



# A Letter About Weakness

**Lesson Aim:** To know we are weak, but God is strong.

## THE WORSHIP

**Who God Is:** The Spirit Who Shows Us

## THE WORD

**New Testament Letters:** 1 Corinthians 2:1-3, 5

**What He Has Done:** God revealed to Paul that He shows His power through our weakness.

## BIBLE MEMORY VERSE

"Behold, I am coming soon." Revelation 22:12

Unit 6: The Promise of Heaven			
	Bible Story	What He Has Done	Lesson Aim
28	A Letter About Weakness, 1 Corinthians 2:1-3, 5	God revealed to Paul that He shows His power through our weakness.	To know we are weak, but God is strong.
29	A Letter About Strength, Ephesians 6:10, 13, 15-18	God showed Paul how He strengthens us.	To learn about the armor of God that helps us to be strong in the Lord.
30	A Letter About Jesus' Return, Revelation 1:1-2, 7; 22:12	God revealed to John that Jesus is coming back.	To know Jesus is coming back.
31	A Letter About Heaven, Revelation 21:1-4, 18-19, 21, 23	Jesus showed John a vision of what heaven looks like.	To know what heaven will be like.

## TEACHER'S ENCOURAGEMENT

This week, read Romans 8:22-27. Please join us in praying, "Thank You, Lord, for Your Holy Spirit who shows Your power through our weakness. Help the children recognize Your power through their own weaknesses. Amen."

## TEACHER'S TIP

Following the same order of activities each week gives children the routine they need. However, you can vary the amount of time spent on particular activities. If the children in your classroom are more active, spend more time playing games, play upbeat action songs in worship, and keep sitting times shorter.

Prophets & Promises Lessons 22-31 (Units 5-6) feature various letters of the New Testament. Replace the Treasure Chest with a mailbox to hold THE WELCOME stamp or sticker. In THE WORD, since the letters are not Bible stories, create interest and encourage involvement by placing the letter in a mailbox known as the "Special Delivery Mailbox." See THE WORD for more details.

Segment	Minutes	Activity	Supplies
THE WELCOME	Up to 15	<b>Welcome</b>	Mailbox, stamp or sticker of a heavy weight or barbell
		<b>Coloring Center:</b> He Is Strong	Coloring pages of children with Jesus, crayons, Song: "Jesus Loves Me"
		<b>Play-Dough Center:</b> What Is Small?	Play-dough, cookie cutters, play-dough tools
		<b>Activity Center:</b> God Is Strong	3 light objects (e.g. cotton ball, feather, cloth), 3 heavy objects (e.g. Bible, water bottle, small weight)
		<b>Letter Games</b>	See GOT TIME?
	Up to 5	<b>Prepare for Worship</b>	None
THE WORSHIP	Up to 20	<b>Worship</b> Sheet music and recordings for Bible Memory Verse Songs available at ResourceWell.org.  <b>Additional Song Suggestions:</b> "My God Is So Big" "Jesus Loves Me"	Praise music, optional: musical instruments <b>Unit 6 Bible Memory Verse Song:</b> "Behold, I Am Coming Soon" <b>Other Bible Memory Verse Song Suggestions:</b> "He Is Mighty to Save" "I Can Do Everything" "I Will Remember" "Not by Might" "Praise Time: Love the Lord Your God" "Let Everything That Has Breath" "The Lord Is Faithful" "With God All Things Are Possible"
		<b>Offering</b>	Baskets
		<b>Worship Illustration</b>	<i>The Adventures of Delbert and Lello</i> puppet script or storybook: Prophets & Promises Unit 6, Lesson 28
THE WORD	Up to 10	<b>Watch the Word:</b> 1 Corinthians 2:1-3, 5	Visuals: Today's New Testament letter (available at ResourceWell.org), envelope, teacher's Bible, mailbox, small toy
THE WAY	Up to 25	<b>Craft:</b> Mighty God Fan	Sturdy white paper, paper plate, large craft stick, cotton balls, glue or glue sticks, crayons or markers
		<b>Game:</b> A Mighty Relay	Inflated non-helium balloons, "Mighty God Fan" crafts
		<b>Game:</b> Caring for Baby	Baby doll, baby care supplies (blanket, bottle, toy baby food, spoon, etc.)
		<b>Snack:</b> Mighty Bites	Pretzel sticks, marshmallows
	Final 5	<b>Final Five</b>	Ponder, Pray & Play: Unit 6, Lesson 28
GOT TIME?	Up to 10	<b>Game:</b> Letter Games	Today's New Testament letter in an envelope, Bible, mailbox
	Up to 10	<b>Game:</b> Down From Heaven	Sturdy box or step (no more than one foot tall)
	Up to 10	<b>Game:</b> Through the Clouds	White balloons or soft toy balls, Unit 6 Bible Memory Verse Song "Behold, I Am Coming Soon"
	Up to 10	<b>Story Time</b>	Any story about human weakness and God's power

