



BIBLE EXPLORATION DAY 1

Jesus' power helps us do hard things.

"For I can do all things through Christ, who gives me strength." Philippians 4:13

Bible Story: Ananias helps Saul (Acts 9:1-19)

Use this time to dig deeper into the Bible message, pray, and offer a faith invitation.

Words in **bold** should be said out loud.

Let's talk about something that is easy for you to do that might be hard for others. Some people are really fast runners while others find it hard to run. Others learn math easily while it's hard for others. **Let's take turns at this. I'll go first. I'm good at....** (have each child share). Remind kids that this is a safe place and time for sharing. No making fun of others' answers.

What's something that's hard for you to do? It's hard for me to.... (share your idea and have each child share). This should be something like doing a somersault or learning memory verses. **It's easy to talk about trusting Jesus. But what does it feel like to trust Him? Remember how it was hard for one of the hosts to fall backward into the other host's arms? Let's try it ourselves!** Practice the trust fall. Remind kids to cross their arms across their chests, stiffen their bodies like a board, and then fall backwards into their guardian's arms.

How did it feel to let yourself fall backwards?

Before we talked about things we find hard to do like doing somersaults or math. We also have hard things in today's Bible story. Ananias had to do something really hard. What did he have to do? Why was it hard?

Just like Ananias, we have hard things happening in our lives. One hard thing in my life is... (guardian shares). Then each child takes a turn.

What are ways we can help others who have something hard happening in their lives? Guardian lists the kids' ideas. If no one suggests prayer, the guardian should.. **Let's pray for each other to ask God to help us do hard things we need to do.**

God loves us and wants us to be in His forever family. But God is perfect and holy, and anyone in His family must be, too. The Bible tells us all have sinned. That means we've all thought, said, and done wrong things. That's a problem! The Bible says the punishment for sin is being separated from God and His love forever.

To solve this, Jesus did a very hard thing. He came to earth to take the punishment we deserve for our sin. Do you know how He did this? Yes, by dying on the cross. He never sinned, but when He died on the cross, He paid for all the sins you've done and I've done. That's sad, isn't it? But the story doesn't end there! What happened on the third day after Jesus died? That's right! Jesus came back to life again in the same body! We call that rising from the dead, or the resurrection! John 1:12 or John 3:16. Every one of us must receive Jesus by asking God to forgive our sins and believe Jesus paid for our sins. Talk with your children about what they have just heard. If appropriate, ask if they want to pray and express their faith in Jesus as their Savior. Pray with them.

