



**TODAY'S TOPIC:**  
**Strength**

You are welcome to use this lesson to inspire spiritual conversation in your family or youth classroom. It is written for elementary age but could be adjusted as needed.

**THINKING JOB:** Ask a “thinking job question” to get everyone thinking about something pertinent to the lesson. This could be asked moments or hours before your conversation.

***What is something or someone that is strong?***

**Lesson**

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> <li>• Pictures or actual items: real or pretend diamonds, paracord.</li> </ul>	<ul style="list-style-type: none"> <li>• In in person, a piece of paracord for every child.</li> </ul>	Know that there are many ways to be strong, and God is a great source of strength.

**SHOW:** Look what I have (show off the “diamond”). Okay this one is fake, but you have probably seen a real diamond, either in earrings or a wedding ring. Did you know diamonds are considered the hardest material in the world – so strong, it is used to cut metal and rock, it is used in special tools, it is used as a protective covering for special wiring.

**ASK:** What are some other strong things you can think of? Ex: mountains, water, wind, granite, spider web silk, muscles. Strength in technology - Is a cell phone or computer strong? The computer chips in a cell phone are more powerful than the entire computer systems NASA used to land on the moon.

**SAY:** Think of your favorite superheroes: What makes them strong? Is it only strong muscles or special powers? Or does their belief in what is good and right also make them strong? I think there are many ways to be strong. You can be strong with your muscles, but you can also be strong in character. That means you do what is right, even if no one is watching. That means standing up for what is important to you.

**SAY:** What are some situations where you need to be strong? You are strong:

- When you have courage (take a risk, try something new).
- When you are flexible – willing to do something even if it was not the plan.

- When you believe you can do things (confident).
- When you don't give up (learning new things, making mistakes)

**ASK:** Does God make you strong? Yes! How? You are always loved, always supported, always connected. God believes in you no matter what, and gives you all the courage, flexibility, and strength you need.

**SHOW:** Sometimes people say I am too small to be strong. But think about this (show paracord). The Paracord is small and lightweight but can hold over 500 pounds. That is like four grownups! Can you imagine this? It's used in parachutes and astronauts use it to repair satellites in space.

**AFFIRMATION** – I am strong. repeat 4X

Note: Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/> .