

# Powered By Jesus

## Day 1: Jesus' Power Helps Us Do Hard Things

### Today's Powerful Experience

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

Craft: Crafty Puzzler

Game: Not-So-Easy Ball Toss

Family Connection: Help with a hard job

Outreach Idea: Make a card for someone doing hard things

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Get moving with some great **music!** Find the link to today's playlist on our website.

Be sure to start with today's **Bible story.** Find the link on our website.

[[hebronpresbyterian.com](http://hebronpresbyterian.com)]

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### **Today's Craft Instructions: Crafty Puzzler**

- **You will need:** markers or crayons
  - A white puzzle is included in your To-Go Kit. Don't take it apart yet!
  - Use markers or crayons to draw a picture on your blank puzzle.
  - When your picture is finished, take the puzzle apart and challenge a family member to put it back together.
  - Sometimes in life we have to do things that are hard or puzzling, and that can make us feel sad, or mad, or frustrated. But Jesus gives us the strength we need to power through those feelings and do the things we need to do. **Jesus' power helps us do hard things.**
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### **Today's Game: Not-So-Easy Ball Toss**

- **You will need:** a ball, a bucket (or empty trash can or basket), chalk/string/belt/anything to mark a throwing line
- You can play this game inside or outside. Just be sure to choose a ball that is safe to throw.

How To Play:

- Place your bucket in an area where it is safe to throw your ball. About two feet away, make a throwing line with chalk or set down your marker.
- Toss the ball until you can make it into the bucket.
- Now, pick up your bucket, move it two steps back, and try again.
- Keep moving your bucket away from the throwing line, and try to get the ball to go in.
- How far away can you get from the bucket and still get the ball to go in?
- It got harder and harder to get the ball to go in the bucket. Sometimes in life we have hard things to do, but we can ask Jesus for help when we feel challenged to finish a project or a hard math problem. **Jesus' power helps us do hard things.**

### **Today's Family Connection: Help with a hard job**

- It takes a lot of hard work to keep your family fed and clothed and safe in your home. **What is a hard job you could help with today?**
  - Some ideas: fold laundry, empty the dishwasher, wash the car, take out the trash... Ask your parents how you can help them today.
  - There are many hard jobs to do at home each day. When everyone works together to help, the jobs are much easier! A lot of times it's through the help and love of our family and friends that **Jesus' power helps us do hard things.**
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### **Today's Outreach Idea: Make a card for someone doing hard things**

- **You will need:** construction or copy paper, markers or crayons
  - There are lots of people working hard to keep us healthy, fed, and safe. They are very brave to be working hard for us when there is a chance they could get sick.
  - Make a card for someone doing a hard job, such as a grocery store worker, nurse, or firefighter. Ask your parents for help, then decide who you can make a card for and work together to deliver or mail it to them.
  - Sometimes **Jesus' power helps us do hard things** through the thanks and encouragement of others.
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### **Social Media Connection:**

- Post pictures or videos of your VBS in action! We'd love to see you singing, making a Crafty Puzzler, playing the ball toss game, or working together on a hard job at home.
  - See today's Facebook post to add your pictures or videos in the comments!
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### **Prayer is Powerful!**

- Today, pray for people who do hard jobs to help us, like firefighters, nurses, doctors, farmers, grocery store workers. Who else could you pray for?
  - Thank God for giving us power through Jesus to do hard things.
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### **Today's Powerful Verse:**

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

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### **Get ready for tomorrow:**

In tomorrow's Bible story, we'll be taking a wild ride... on a sailing ship! You might want to create your own version of a "boat". It can be something as simple as spreading out a towel, sailing on your couch, sitting on a paddle board, or whatever you can imagine! You'll also need some cargo - maybe a box or a pillow. For energy while on our voyage, you might want to have a "sea biscuit" handy something quick and crunchy to snack on. See you tomorrow!

**Jesus' Power Helps Us Do Hard Things**