



Jesus' Power helps us do HARD THINGS

"For I can do everything through Christ, who gives me strength."
(Philippians 4:13)

Earlier today you met Ramsey. He's an animal you might see if you rode a train through the mountains. Ramsey can help you remember that special verse about Jesus! Ramsey is a strong, sturdy bighorn sheep who lives waaay up high on rocky mountaintops. God made Ramsey a good climber!

1. Where are places you like to climb?

Sometimes Ramsey has to climb up tall, tall mountains to stay safe. That's hard Work! But God gave him the power to do it. That reminds me of the way Jesus gives us power!

2. Share about something that was hard? (This can be from home or school)

3. Share about something that was hard, but God helped you?

We can pray and ask Jesus to help us do anything that seems big or hard!

Closing

Ramsey sometimes has to climb up tall mountains covered with big, hard rocks. (Hold out your fists and pretend they are rocks) These fists will remind us of the hard things we sometimes have to do. Let's ask Jesus to give us the power to face these hard things.

Pray

God, sometimes life is hard. We have to do things that make us tired. We have to forgive people that's hard,too. Sometimes we have to go through sad things. I'm so glad we don't face those hard things alone. You are always with us, Jesus. Please give us the power to do the hard things we face in life. Amen