



BEFORE YOU BEGIN

A FEW MOMENTS TO PREPARE.

USE THESE ICONS TO HELP YOU NAVIGATE THIS WEEK'S LESSON



TALK TOGETHER

Family conversations with God's Word.



MORE TO EXPLORE

Answers to kids' questions.



THRU-THE-WEEK SHEET

Post it on the fridge. Use it all week.



COLORING PAGE

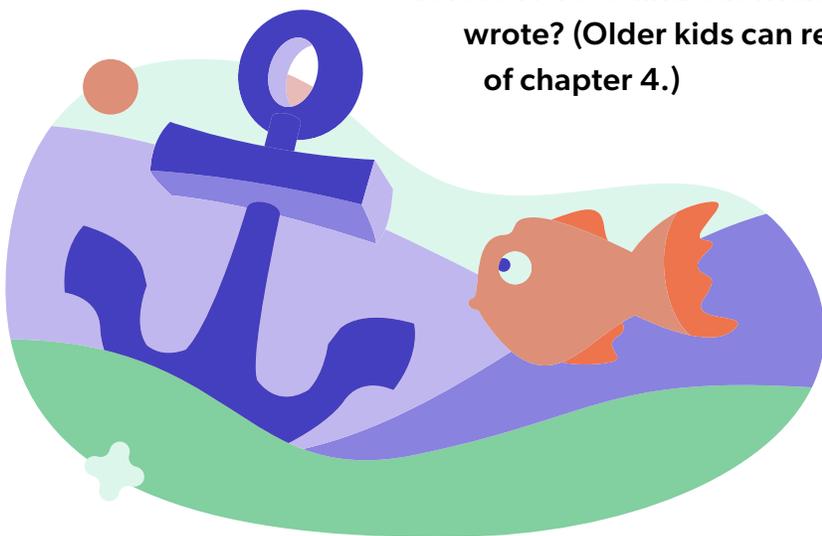
Keep little hands busy before, during and after your family conversation.



WHAT IS SOMETHING YOU WANTED THAT YOU COULDN'T STOP THINKING ABOUT? WHY DID YOU WANT IT?

After Paul became a follower of Jesus, he wanted to know, love and serve Jesus. He also encouraged others to do the same. Even though Paul served and followed God, things weren't always easy. Sometimes Paul had everything he needed and other times he didn't. Sometimes people treated Paul well and other times they didn't. When Paul wrote to his friends in Philippi from prison, he told them God taught him something important during the hard times he faced.

Can you help me read Philippians chapter 4, verses 11-13 to find out what Paul wrote? (Older kids can read all of chapter 4.)





WEEK OF AUGUST 14, 2022

... I HAVE LEARNED IN WHATEVER SITUATION I AM TO BE CONTENT. I KNOW HOW TO BE BROUGHT LOW, AND I KNOW HOW TO ABOUND. IN ANY AND EVERY CIRCUMSTANCE, I HAVE LEARNED THE SECRET OF FACING PLENTY AND HUNGER, ABUNDANCE AND NEED. I CAN DO ALL THINGS THROUGH HIM WHO STRENGTHENS ME.



PHILIPPIANS 4:11-13



Paul told his friends he had learned to be content. He was happy for whatever he had, whether it was a lot or a little. He knew God would give him the **strength*** he needed to do anything God had planned for his life. Paul could **rejoice** no matter what he faced because he knew Jesus!

Paul encountered a lot of scary things. Did you know Paul even survived a shipwreck? In the book of Acts, Paul sailed to Rome as a prisoner on a ship. He was there to tell people about Jesus. A huge storm almost destroyed the ship and its crew during the journey. Thankfully, an angel of the Lord told Paul that he and the people on the ship would survive the storm. **Let's read more about the shipwreck in Acts 27:33-34.**



