



Session Eighteen: Jesus Gives Me Strength

Today's Point:

Jesus gives us strength to do what is right.

Bible Verse: Philippians 4:13

CSB: "I am able to do all things through him who strengthens me." Philippians 4:13

KJV: "I can do all things through Christ which strengtheneth me." Philippians 4:13

Today's Bible Skill:

- Begin to memorize Philippians 4:13
- Know that Philippians is in the New Testament
- Learn that Philippians is one of Paul's letters

Bible Truth Activity:

Game: Strength Challenge Stations

Object of the game:

Kids will learn that some things are difficult alone, but Jesus helps us.

Materials:

- Small chairs
- Jump rope
- Stack of books
- Hula hoop

Directions:

Set up simple challenge stations around the room:

- Hop through hoops
- Carry books carefully
- Jump rope
- Crawl under chairs

Allow children to rotate through each station.

After activity is over say:

Some things can feel hard. Sometimes we get tired, discouraged, or afraid.

Paul wrote in Philippians 4:13:

“I am able to do all things through him who strengthens me.”

That does not mean we can do anything by ourselves. It means Jesus helps us and gives us strength to do what He wants us to do.

Ask:

- What are some hard things kids face?
- How can Jesus help us?

(Allow responses.)

Say:

Jesus gives us strength every day.

Bible Verse Activity – Flex and Repeat

Help children find Philippians 4:13.

Read the verse together.

CSB:

“I am able to do all things through him who strengthens me.” Philippians 4:13

KJV:

“I can do all things through Christ which strengtheneth me.” Philippians 4:13

Add motions:

- “I can do all things” — flex muscles
- “through Christ” — point upward
- “who strengthens me” — place hands on heart

Repeat several times using different voices and speeds.

Encourage children to say it from memory.

Bible Skills Activity: Finding Letters in the New Testament

Materials:

- Bible for each child

Instructions:

Explain that Philippians is a letter written by Paul.

Teach these books together:

- Galatians
- Ephesians
- Philippians
- Colossians

Repeat the names several times.

Help children locate Philippians in their Bible.

Practice finding:

- Philippians chapter 4
- Verse 13

Conclude by saying:

The Bible teaches us how Jesus helps us live for Him.