



Session Nineteen: Jesus Helps Me Keep Going

Today's Point:

Jesus helps us when we feel tired or discouraged.

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:

- Continue memorizing Philippians 4:13
- Practice finding books, chapters, and verses
- Understand that God helps His people

Bible Truth Activity:

Game: Balloon Balance Walk

Object of the game:

Kids will learn that sometimes we need help to keep going.

Materials:

- Balloons

Directions:

Give each child a balloon.

Challenge them to move across the room while keeping the balloon in the air without grabbing it.

Try different challenges:

- Use only one hand
- Walk backward slowly
- Work with a partner

When game is over say:

Was it always easy to keep the balloon up? (Allow responses.)

Sometimes life feels difficult too. We may feel sad, scared, or tired.

But Philippians 4:13 reminds us:

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

Jesus helps us continue even when things are hard.

Ask:

- When do you need God’s help?
- How can we trust Jesus during hard times?

(Allow responses.)

Say:

Jesus never leaves us without help.

Bible Verse Activity – Verse Rhythm

Have children clap a steady rhythm while saying the verse together.

Example:

“I can do (clap clap)
all things (clap clap)
through Christ (clap clap)
which strengtheneth me.” (clap clap)

Repeat:

- softly
- loudly
- slowly
- quickly

Challenge kids to say the verse without looking.

Bible Skills Activity: Bible Bookmark Practice

Materials:

- Bible for each child
- Paper bookmarks

Instructions:

Help children place bookmarks in:

- Luke
- Ephesians
- Philippians

Practice turning quickly to Philippians 4:13.

Review:

- Book names
- Chapter numbers
- Verse numbers

Allow children to work in pairs.

Conclude by saying:

Learning where verses are found helps us study God's Word.