

STRONG IN SPIRIT

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Gist & Verse

We can grow strong in spirit just like we grow strong in body and mind.

May your whole spirit, soul (mind), and body be kept safe and be without wrong when Jesus returns. 1 Thess. 5:23

Prep & Supplies

- One piece of paper with two math problems (One easy and one too difficult)
- Pen or pencil
- 5-10 minutes

Lesson

Strong in Body

- I have a challenge for you. Show me how many pushups you can do. (count as your grandchild does pushups)
- You did __ pushups! If you wanted to do twice as many, how could you get stronger? (exercise and practice)
- Our muscles get stronger when they are exercised.

Strong in Mind

- Here's another challenge. (show the math problems) Can you solve these?
- Why was the first one easy for you? How could you learn to do the other one? (learn and practice)
- Just like bodies get stronger with exercise, minds get stronger with learning and practice.

Discussion: Strong in Spirit

- Did you know that you have something called a **spirit** that can grow strong too?
- Our **spirit** is the part of us that God created so we can talk to him, worship him, and learn from him.

What does it mean to be strong in spirit?

- We know the difference between right and wrong.
- We try to do what's right and ask God for help when we're tempted to do wrong.
- We want to spend time with God; talking to him and learning about him.
- We have God's strength in us to face hard things.
- We have patience and love for others.

How can we become strong in spirit?

- By reading the Bible, praying, singing to God, and going to church.

QUESTION

In what ways do you exercise your spirit? How can I help you with it?