**RESOURCES:** Supplemental materials are available at ResourceWell.org.



The Spirit who shows us

# THE WELCOME

## WELCOME

Welcome each child as they arrive. **Hello \_\_\_\_\_. I'm glad you are here! Come open the mailbox to find today's special delivery.** Child opens the mailbox to receive a stamp or sticker of a heavy weight or barbell. **Let this stamp (or sticker) of a heavy weight help you remember God is strong and will help us when we are weak and need His help.**

**Teacher's Note:** These activity centers are designed to reinforce the lesson through hands-on learning experiences either individually or in small groups with the guidance of the teacher. Choose the Bible Activity Centers that best suit the children in your class. Set up the activity centers around the room before children arrive. Allow children to move freely among them.

## COLORING CENTER: HE IS STRONG

### **SUPPLIES**

Coloring pages of children with Jesus, crayons, Song "Jesus Loves Me"

### **DO**

Children color as they listen to "Jesus Loves Me" and talk about the song.

### **TALK ABOUT**

**Who can show me their muscles?** Children show their muscles. **As you grow, you get stronger and stronger, don't you?** (Yes.) **But, there will always be things you will always need help with. What kinds of things do you need help doing?** (Children respond.) **Is there anything Jesus cannot do?** (No.) **He is strong.** Play: "Jesus Loves Me" as the children color.

Jesus loves me! This I know,  
For the Bible tells me so;  
Little ones to Him belong,  
They are weak but He is strong.  
Yes, Jesus loves me! (3x.)  
The Bible tells me so.

## PLAY-DOUGH CENTER: WHAT IS SMALL?

### **SUPPLIES**

Play-dough, cookie cutters, play-dough tools

### **DO**

Children play with the play-dough while discussing today's lesson aim. Encourage children to make small things with the play-dough.

### **TALK ABOUT**

**What are some things that are small?** (Children respond.) **Can you make some small things out of play-dough?** Encourage children to make small objects with the play-dough. **In our lesson today, we will learn we are small and weak, but God is big and strong! We can always ask God for His help.**

# THE WELCOME *continued...*

## **ACTIVITY CENTER: GOD IS STRONG**

### **SUPPLIES**

3 light objects (e.g. cotton ball, feather, cloth), 3 heavy objects (e.g. Bible, water bottle, small weight)

### **DO**

Have children make two piles, one of light things and one of heavy things.

### **TALK ABOUT**

**Which things are light?** (Children respond.) **That's right, light things are easy to pick up. Which things are heavy?** (Children respond.) **That's right, those things are hard to pick up and can make our arms tired if we hold them for a long time. What if we had a pile of 100 Bibles; do you think you could pick it up?** (Children respond.) **Do you think God could pick it up?** (Children respond.) **That's right, God is the strongest! If He wanted to, He could pick up the whole world. He is strong enough to take care of everything we need.**

## **LETTER GAMES**

### **SUPPLIES**

Today's New Testament letter in an envelope, Bible, mailbox

### **DO**

Play one of the Letter Games listed in GOT TIME?

### **TALK ABOUT**

Use the letter games to help children understand the letters we are learning are found in the Bible and are God's letters to us.

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## **PREPARE FOR WORSHIP**

**It's time for Praise Time. Let's sing a "Clean Up Song" as we put things away.** Praise children as they help clean.

**Clean up! Clean up! Everybody, everywhere!  
Clean up! Clean up! Everybody do your share!**

### **BIBLE MEMORY VERSE SIGN LANGUAGE**

(For visual demonstrations, see [www.signingsavvy.com](http://www.signingsavvy.com))

<b>"Behold, I am coming soon." Revelation 22:12</b>	Make "V" shapes with both hands. Move them forward from the eyes outward. (I) Point to self. Point both index fingers outward and then move them toward the chest. Touch tip of pointer finger to tip of thumb and tap the chin. Hold hands open, as if holding a Bible.
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Adding sign language or motions to the Bible Memory Verse helps children recall what they are learning.



# The Spirit who shows us **THE WORSHIP**

**Supplies:** Praise music, optional: musical instruments

**Teacher Tip:** To help children identify time set aside for worship, designate a special corner or area for singing, collecting offering, and watching the worship illustration. Play "Praise Time: Love the Lord Your God" as children move to that designated area.



