

Invite God into your
decision-making process!

choices



A MIRACLE EVERY DAY

Goal:
Help! God is in Control

Scripture Verses:
Psalm 145:13-21
John 16:31-33
Romans 8:31-39

Choose Your Opening

Option 1: Eating Away Problems

(For this activity, you'll need snacks, newsprint, a marker, and masking tape)

Set up the snacks on a table on one side of the room. Gather kids on the opposite side of the room from the snack table. **Say:** Today we're going to discuss how some people abuse drugs or alcohol when they are faced with difficult problems. To begin, I'd like you to call out problems that are difficult to deal with.

List the problems on newsprint, then tape the newsprint to the wall near the snack table. **Say:** One at a time, I'd like you to walk up to the table, read the list until you find one problem you've faced or are facing, then eat one snack item, such as one potato chip or one grape. You may have only one item each time you come to the table, and you must return to the opposite side of the room after each visit. You may come to the snack table as many times as you'd like, but you may have a snack item only after you find a problem on the list you've faced or are facing. You'll need to choose a different problem each time.

After 3 minutes, **Ask:**

- *How did it feel to eat a snack after thinking about a problem?
- *How is the way you ate something every time you thought about a problem like the way people sometimes deal with problems in real life?
- *How is the way you ate these snacks like or unlike the way people use drugs or alcohol to cope with problems?

Say: Today we're going to discover how God—not drugs or alcohol—helps us cope with our problems.

Option 2: Have One

(For this activity, purchase a quantity of small candies, such as M&M's)

Form groups of no more than four. Give one person in each group a supply of small candies. **Say:** Those of you with the candies are to give them away to members of your group. But a group member may have candies only after you get him or her to say or do something for you; for example, you might have someone sing "The Alphabet Song" before you give him or her the candies.

Remind kids to choose activities that aren't embarrassing or crude. After 3 minutes, **Ask:**

- *How did you feel when you were asked to say or do something to get the candy?
- *How is the way the person with the candy controlled you like the way drugs and alcohol control people?
- *Why do people drink or take drugs?

Say: Some people use and abuse because they want to escape a painful or difficult situation. Today we're going to explore a better way to deal—trusting God.

THE BIBLE EXPERIENCE

No Escape

*(For this activity, you'll need two flashlights, a supply of newsprint, markers, and Bibles
This game works best if played in a room that can be made very dark)*

Use a flashlight. **Say** to the kids; The flashlight beam represents problems you're facing. Try to avoid facing the problems by moving around the room away from the light beam. You can move only when you are saying, "Drink, drink, drink" or "Drug, drug, drug". If you get caught by a beam, freeze in your position.

Turn out the room lights, and attempt to catch kids in the light beam. After 3 minutes, turn on the room lights, and **Ask**:

*How did you feel as you tried to escape the light?

*How is this like or unlike the way people try to escape problems with drugs or alcohol?

Say: Sometimes people abuse drugs or alcohol as they blindly try to run from their problems. But the problems don't go away.

Give each child a sheet of newsprint, a marker, and a Bible. Assign each group one of these passages: Psalm 145:14-21; John 16:31-33; or Romans 8:31-39. Have the kids read their passages, discuss what they say about facing difficult problems, and list their discoveries on the newsprint.

After five minutes, call time, and have a child share their discoveries. **Ask**:

*How does God help us in difficult times?

*How is God's help different than attempting to escape our troubles through drugs or alcohol?

*What are ways we can trust God to help us during tough times?

Say: Drugs and alcohol don't make our problems go away. But God always walks with us and helps us overcome all difficulties.



Finding Hope

(For this activity, you'll need a flashlight)

Turn out the room lights. Shine the flashlight on the person across from you, and Say: *God's light can help you through tough times.*

Pass the flashlight to the person on your left and have them repeat the process. Continue in this manner around to every child until the flashlight is returned to you. Have kids pray silently, asking *God* to help them avoid drugs and drinking.

Choose Your Closing

Option 1: No Problem Is Too Large

(For this activity, you'll need a balloon for each child and a pin)

Give each child a balloon. Say: Think about a problem you're currently facing. Then inflate your balloon to a size that represents how big that problem seems to you.

Kids don't need to tie off their balloons, they can just hold them.

Say: Romans 8:37 says that in all things we have full victory through God's love. As I pop each balloon, remember that God can help you to overcome any problem you'll ever face.

As you pop each balloon with the pin, say: God is bigger than your problems.

Then have kids help each other pick up the balloon pieces to show how we can help each other "pick up the pieces" after we go through tough times.

Option 2: Banded Together

(For this activity, you'll need a Bible)

Bring the kids in tight. Say: God is as near as the word "Help". Rather than turning to the temporary escape of drugs or alcohol when we have problems, let's commit to seeking God's help in tough times.

Have kids say together, "We commit to support each other in tough times and to seek God's help above all else."

Then read aloud Psalm 145:18 as a closing prayer, and have kids form a group hug!