AS DAY WAS ABOUT TO DAWN, PAUL URGED THEM ALL TO TAKE SOME FOOD, SAYING, "TODAY IS THE FOURTEENTH DAY THAT YOU HAVE CONTINUED IN SUSPENSE AND WITHOUT FOOD, HAVING TAKEN NOTHING. THEREFORE I URGE YOU TO TAKE SOME FOOD. FOR IT WILL GIVE YOU STRENGTH, FOR NOT A HAIR IS TO PERISH FROM THE HEAD OF ANY OF YOU." AND WHEN HE HAD SAID THESE THINGS, HE TOOK BREAD, AND GIVING THANKS TO GOD IN THE PRESENCE OF ALL HE BROKE IT AND BEGAN TO EAT. THEN THEY ALL WERE ENCOURAGED AND ATE SOME FOOD THEMSELVES. (WE WERE IN ALL 276 PERSONS IN THE SHIP.) AND WHEN THEY HAD EATEN ENOUGH, THEY LIGHTENED THE SHIP, THROWING OUT THE WHEAT INTO THE SEA. NOW WHEN IT WAS DAY, THEY DID NOT RECOGNIZE THE LAND, BUT THEY NOTICED A BAY WITH A BEACH, ON WHICH THEY PLANNED IF POSSIBLE TO RUN THE SHIP ASHORE. SO THEY CAST OFF THE ANCHORS AND LEFT THEM IN THE SEA, AT THE SAME TIME LOOSENING THE ROPES THAT TIED THE RUDDERS. THEN HOISTING THE FORESAIL TO THE WIND THEY MADE FOR THE BEACH.

ACTS 27:33-34

Wow! Imagine the wind screaming and hitting the sails, and the water slapping and splattering on the boat's planks for 14 days!

Most people on board stopped eating because they were so upset. But Paul told them God said all 276 people on board would survive. Then, in front of everyone, Paul thanked God and encouraged them to eat. The storm was strong; Paul knew God was stronger. Instead of shaking with fear and doubt, Paul thanked God and trusted His promise.

Soon after this, the ship crashed near land. The Bible says some people swam to shore and others held onto items that helped them float to land — but everyone survived.

Although most of us won't find ourselves on a sinking ship, we will go through **hard times***. Remember, whether you have plenty or not enough, you can rejoice because you know **Jesus will be with you*** — no matter what!



END OF TALK TOGETHER

WEEK OF AUGUST 14, 2022

MORE TO EXPLORE

DOES PHILIPPIANS 4:13 MEAN I CAN DO ANYTHING USING CHRIST'S STRENGTH?

In Philippians 4:11-13, Paul writes about finding contentment or rejoicing in difficult situations. As much as we want to have special powers, Philippians 4:13 does not mean you can do anything you want with Christ's strength. It does mean He will give you the strength needed to do everything He has asked you to do. When you're nervous about sharing the Gospel with someone, He will give you strength! When you face hard times, you can depend on Him!

(Philippians 4)

IF A TRIAL ON EARTH TAKES A BELIEVER'S LIFE, DOES THAT MEAN GOD ABANDONED THEM?

No. The New Testament book of John explains that as Christians, God has given us eternal life, and no one can take us from Him. Earth is not our home. If a believer dies from a trial on Earth, we can know it was their time to go home and be with Jesus. God did not abandon them; He brought them home.

(John 10:28-30)

WHAT IF I'M ANXIOUS DURING HARD TIMES? WILL GOD HELP ME OVERCOME THAT TOO?

Yes! In Philippians 4, Paul tells us not to be anxious. Instead, we should talk to God about the things worrying us and ask for His peace to guard our hearts and minds. Worry will come our way on Earth, but our God is bigger than our fears. Trust Him. **(Philippians 4:6-7)** Next week, we'll learn more about how God will take care of us, even when "Scary Situations" come our way!

FOR FURTHER READING:

- Invite your older children to read all of Acts 27 to learn more about the story of Paul and the shipwreck at sea.

DEFINITIONS:

- **Content:** To be satisfied with what you have.

★ THRU-THE-WEEK SHEET

WEEK OF AUGUST 14, 2022

♥ MEMORIZE

I CAN DO ALL THINGS THROUGH HIM WHO STRENGTHENS ME.

