.

Caleb's story teaches us that God's strength does not run out. Whether we are young or old, weak or tired, He can give us strength to do the work He calls us to do.

☀️ True Story

In 1938, war reached the part of China where a small, brave missionary named Gladys Aylward lived. Enemy soldiers were coming closer, bombs were falling, and the town was no longer safe. Gladys knew she had to flee quickly to save the lives of nearly one hundred Chinese orphans.

The only way to reach safety was a dangerous, one-hundred-mile march across treacherous mountains. Gladys and the children set off on foot. They had almost no food and very little warm clothing. The terrain was steep and rocky, and there was no easy way out.

For twenty-seven grueling days, they walked until their feet bled and their muscles ached. They crossed steep mountain paths and waded through cold, rushing rivers. At night, they had to rest wherever they could find shelter.

Eventually, the long journey took a severe physical toll on Gladys. She became exhausted, starving, and very ill. She did not feel strong enough to take another step, but she cried out in prayer, trusting God for strength one step at a time.

Sometimes the children sang as they walked, but other times, Gladys had to urge the weakest ones onward. She could not carry them all, so she kept pointing them forward.

At last, the group reached the safe city. Gladys was so sick she immediately needed medical care, but every single child was alive. Gladys did not finish that journey because she felt strong. She finished because God strengthened her when her own strength was gone. God may not make every hard path short, but He can give strength for every step.

💬 Discussion Questions:

- How old was Caleb when he marched right up to Joshua and boldly asked to fight the giants on the mountain?
- How many orphans did Gladys Aylward have to lead across the steep, rocky mountains to safety?
- Waiting on the Lord is like plugging a dead battery into a charger. When your patience feels totally drained—like you are just too tired to do a hard chore—what is one way you can "plug into God" to recharge your spiritual strength?

🎨 Activity:

Set a timer for exactly 85 seconds. Challenge the kids to do an intense exercise (like jumping jacks, high knees, or burpees) for the entire time without stopping once! When their legs are burning and they want to quit, talk about how human strength always runs out. Caleb had to wait 85 years for his promise, but God's strength never fades!



Today's Promise (#68) — KJV

2 Corinthians 12:9 "And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me."

💖 Apply the Promise!

God does not need us to be perfectly strong, healthy, or talented to use us. When we feel weak and unable, His grace is enough, and His strength can shine through our weakness.

📖 Bible Story (2 Corinthians 12)

The apostle Paul worked hard for Jesus, but his life was not easy. He traveled from place to place, preached the gospel, and helped many churches. Yet Paul also carried a painful weakness that troubled him deeply.

The Bible calls this weakness a "thorn in the flesh." We do not know exactly what this terrible problem was. It might have been a painful physical sickness, a severe problem with his eyesight, or intense persecution from his enemies.

Whatever it was, it caused Paul agony and made him feel incredibly weak. Paul did not want to carry this heavy burden. He pleaded with God three different times, desperately asking for healing and relief from the intense pain.

God did not answer Paul in the way Paul expected. Instead of removing the problem, the Lord gave him a promise: "My grace is sufficient for thee: for my strength is made perfect in weakness."

Paul began to understand that his weakness did not make him useless. It helped him depend more completely on Christ. When Paul was weak, God's power could be seen more clearly.

After that, Paul did not have to be ashamed of his weakness. He could say, "Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me."

Paul's story teaches us that God can work through people who feel weak, limited, or unable. His grace is enough for every trial, and His strength is strongest when we know we cannot do it alone.

☀️ True Story

When David Ring was born in 1953, he was deprived of oxygen for eighteen minutes. The doctors revived him, but the severe lack of oxygen caused brain and motor damage, leaving David with a condition called cerebral palsy.

Because of this condition, David's physical body was incredibly weak. He struggled to coordinate his steps to walk, his hands shook wildly, and his speech was very difficult for people to understand.

Growing up, David was relentlessly bullied by other kids. They mocked the way he walked and laughed at the way he talked. David felt broken, helpless, and embarrassed by his intense physical weakness. He was a teenager who desperately wanted to just be "normal."

However, when David gave his life to Jesus, his perspective changed. He realized that God did not make a mistake when He created him. David decided to stop hiding his weakness and actually started preaching in front of crowds!