**When we pray, who are we talking to? (God.) Let's talk with God right now.** Have the children bow their heads and close their eyes. **Dear God, thank You for the world You have created. We praise You for who You are and what You have done. Amen.**



**Do you ever feel sad, or afraid or lonely? (Children respond.) Who can help you? (God.) Our God is so big, there is nothing He cannot do.** Sing: "With God All Things Are Possible."

**Even though we are weak, God is mighty. One way we can thank God for being mighty is by giving our offering to Him.** Sing: "He Is Mighty to Save" as the offering is collected.



**Let's see if Posty has a letter for us today!** Perform *The Adventures of Delbert and Lello* puppet script or read storybook: Prophets & Promises Unit 6, Lesson 28.



**The Bible tells us Jesus promises to come back for us one day. That promise is our Bible Memory Verse. Let's practice it together.** Practice the verse together with the motions.

<b>"Behold,</b>	Make "V" shapes with both hands. Move them forward from the eyes outward.
<b>I am</b>	(I) Point to self.
<b>coming</b>	Point both index fingers outward and then move them toward the chest.
<b>soon."</b>	Touch tip of pointer finger to tip of thumb and tap the chin.
<b>Revelation 22:12</b>	Hold hands open, as if holding a Bible.



Sing Unit 6 Bible Memory Verse Song: "Behold, I Am Coming Soon."

**Teacher Tip:** Keeping the attention of young children during quieter or slower songs can sometimes be challenging. Prepare the children by talking to them quietly. Find motions that fit the song, such as having the children walk in a circle while holding hands. Change directions when you get to the chorus or add other movements such as stretching your arms high or clapping.



God's power and our weakness

## THE WORD

**Supplies:** Today's New Testament letter (available at ResourceWell.org), envelope, teacher's Bible, mailbox, small toy

**Prepare:** Today's New Testament letter is available at ResourceWell.org or you can create your own by writing the words in the box below on a piece of paper. Enclose the letter in an envelope and place it inside the teacher's Bible. Place the Bible in the mailbox used for THE WELCOME.

**Before we begin our Bible Time, let's say our Classroom Promise with the motions.**

<b>With my eyes on my teacher;</b>	Point to eyes.
<b>My mouth quiet as can be,</b>	Place index finger over mouth as quiet sign.
<b>I will listen to hear,</b>	Cup hand around ear.
<b>How God loves you and me.</b>	Hug self, point to others, and then self.

**Let's reach deep in our pockets and pull out our listening ears.** Reach in your pocket and cup your hands behind your ears as if listening.

Drop the toy on the floor. **Oops! I dropped the toy I brought. Do you think I can pick it up with one finger?** (Children respond.) **Let's see.** Try to pick up the toy with one finger. **Well, that didn't work. To pick something up, your finger really needs the help of your other fingers and your thumb.**

**There is another way I could get it. I could ask someone to help me.** Child's name, **would you pick up the toy and give it to me?** Child picks toy up and hands it to you. **Thank you! Sometimes we try to do things on our own that would be easier if we just asked for help.**

**If we are afraid, lonely, or sad, who can we ask for help?** (God.) **That's right! We know we can always depend on God to help us.**

**In the Bible, there are special letters written by believers to people like you and me. In today's letter, we will learn God is strong and He is always there when we are weak and need His help. Who would like to open the Special Delivery Mailbox for this week's letter?** Choose a child to open the mailbox, remove the Bible, and hand it to you. **We can find it in 1 Corinthians 2:1-3, 5.** Read the letter.



Dear brothers and sisters in the family of God,

When I came to you, I told you the truth about God's love and about Jesus. I was weak and afraid, but the Holy Spirit used my words to show God's strength to you.

Love,  
Paul

**When Paul visited his friends to tell them about Jesus, He was weak and afraid. Who is strong?** (God.) **That's right. God is strong and He is always there when we are weak and need His help.**



We are weak, but He is strong

## THE WAY

**Teacher Tip:** Craft and games can be presented at the same time in different areas or one at a time depending on class size and teaching style.

### **CRAFT: MIGHTY GOD FAN**

**Purpose:** To remind the children that we are weak, but God is strong.

**Supplies:** Sturdy white paper, paper plate, large craft stick, cotton balls, glue or glue sticks, crayons or markers

**Prepare:** On sturdy white paper, trace and cut out a circle the size of the inside of the paper plate. Inside the circle, print or draw a picture of a sun and a mountain and print:

**God is mighty!**

**1 Corinthians 2:1-3, 5**

#### **Directions:**

1. Color the picture of the sun and mountain.
2. Attach the picture to the front of the paper plate.
3. Stretch 3 cotton balls and attach them to the picture for clouds.
4. Attach a large craft stick to the back of the paper plate for a fan handle.

