



THE BIG IDEA: Unplug from faulty power sources that cannot be a sustainable source of strength.

BIBLE REFERENCE: Philipians 4:13

LESSON:

Intro: Hey kids, have you ever been playing a game and your battery power ran out? What did you do when that happened? Did you lose your place in the game when your game shut off? How did you feel about that?

Group Activity - Materials needed: variety of power cords (as many as you can find), 6 items that match to 6 of the cords in the pile (NOT A PHONE OR TABLET).

Divide kids into two teams. Each team will get 3 items. Explain that each student will have 30 seconds to sort through the cords to find the right cord to match to the correct item. (Only allow the student to plug into the item, NOT the outlet itself). The team that completes the task first gets the point. Repeat until all students compete.

Connection: Did you find it difficult to find the right power cord? How did you feel as your time was running out? How confident were you that you had the right plugs for the right items?

Application: Just like these items need to be plugged into the correct power source to work, we, too, have to be plugged in to the right source of power for our lives to work properly. However, in life it's easy to be connected to power sources that are not the right fit for us. Faulty power sources in our lives could look like friendships that are having a negative influence on us, hanging out in places that are not healthy environments, or even turning to bad things like drugs. If we want to live life at a level when we are at our best and have consistent power and energy, we have to be plugged into God and into his word...He is the only true source of consistent power. The Bible tells us in Philipians 4:13 that "we can do all things through Christ who gives us strength," so the key is to trust that our connection to God is all that we will need to have the energy and strength to accomplish what He has called us to and not rely on things that will fail us eventually.