When he stood on stage, his body shook and his words were hard to form, but thousands of people listened in absolute awe. His weakness made God's message more powerful.

David became an internationally famous evangelist, famous for limping up to the microphone, looking at the audience, and boldly saying his signature catchphrase: "I have cerebral palsy... what's your excuse?" David's life shows that weakness does not stop God. The Lord can take the very thing that makes us feel helpless and use it to show His strength, courage, and grace.

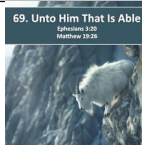
💬 Discussion Questions:

- How many different times did Paul desperately beg God to take away his "thorn in the flesh"?
- What physical condition did David Ring have that made it very difficult for him to walk and talk?
- What is one area in your life right now where you feel "weak" and need God's strength to help you?

🎨 Activity:

Give everyone a piece of paper and a marker. Have them draw a picture of a house or write their full name, but they are only allowed to use their non-dominant hand! When their drawings come out looking silly and messy, talk about how frustrating it is to feel physically weak or uncoordinated. Remind them that God actually loves to use us when we feel like we aren't perfectly put together!

Strength — Day 4



Listen to
Scripture Song:



Today's Promise (#69) — KJV

Ephesians 3:20 "Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us."

Matthew 19:26 "...With men this is impossible; but with God all things are possible."

♥ Apply the Promise!

When a problem seems impossible, we do not have to give up. God is able to do far more than we can imagine, and He can give strength for the work He calls us to do.

Bible Story (Joshua 6)

The city of Jericho was a towering, terrifying fortress. It was surrounded by thick, high stone walls that seemed impossible to break through. The gates were tightly shut, and no one was allowed to go in or come out.

Joshua and the Israelite army needed to conquer the city to enter the Promised Land, but they did not have giant battering rams or explosive weapons to destroy the walls. Humanly speaking, defeating Jericho was impossible.

But God gave Joshua a very unusual battle plan. He commanded the Israelites to quietly march around the outside of the high walls one time every single day for six days. The soldiers were ordered to stay silent while seven priests blew loudly on rams' horns. To the people inside the city, this quiet marching probably looked ridiculous.

On the seventh day, God changed the instructions. He told the army to march around the city seven times. On the final lap, the priests blew their horns as loudly as they could, and Joshua finally commanded the people to shout! When the Israelites raised their voices in a faithful shout, God did the impossible. The thick stone walls of Jericho miraculously collapsed and fell flat to the ground!

The Israelites marched straight into the city and won a great victory without ever having to strike the wall with a single weapon. God proved that He is able to do abundantly above everything we could ever ask or imagine, and that with Him, even the most difficult obstacles can be destroyed! No wall is too strong for God. When He gives the command, He also has power to make the impossible possible.

True Story

During World War II, a brave young Christian named Desmond Doss served as a combat medic in the army. Because of his faith in God, he refused to carry a weapon. Many soldiers laughed at him and wondered how he could ever survive a battle without a gun.

In 1945, Desmond's unit climbed a steep cliff, later known as Hacksaw Ridge. At the top, a terrible battle broke out. Bullets flew, explosions shook the ground, and many soldiers were badly wounded. When the order came to retreat, most of the men climbed back down the cliff to safety.

But Desmond stayed. Wounded soldiers were still lying on the battlefield, unable to escape. He could hear their cries and knew they needed help. Even though he was in great danger, he crawled from one injured man to another, dragging them toward the edge of the cliff.

There, Desmond tied a rope around each wounded soldier and lowered him down to safety. His arms ached. His body grew weaker. Each rescue was dangerous. But Desmond kept praying, "Lord, help me get one more."

Again and again, he went back across the battlefield. Again and again, another wounded man was lowered down the cliff. By the time the night was over, Desmond had helped rescue about seventy-five men. Desmond did not do this because he was the strongest man on the ridge. He did it because he trusted the God who gives strength for impossible work. One prayer, one rescue, one more step—God gave him strength to keep going when he should have had nothing left.