#### **Craft Discussion:**

- **Our craft today says, "God is mighty." Mighty is another word for strong. The Bible tells us God is strong enough or mighty enough to make a mountain.**
- **If God is mighty enough to make a mountain, do you think He's mighty enough to help you tell others about Him?** (Children respond.)
- **What are some of the things that remind you that God is mighty?** (Children respond.)

# THE WAY *continued...*

## **GAME: A MIGHTY RELAY**

**Purpose:** Children will consider God's might.

**Supplies:** Inflated non-helium balloons, "Mighty God Fan" crafts

**On your "Mighty God Fan" there is a picture of a mountain and the sun. What else is on your fan?** (Clouds.) **Clouds remind me of the wind. Have you ever been outside when it was very windy?** (Children respond.) **Who makes the wind?** (God.) **God is mighty enough to make the strong winds that blow, and He is mighty enough to help us speak to others about Him.**

### **Directions:**

1. Each child holds their "Mighty God Fan" craft.
2. Teacher stands at the opposite end of the play area from the children.
3. Have a helper choose small groups of children to take turns fanning the balloon across the room toward you.
4. When the group is close enough to touch you, lead them in saying, **"God is mighty!"**
5. The group fans the balloon back to the other children.
6. Repeat until each child has at least one turn fanning the balloon.

## **GAME: CARING FOR BABY**

**Purpose:** Children think about how God is strong enough to care for them just as a parent cares for a helpless baby.

**Supplies:** Baby doll, baby care supplies (blanket, bottle, toy baby food, spoon, etc.)

Hold the doll in your arms. **Can babies do anything for themselves?** (No.) **Babies are very small and weak. Who has a little brother or sister?** (Children respond.) **Who helps take care of your brother or sister?** (Parents, grandparents, aunts, uncles, siblings, etc.) **Let's care for this doll like we would care for a real baby.**

### **Directions:**

1. Seat children on the floor in a circle.
2. Place the baby care supplies on the floor in the center of the circle.
3. Each child takes a turn holding the doll and choosing one way they are strong enough to care for the doll.

**You are much stronger than a baby, so you are able to help. God is much stronger than anyone or anything. He can take care of you, me and the whole world!**



# THE WAY *continued...*

## **SNACK: MIGHTY BITES**

**Purpose:** Children will create mini barbell snacks to remind them God is mighty and strong.

**Snack Suggestion:** Pretzel sticks, marshmallows

Show the children how to make a barbell by pushing a marshmallow onto each end of a pretzel stick.

### **Directions:**

1. Serve the snacks and drinks.
2. **Let's sing the "Blessing Song."** Sing to the tune of "Frere Jacques" or another familiar tune.  
**God our Father, God our Father. Once again, once again,  
Thank You for our blessings. Thank You for our blessings. Amen. Amen.**
3. Pray. Lead discussion below while children enjoy their snack.
  - **These pretend barbells are not very heavy, so it is easy to lift and eat them!**  
Demonstrate curling the "barbell" up to your mouth and taking a bite.
  - **Sometimes, things feel like they are too heavy to lift or too hard to do. What is something that is hard for you to do?** (Children respond.)
  - **When we are weak, it is easy to see how strong God is. He made the earth and everything in it. He can do anything!**
  - **When you feel weak, remember God loves you and He is strong!**



When only 5 minutes remain, begin this segment.

## **FINAL FIVE MINUTES**

### **BIBLE MEMORY VERSE**

Gather children in a circle sitting or standing and practice the words and motions.

<b>"Behold,</b>	Make "V" shapes with both hands. Move them forward from the eyes outward.
<b>I am</b>	(I) Point to self.
<b>coming</b>	Point both index fingers outward and then move them toward the chest.
<b>soon."</b>	Touch tip of pointer finger to tip of thumb and tap the chin.
<b>Revelation 22:12</b>	Hold hands open, as if holding a Bible.

### **PRAY**

**Let's pray together.** Say a closing prayer with the children.

### **PLAY**

Allow children to play with selected toys or centers or choose a book to read to them.

### **DISMISSAL**

Have children take home their coloring page, craft, and a copy of the Ponder, Pray & Play for 2-3's.



If time remains, choose from the connected activities below.

## GOT TIME?

### **GAME: LETTER GAME #1**

**Purpose:** Children play a variation of “Telephone” to represent sending a message, like the letters in the Bible are God’s messages to us.

