

“Upside Down” - LESSON 1

“If You Want To Be Strong, Admit You Are Weak”

Main Focus:

When you feel weak, God will give you strength!



Power Verse:

“...‘My grace is all you need. My power works best in weakness’...”
– 2 Corinthians 12:9



Whatchagaddaknow:

“When I Admit I’m Weak, God Will Make Me Strong!”

LEADER’S INFO

We live in a world that glorifies strength and power! People are obsessed with being stronger, braver, more powerful, more fit, more successful.... The stronger you are, the more powerful you are, the more successful and liked you will be.

That’s what the world says, but that’s the opposite of what God says. God says His power works best when we’re weak! That’s totally “upside down” from our human way of thinking.

In this lesson, the children will learn about the time God’s power came through for Samson in his weakest moment.

God came through for Samson, and He will come through for us every time! The children will learn that God’s strength never runs out. If you want to be strong, admit you are weak!



“The Spark” Intro Video

“Show of Strength”



“Whatchagaddaknow” Video

Cali teaches “Whatchagaddaknow”



Character Skit

“Addah Ghurl”



Offering Time



Game Time!

“Caterpillar Scatter”



Bible Story

“Samson’s Final Victory”



Power Verse Video

“...‘My grace is all you need. My power works best in weakness’...”

– 2 Corinthians 12:9



Call To Action

“If You Want To Be Strong, Admit You Are Weak!”



Rewind!

Review Game



Small Group Experience

Main Focus:

When you feel weak, God will give you strength!



Power Verse:

“...‘My grace is all you need. My power works best in weakness’...”
– 2 Corinthians 12:9



Whatchagaddaknow:

“When I Admit I’m Weak, God Will Make Me Strong!”

Lesson 1 Materials Needed:

“The Spark” Intro Video

- “Lesson 1 - The Spark” Intro Video

“Whatchagaddaknow” Video

- “Whatchagaddaknow” Teaching Video
- “Whatchagaddaknow” Trigger Video

Character Skit

- “Addah Ghurl” Theme Graphic/Music

Offering Time

- “Offering Time” Bumper Video

Game Time!

- “Game Time!” Bumper Video
- “Caterpillar Scatter” Graphic
- Two Sleeping Bags
- Two Chairs

Bible Story

- “Samson’s Final Victory” Graphics

Power Verse Video

- “Lesson 1 Power Verse” Video

Call To Action

- “If You Want To Be Strong...” Graphics
- A Pair Of Fabric Work Gloves
- Paint Or Glue

Rewind!

- “REWIND!” Bumper Video
- “REWIND!” Lesson 1 Graphics

Small Group Experience

- Bible Story Pictures Print Piece
- If I Were Perfect Print Piece
- 2 Corinthians 12:9 Print Piece
- Crayons, Colored Pencils, or Markers
- Bible

“The Spark” Intro Video

“Show of Strength”

“Whatchagaddaknow” Video

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Small Group Experience



Introduction to “The Spark” Intro Video

Leader: Hey, kids! Today, we are starting a series! It’s called “Upside Down.”

Have you ever tried to hang upside down for a long time? After awhile, the blood rushes to your head. It can become very uncomfortable if you stay upside down for too long.

Well, this series is all about how the Kingdom of God is actually “Upside Down.” I know that sounds strange, but it’s true!

To help you understand this a little more, let’s watch this awesome video...

(play “The Spark - Intro Video Lesson 1”)

Leader: Today, we’re learning about a VERY “Upside Down” teaching we find in the Bible. “If you want to be strong, admit you are weak.” Even though we may not be strong enough to handle all the difficulties and challenges that come our way, God is ALWAYS strong enough!

You’re going to learn all about that in your lesson today! But right now, we need to find out “Whatchagaddaknow.”

(play “Whatchagaddaknow” Teaching Video)



CHARACTER SKIT

Character: “Addah Ghurl” *(She is full of energy and questions about God. She is confused by His teachings because they go against what the world believes, but she is ready to learn.)*

Addah: *(enters smiling and waving)* Hello, people! My name is Addah Ghurl. I heard some really cool stuff was going on here, so I thought I'd come check it out for myself.

Leader: Welcome, Addah! That's a very unique name! How did you get it?

Addah: Thanks! From what I've been told, my mom was having some difficulties in the hospital and I was taking longer to be born than expected. Anywho, when I was born, my dad yelled “ATTAGIRL!” My mom liked the sound of it and decided to name me Addah, and my last name is Ghurl! It was perfect!

Leader: Oh, so your last name is “Girl”?

Addah: Yep, but we spell it “G-H-U-R-L”.

Leader: That's a great name.

Addah: I think so... because I am a girl, after all! My twin brothers don't like it all!

Leader: Why not?

Addah: Well, they don't like being called by their last name. Their football coach will yell out, “Hey, you Ghurls, pick up the slack! I need to see more hustle!”

Leader: Oh, I see. That would be a bit awkward, ha!

