

GO DEEPER

SPECIAL WORDS

WHEN WE ARE UNDER PRESSURE

(PRESS PALMS TOGETHER AND RUB BACK & FORTH)

GOD IS WITH US

(HUG YOURSELF)

MEMORY VERSE

But we have this treasure in jars of clay to show that this all-surpassing power is from God and not from us. We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed.

2 Corinthians 4:7-9 (NIV)

DAILY DEVOTIONS

DAY 1: GOD WAS WITH THE ISRAELITES

READ - Judges 4:1-7

God is with His people. God used Deborah to rescue the Israelites from a wicked king and his commander. When the Israelites said they were sorry and quit doing the wrong things they were doing, God forgave them and helped them. When we ask God for help, He hears us and is with us. He wants us to ask Him for help and to make good choices that follow Him! **Remember: When we are under pressure, God is with us.**

DAY 2: GOD IS EVERYWHERE, ALL THE TIME

READ - Psalm 139:7-10

Take a big breath and hold it for 3 seconds. When you took that breath, air filled your lungs. Was there still any air left in the room? Of course! If you go into the other room, will there be air there? If you're all by yourself on the playground at school, is there air there? Like the air we can't see, God is also there. God is everywhere, all the time. **Remember: When we are under pressure, God is with us.**

DAY 3: GOD IS WITH YOU

READ - Isaiah 41:10

Is there anywhere we could run away from or hide from God? No way! No matter where you go, God will be with you! Trace your child's foot on a piece of paper. Together think of all the places you go during the week and write them on the foot print (or draw a picture to represent each place). Thank God that He is with you everywhere you go! **Remember: When we are under pressure, God is with us.**

DAY 4: GOD IS WITH YOU EVEN WHEN YOU DO WRONG

READ - Romans 8:38-39

There is nothing that can separate us from God! Even when we make wrong choices, He is still there. The Israelites often made wrong choices by worshiping other gods and disobeying the one true God. But in the Bible we see that God never left His people. When they asked for forgiveness, He was there. Is there something you need to ask God for forgiveness for today? **Remember: When we are under pressure, God is with us.**

DAY 5: SONGS OF PRAISE

READ - Judges 5:1-3, Psalm 34:1-8

When the Israelites saw God's presence was with them they broke out in song! God is worthy of praise because He is with us always. Listen to some of your favorite worship music. You can find a great playlist on our BR Kids Spotify playlist: <https://tinyurl.com/brkidsplaylist>. Between songs use your voice to thank God for being with you. **Remember: When you are under pressure, God is with us.**



TAMBOURINE OF PRAISE

Materials: Paper Plate, Ribbon, Bells, Cotton Balls, Hole Puncher, Glue, Markers

Jingle Jangle! Create a paper plate tambourine. Use your finished tambourine to sing praises to God this week. Celebrate that God is always with you!

How To Make A Paper Plate Tambourine

Step 1: Color the backside of your paper plate and design it however you would like.

Step 2: Next, fold your paper plate in half and use a pencil to mark where you want to place your bells around the outside of the tambourine.



Step 3: To attach the bells to your tambourine use a hole punch to punch through your pencil marks. Make sure both sides of the plate are lined up and punched through.

Step 4: Cut some short sections of ribbon and thread them through the bells and then tie them on to your tambourine craft. Don't make them too tight as they'll need to be loose to jingle!

Step 5: To make the paper plate tambourine nice, plump, and soft to hold, you can stuff the inside with some cotton balls.

Step 6: Finish off your paper plate tambourine by gluing the edges of the plate together.



STUCK IN THE MUD

Materials: Glue, Water, Bowl, Dirt, Paper, Paintbrush, Plastic Spoon

Because Deborah listens to and obeys God, he sends a huge rainstorm that caused the Canaanite chariots to get stuck in the mud, rendering them useless. Create your own unique mud poster to remind you of how God was with the Israelites and how He is with you.

Make the mud paint by mixing equal parts glue and water in the bowl, then add the dirt and mix it with the plastic spoon. Mix the paint gently so as not to splash!

Paint a scene from the story onto the construction paper with the mud mixture. Then use the mud paint to write out the bottom line for this week: **When we are under pressure, God is with us.** Place this unique poster in your room as a reminder that God is with you!



CUDDLE CLOSE

Materials: None

Before bed pull your child close beside you and say, "God is with me everywhere I go!" As you tuck them into bed, sing, "Wherever I Go" (www.tinyurl.com/god-with-me). Then pray together, pausing after each phrase, to let your child repeat after you:

*Dear God,
You are everywhere.
Help me to remember you are with me.
You are my helper and my strength.
Thank you for being with me!
In Jesus' name, Amen.*