**Supplies:** None

**God led Paul to write a letter to people saying it is not by our own power that we point people to Jesus, but God’s power showing through us. That special message was delivered to us through the Bible. Let’s practice sending messages by playing, “Pass the Message.”**

**Directions:**

1. Children sit in a circle.
2. The teacher whispers, **“God is strong,”** into the ear of the first child.
3. Each child whispers what they hear to the child next to them.
4. The last child says what they heard, to see if the message was delivered. Teacher’s Note: It is likely the message will change as it passes from one child to another. Laugh together as the message gets mixed up.
5. Play the game as often as you like, using one or more of the phrases below:
  - Jesus loves me.
  - God is so big.
  - With God all things are possible.
  - God is mighty.
  - I am coming soon.

**Optional:** For younger children or for added fun, have children make faces instead of sharing messages. The first player makes a face at the second, who then tries to duplicate it for the third, etc.

### **GAME: LETTER GAME #2**

**Purpose:** Children play a hiding game using today’s New Testament letter.

**Supplies:** Today’s New Testament letter in an envelope, Bible, mailbox

Remove the Bible with today’s New Testament letter from the mailbox used in THE WORD. Open the Bible in your lap with the New Testament letter laying on top. **God helped a man named John write a letter about love. We find it in the Bible. The letter guides us in how to love one another. Let’s play a game of hiding the letter. When we find it, we will read the letter together.**

**Directions:**

1. Choose a child to hide the letter in the envelope.
2. While the other children close their eyes, assist that child in hiding the letter.
3. On your signal, the other children open their eyes and search for the letter.
4. The child who finds the letter opens the envelope and hands the letter to you.
5. Read today’s letter to the children and put it back in the envelope.
6. Choose a different child to hide the letter and play again.

# GOT TIME? *continued...*



## BIBLE MEMORY VERSE ACTIVITIES

"Behold, I am coming soon." Revelation 22:12

### **GAME: DOWN FROM HEAVEN**

**Purpose:** To help children memorize and review the Unit 6 Bible Memory Verse.

**Supplies:** Sturdy box or step (no more than one foot tall)

**Jesus said, "Behold, I am coming soon." He is coming back from heaven! Let's pretend to be like Jesus. Jump down from heaven while you say Jesus' words.**

#### **Directions:**

1. Place the box on the floor.
2. Have children line up behind the box.
3. One at a time, children jump off the box and say the Bible Memory Verse.
4. Play multiple times, having the children say the Bible Memory Verse different ways as they jump. (For example: shout, sing, whisper, etc.)

### **GAME: THROUGH THE CLOUDS**

**Purpose:** To help children learn the meaning of the Unit 6 Bible Memory Verse.

**Supplies:** White balloons or soft toy balls, Unit 6 Bible Memory Verse Song "Behold, I Am Coming Soon"

**Prepare:** Inflate balloons with air.

**Teacher Tip:** For large groups of children, divide into smaller groups and give each group a balloon.

**Where is Jesus?** (In heaven.) **One day, Jesus is coming back. He said, "Behold, I am coming soon." Let's pretend this balloon is a cloud. When you look up to the balloon, pretend you see Jesus coming back through the clouds.**

#### **Directions:**

1. Play or sing the Unit 6 Bible Memory Verse Song.
2. Children bat the balloon in the air as they sing the song.
3. If the children are able to keep one balloon in the air without it hitting the floor, add a second balloon.

# GOT TIME? *continued...*



## STORY TIME

Gather the children and read a favorite story. This can be a Bible story, a chapter from *The Adventures of Delbert & Lello*, or a story about human weakness and God's power.

### PONDER, PRAY & PLAY

Unit 6, Lesson 28: A Letter About Weakness

**PONDER!** God is strong and will help us when we are weak and need His help (1 Corinthians 2:1-3, 5). Is there anything God cannot do? (No!)

**PRAY!** Pray this prayer each day this week: "Lord, help us when we are weak. Thank You for being so strong! Amen."

**PLAY!** Together with your child, find activities that are easy for him or her to do and activities that are more difficult. Talk about how some tasks are easier when you work together. Talk about what might be difficult that God could help with such as telling others about Jesus or dealing with scary situations.

#### BIBLE MEMORY VERSE

"Behold,

I am

coming

soon."

**Revelation 22:12**

Make "V" shapes with both hands. Move them forward from the eyes outward.

(I) Point to self.

Point both index fingers outward and then move them toward the chest.

Touch tip of pointer finger to tip of thumb and tap the chin.

Hold hands open, as if holding a Bible.