

Session 17

God gives us strength like... the Deer and the Eagle

The children understand that God gives us strength. He uses animals that we know to explain it.

Text: Habakkuk 3:19; Isaiah 40:31

Supplies:

- ⊗ 2 Telephone directories
- ⊗ Plastic toy antelope to add to the sensory bottle
- ⊗ Paper
- ⊗ Paint and brushes
- ⊗ A flat plastic container in which a foot or hand will fit
- ⊗ Thin foam to fit into the container
- ⊗ PowerPoint with photos of antelope and eagles (download from the website)

WELCOME

Play a **competition of strength** (a variation of “rock/paper/scissors”) where the strength of the bear, the fish, and the mosquito are played against each other:

Split the group into two teams, each on a line. A third line is placed in the middle. Each team secretly confers and picks an animal. They can be: a bear- raise arms above your head and roar, a fish- make fish lips while putting hands together while moving them in swimming motions in front of chest; a mosquito- arms are at sides, hands out and waving making a buzzing noise. After the teams have picked an animal, they line up back to back on the middle line. Count to three, then jump-turn doing the motions of the animal chosen. Just like in rock, paper, scissors, each thing beats out another. The bear eats the fish, fish eats the mosquito, and mosquito stings the bear. Instead of just standing there, it becomes a tag game. The “winners” of the game chase members of the other team. The team that lost is trying to make it to their line without getting tagged. If they are tagged, they join the opposing team. This continues until all players are on one team or time is running short. They must do the gestures that go along with the animal so there is no confusion as to what each animal really is. If they are the same animal, go back to original lines, pick an animal to be and try again.

Competition – who is the strongest?

Get two telephone books (like the Yellow Pages) and ask two children who think they are strong enough to tear them in half. (Long ago, there were competitions where large, strong people showed how strong they were by pulling an airplane or a lorry around, and often they would tear a thick book in half.) Then, ask the following question: Who do you think, is the strongest being ever? Of course, it is God, who is stronger than any person or animal! He created us! Let’s sing a few songs that speak of God’s strength.

WORSHIP

Sing: “Great Big God”, “He’s got the whole world in His hands”, “Super hero”, etc.

Sing the **theme song** and do the **settle down ritual**.

WORD

Do you remember how God spoke to the prophets, when we talked about it last term? Yes, God would speak to them by giving them messages, and some of these messages would be to give hope to His children. In two places, we read in such messages how God gives us strength. Let’s read them now.

Read Habakkuk 3:19 and Isaiah 40:31.

“The Sovereign Lord is my strength; he makes my feet like the feet of a deer, he enables me to tread on the heights.”

“...but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.”

Write the word “Deer” a whiteboard, blackboard, or flipchart. Ask the children what they know about a deer, and write it down in a list. (For instance, a deer is very athletic and can run and jump well. Some have good balance and can climb well, as we may even have seen in photos).

Then, on a new page or area, write down the word “Eagle”. Again, ask the children what they know about eagles, and write down the new list. (Eagles are very large birds of prey. They have huge wingspans, and they can glide and fly far and fast, and are very strong.)

The children now get the chance to reflect on the story:

1. I wonder why God chose to use a deer and an eagle as examples of strength.
2. I wonder how you would do things differently if you had the strength of a deer.
3. I wonder how you would do things differently if you had the strength of an eagle.
4. I wonder if you can think of other examples where God gives us strength.
5. I wonder if you can tell us about a time when you needed God’s strength.
6. I wonder if you can tell us about a time when you could use God’s strength, and did.

WORKING AND PLAYING TIME

The children use their hands to “paint” eagles with the following craft: Cut a piece of foam to fit in the container. Paint the foam with a brush. Now use the foam in the container as a huge ink pad. The children press their hands onto the paint pad and then onto the paper to create images of eagles. (Use the photos as guidelines.) Write Isaiah 40:31 on the paper.

Use an ink pad to make thumb prints. Use the example to draw antelope.

While the paint dries, let the children make up songs using the verses of today’s session. Practice them a few times, and you can even sing them at an event if you want.

Take an A4 piece of paper, and ask each child to write down a prayer, or draw what they want to pray, and use this prayer to ask God to give them strength in all the problems they may face.

End off with the prayer of blessing.