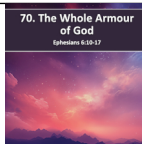
Discussion Questions:

- How many total times did the Israelites have to march around Jericho on the seventh day?
- What specific, short prayer did Desmond Doss pray over and over again while he was at the top of the cliff?
- What is one "impossible" task or hard chore you have to do today that you need to ask God's strength to finish?

Activity:

Build a giant, towering wall in the living room out of plastic cups, cardboard boxes, or pillows. Have the kids march around it completely silently. On the seventh lap, hand them a kazoo (or have them blow a loud raspberry) and let them shout and kick the tower down! Talk about how God loves to use silly, completely unexpected things to show off His incredible strength.

Strength — Day 5



🎵 Listen to
Scripture Song:



Today's Promise (#70) — KJV

Ephesians 6:10–17 "Finally, my brethren, be strong in the Lord, and in the power of his might. Put on the whole armour of God, that ye may be able to stand against the wiles of the devil. For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places. Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand. Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness; And your feet shod with the preparation of the gospel of peace; Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked. And take the helmet of salvation, and the sword of the Spirit, which is the word of God:"

💖 Apply the Promise!

God gives us invisible armor so we can stand strong against any attack from the enemy.

📖 Bible Story (Judges 7)

The Israelites were terrified. The Midianite army had filled the valley with soldiers, camels, and tents. To human eyes, Gideon's small army seemed far too weak to win.

But God wanted Israel to know that victory would not come from human strength. He told Gideon that his army was still too large. After several tests, only three hundred men remained. Gideon may have looked out over the enemy camp and wondered how such a tiny group could ever survive.

Then God gave Gideon a strange battle plan. Each man carried a trumpet, a clay pitcher, and a lamp hidden inside the pitcher. These were not normal weapons for fighting a huge army. No swords were lifted. God was teaching them to depend on His power. The little army had to stand firm and obey, even though God's plan did not look strong or safe.

In the middle of the night, Gideon's men quietly surrounded the enemy camp. At his command, they blew their trumpets, broke their pitchers, lifted their lamps, and shouted, "The sword of the LORD, and of Gideon!"

The sudden noise, flashing lights, and shouting filled the Midianites with panic. In the darkness, they turned against one another and fled. God gave Israel the victory without depending on numbers, weapons, or human strength.

Gideon's story shows us that God's weapons are different from the world's weapons. When we stand with faith, obedience, and trust in Him, God can give victory over enemies that seem much stronger than we are.

☀️ True Story

Growing up, Mary Slessor knew what it felt like to be shy and afraid. She was not naturally bold or powerful, but as she learned to trust God, He gave her courage to do things she never could have done alone.

In the late 1800s, Mary was serving as a missionary in Calabar, in what is now Nigeria. One night, she received frightening news. Two angry groups were preparing to fight, and people warned her not to go near them. The path was dark, armed men were gathering, and Mary was already weak and tired.

But Mary believed God wanted her to stand for peace. She traveled through the night and came near the angry warriors. Men were shouting, weapons were ready, and a battle seemed about to begin. Mary had no army and no weapon, but she walked toward them with the courage God gave her.

She spoke firmly and urged them to stop before blood was shed. Then she talked with leaders from both sides, begging them not to punish many people for the wrong of one man. For hours, Mary stayed in the middle of the danger, using truth, prayer, wisdom, and peace instead of earthly weapons.

At last, the warriors agreed not to fight. Mary had stood firm without sword or gun, because God's strength was stronger than fear.

When we put on the armor of God, we do not have to fight with anger, cruelty, or revenge. God can give even a shy or frightened person courage to stand for what is right.

💬 Discussion Questions:

- How many men did God allow Gideon to take into the battle against the massive Midianite army?
- Mary Slessor did not fight with a sword or gun. What "armor of God" did she use when she stood for peace?
- We don't fight physical giants, but we do fight "giant" problems (like fear or a bad temper). How can using God's Word give you the strength to defeat a bad attitude?

🎬 Activity:

Ephesians 6 says the Word of God is our "sword." Have a fun "sword drill" with physical Bibles! Call out a simple verse reference (like Genesis 1:1, John 3:16, or Ephesians 6:10). When you say "Draw your swords... Go!", the kids have to race to see who can find the verse in their Bible the fastest. Talk about how important it is to know exactly how to use your sword when you feel weak!