Addah: Yeah, but I think it's funny! So what happens around here? Why are you all sitting here?

Leader: This is where we gather to worship and learn about God! It's an awesome place to be! Right, kids?
(kids respond) We get together each week and learn about something awesome that God has for us.

Addah: God? As in THE God? He has something for you each week? I have never heard such a thing! I'm not sure if I believe in God, but I have heard about Him.

Leader: Yes, I'm talking about the one and only God! And, actually, God has something for all of us every day.

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CHARACTER SKIT

(continued)

Addah: He even has something for me?

Leader: He does!

Addah: Oh, perfect! There's a lot I need right now. How do I get stuff from God? Can I see what He has to offer online? www.getstufffromgod.com?

Leader: I think we have a huge misunderstanding here, Addah. That is not how life with God goes. He doesn't have a big store where you can get stuff. It doesn't work like that.

Addah: Then how do I get stuff I need from God? There is one thing I really need.

Leader: What is it that you need?

Addah: It's a little embarrassing...

Leader: It's okay, Addah. We all need things only God can provide. There's no reason to be embarrassed.

Addah: Well, I could really use some strength and wisdom. Life has been tough lately. I smile and try to be happy, but I want to give up.

Leader: You can find strength in God through Jesus Christ!

Addah: I've heard about Jesus, too. He lived a long time ago, right? And then, one day, He died. Some people say that He's not actually dead anymore, but I don't understand that. I'd really like to know more about it, and I feel like this is the place I can find those answers!

Leader: It's no mistake that you're here! Today, we are learning about how God can and will supply what we really need. He's not a magic genie that gives us three wishes, but He is the all-knowing, Almighty God!

Addah: That sounds like what I need to learn! Right now, I need to get out of here and pick up the other two Ghurls from practice! I'm Addah Ghurl. If you forget my name, that would be a shame! Bye for now!

(EXITS WHILE HER THEME MUSIC PLAYS)



GAME TIME

“Caterpillar Scatter”

Items Needed For Game:

Two sleeping bags; Two chairs

.....

Preparation:

Place the chairs at the opposite end of the room from the starting line

.....

How To Play:

Choose an equal number of boys and girls to participate in this game. One player from each team will get into their team’s sleeping bag and lay face-down on the floor, with their head sticking out of the sleeping bag. Declare these the “caterpillars.”

When you say “Go,” each players inside a sleeping bag is to scoot like a caterpillar across the room, around the chair, and then back again. Once they make it back to the starting line, the next player in line has to get into the sleeping bag and do the same. The first team to have all players complete the task is declared the winner!



Bible Story

“Samson’s Final Victory”

Materials Needed:

The graphic slides for Lesson 1; begin with the slide that says “Bible Story”; follow the instructions below, changing the slides to follow along with the story (*as shown*)

Preparation:

Familiarize yourself with the story in Judges 16; have your open Bible in your hands as you tell the story

The Story:

Today’s Bible Story is found in the book of Judges in chapter 16. It’s a story about a man named Samson! You may have heard of Samson before. In fact, he’s known as the strongest man in the Bible! Samson was so strong because God gave him incredible strength! He told Samson, “As long as you never cut your hair, you will have your strength!” All his life, Samson never cut his hair! It was as long as he was strong!

Now, Samson had a life of crazy adventures! But one day, Samson fell in love with a woman named Delilah. She was very pretty! The trouble was that the Philistines, Samson’s enemies, made a deal that if Delilah found out from Samson what his secret was to having so much strength and ended up tricking him, they would pay her lots of money! Delilah took the deal and began right away. After several tries, she finally got the secret out of Samson and ended up cutting his hair! When she did, Samson’s strength left him and the Philistines rushed in and captured him!

The Philistines took Samson away, gouged out his eyes to make him blind, (*show pic*) and made him grind grain. It was a TERRIBLE situation! Samson was definitely not strong anymore! He was weak and blind, bound by chains!

However, the Philistines were thrilled to have Samson captured and weakened. They decided to throw a huge party to celebrate. At the party, the king’s officials said to the prison guards, (*show pic*) “Bring out Samson so we can make fun of him!” So they did! It was so sad for Samson. But when he arrived to the party, he asked the young servant who was leading him around to place his hands on the two pillars that supported the roof of the building so he could rest.

While Samson was standing there, weak and blind, he looked up to heaven and prayed, (*show pic*) “God, strengthen me one more time!” And God gave Samson the strength he needed right then! Samson pushed on the pillars as hard as he could so that the entire temple would collapse, (*show pic*) defeating his enemies once and for all! It worked! God gave Samson the strength he needed!

God’s strength was exactly what Samson needed! Today, in your lesson, you’re going to learn what Samson learned - when you are weak, God is strong! All you have to do is admit you are weak, and God will make you strong!





Call To Action

“If You Want To Be Strong, Admit You Are Weak!”