PHILIPPIANS 4:13

Q: NO MATTER WHAT HAPPENS, WHAT SHOULD I DO?

A: REJOICE!

SHARE

Count your blessings as a family, even in the midst of difficult times. Rejoice together that your family can do all things through Christ.



PRAY

DEAR HEAVENLY FATHER, HELP US TO PRAISE YOU DURING THE GOOD TIMES AND THE BAD TIMES. HELP US REMEMBER WE CAN REJOICE, NO MATTER WHAT!

FLOAT

Help your children create boats out of foil. Fill the boats with pennies until they begin to sink. Even when Paul was shipwrecked at sea, he trusted God!

BREAK BREAD

In the middle of a storm, Paul trusted God. Paul thanked God and encouraged everyone to eat bread with him. Find a bread recipe to bake with your kids. When it's ready to eat, thank God for being with you, no matter what.

CREATE

Ask your children to make a collage out of photographs, magazine clippings or drawings of the many things we can thank God for. Remind your children we can be content with whatever God gives us.

JOURNAL

Invite your older child to look up the following verses that show how God helps us during difficult times. The next time hard times come their way, encourage them to reflect on those verses and thank God for the way He helps us.

- Hebrews 13:5
- Philippians 4:6-7
- Psalm 118:6
- Ephesians 6:10-11



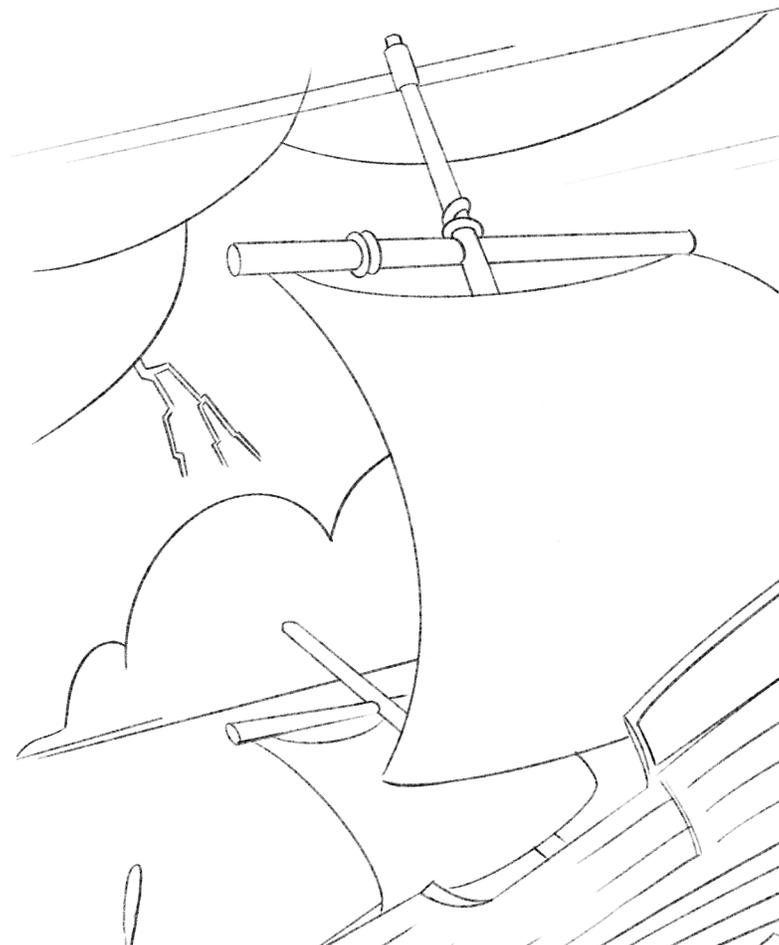
SCAN HERE TO LISTEN WHEREVER YOU ARE!

SING

Listen to this playlist throughout this series to Rejoice!


Talk About

Talk About



**I CAN DO ALL THINGS THROUGH
HIM WHO STRENGTHENS ME.**

PHILIPPIANS 4:13



**NO MATTER WHAT HAPPENS,
WHAT SHOULD I DO?**

REJOICE!