

GOD IS OUR STRENGTH

WHEN WE ARE TIRED

LESSON POINTS

Bible Story | Moses Holds Up Staff

Exodus 17: 8-16

- The Amalekites came and attacked the Israelites.
- Moses told Joshua to get some men and go fight.
- Moses stood on a hill to watch the battle.
- In one hand Moses held the rod of God.
- When Moses would hold up his arms, Joshua and the Israelites were winning.
- When Moses let down his arms, they would start to lose.
- Moses got very tired holding up his arms.
- Two of his friends, Aaron and Hur, helped Moses to hold up his arms.
- Joshua and the Israelites won the battle that day.
- God provided the Strength for Moses when he became tired.

MINISTRY IDEA

Soaking Worship

Have a time of praise and worship encouraging children and leaders to rest in the Lord and soak up His strength.

DISCUSSION QUESTIONS

1. What did Moses have to do to help the Israelites win?
2. What happened after Moses had to hold his hands up for a long time?
3. If Moses didn't remain strong, what would happen?
4. Tell of a time when you had to remain strong.

DRAMA SYNOPSIS #40

Luke is attempting to beat the Stay Awake record. Chance, Speezmaker, and Piper are trying everything they know of to keep him awake. Through God's strength Luke sets the record.

ACTIVITY IDEAS

From Tired to Strong

Give each of the kids a piece of paper to draw on. Draw a line down the middle of the page. On one side of the paper, tell the kids to draw a picture of Moses growing tired from holding up the staff. On the other side, have the kids draw a picture of Moses when God was giving him strength. Explain the difference when we try things on our own, and when we lean on God.

Staff of Glory

Give each of the children empty wrapping paper rolls. Let them decorate their staves by coloring them, gluing colored paper/yarn, and attaching gems to the staff.

LESSON OBJECTIVE

Children will learn that God is our Strength, and He helps us when we get tired.

LIFE APPLICATION

Through learning that God is our Strength, children will know God gives them strength when they are tired.

MEMORY VERSE

The LORD protects my life.
So why should I be afraid?

Psalms 27:1b