Materials Needed:

The “If You Want To Be Strong, Admit You Are Weak” graphics; A pair of fabric work gloves (*dip only one of the gloves in paint or glue and let it harden for a few days*)

Preparation:

Begin with the slide titled, “If You Want To Be Strong, Admit You Are Weak”



The Message: (title slide)

Have you ever watched any superhero movies? They’re all about people who have superpowers - people who are unusually strong and brave! Most of them use their power for good - to help rescue people from danger or evil enemies! We love watching movies about superheroes because there’s some part of all of us that wishes we were stronger and braver than we really are!

The truth is, especially as kids, we often feel like we’re not strong enough; we feel like we’re too weak. We need the help of grown-ups to lift heavy things and face dangerous situations. While it sometimes feels like a bummer to be weak, the Bible actually tells us that being weak is a better way for God to show His power and strength! In our Bible Story, God came through and showed AMAZING power when Samson was at his weakest. Today, you’re going to learn some important lessons about strength and weakness! First...



We All Have Strengths And Weaknesses (slide)

We all have things we’re really great at - those are our strengths! What are some of your strengths - things you’re really good at? (*allow a few children to respond*) Those are awesome! It’s great that we all have strengths and talents and abilities that are special for each of us! But while you may be really strong or really good at singing or playing a sport, not everybody is! In fact, your strength may be someone else’s weakness.

We all have weaknesses, too! What are some of the things you admit you’re just not that great at? (*allow a few children to respond*) Yep - those are called weakness, but there’s no need to be ashamed of them! We ALL have weaknesses! And guess what? Even though our strength has it’s limits...



God’s Strength Never Runs Out (slide)

God is different than us! He doesn’t have weaknesses! Instead, He has an unlimited supply of strength and
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Call To Action (Continued)

power! In fact, His strength is not only never-ending - it's invincible! He's stronger and greater than anyone and anything else that has existed or ever will exist!

Whatever you're facing in life - whatever trouble comes your way - God is stronger and bigger! You may be facing some tough things - someone you know is sick, you broke your arm, your grades are bad, your dad lost his job and you don't know how you'll be able to afford food, you're getting bullied at recess.... Those things are definitely REALLY tough, but God is still stronger! Whatever you're facing, He is strong and mighty.

God said it this way in our PowerVerse: "...*'My grace is all you need.'*" All you need is God! When you're facing difficult, tough, dangerous, or scary things, all you need is God! His grace is all you need! Remember the rest of the verse? "*My power works best in weakness?...*" That's our last lesson today...

When We Are Weak, He Is Strong (slide)



We love the part where God is strong, but the part where He is strong WHEN we are weak isn't as exciting. We want to be strong, too! Our world tells us we need to act strong! If we want to be successful and do a lot of great things, the world says we need to act stronger and better than everyone else! They say, "The stronger the better!" But God actually says the opposite. God says that He can work in our lives and use His power to help us BETTER when we admit we are weak and choose to depend on Him!

Let me show you what I mean! (pull out fabric work glove that has been dipped in paint/glue and hardened over time) This glove is strong! Look at it - it is extra tough! (demonstrate how it has a hard, tough shell) But what happens when you try to use the glove to do some hard work? (try putting it on and show that it's not possible to get your hand in the hardened glove and actually do work with it) It's not possible. This tough glove is keeping me from using it. I can hardly bend my fingers in it. (put down the hardened glove)

Now, look at this glove. (pull out the regular fabric work glove and flop it around) This glove is "weak"! It's just a regular glove. But look how easy it is to use and work with! (put your hand in it, and show how flexible it is) I can work hard and use my strength to get stuff done with the weaker glove! The one that is "strong" is difficult to use, but the weaker one is ready and able to be used!

That's how it is with God! We need to remember that when we admit we are weak, God can use HIS power and strength and work in our lives. When we are weak, He is strong!

ALTAR RESPONSE: (play soft music)

Pray for any children who are dealing with difficult things in their lives. Pray that while they may feel weak or inadequate, God is strong, and He wants to help them! If they admit they are weak, He will make them strong!



Materials Needed:

“REWIND!” Lesson 1 Graphics; “REWIND!” Bumper Video

Preparation:

Play the “REWIND!” Bumper Video; Begin with the slide titled “REWIND!”; there is a slide for each question

1. Whatchagaddaknow today?

Answer: “When I Admit I’m Weak, God Will Make Me Strong!”

2. Who is the strongest man in the Bible?

Answer: Samson

3. Who did Samson fall in love with?

Answer: Delilah

4. Who paid Delilah to trick Samson into telling her the secret to his power?

Answer: The Philistines

5. True or False: When they cut Samson’s hair, he became even stronger.

Answer: False

6. What happened when God gave Samson strength one last time?

Answer: The Temple Fell On His Enemies

7. According to our lesson today, “We All Have _____ And _____.”

Answer: Strengths; Weaknesses

8. According to our lesson today, “God’s Strength _____ Runs Out.”

Answer: Never

9. According to our lesson today, “When We Are _____, He Is _____.”

Answer: Weak; Strong

10. Where was our Power Verse found?

Answer: 2 Corinthians 12:9