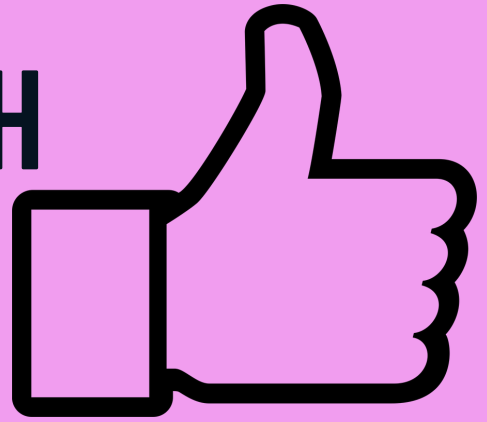


# I CAN DO ALL THINGS THROUGH CHRIST

Sunday School Lesson



## Create Curiosity:

Show the book, "The Little Blue Engine That Could."

Children will probably be familiar with the story, so briefly remind them that the little engine didn't think he could pull a heavy load or climb a big hill, but he kept saying, I think I can, I think I can. Well, we don't have to think we can...we can know we can do hard things.

"Boys and girls, have you ever tried to do something really hard? (Let them share) Sometimes we might feel scared or think 'I can't do it!'

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## Teaching Time: Philippians 4:13

"Boys and girls, have you ever tried to do something really hard? Sometimes we might feel scared or think 'I can't do it!'

Well, I want to tell you about a little boy/girl named Sue. Sue had some really hard things to do:

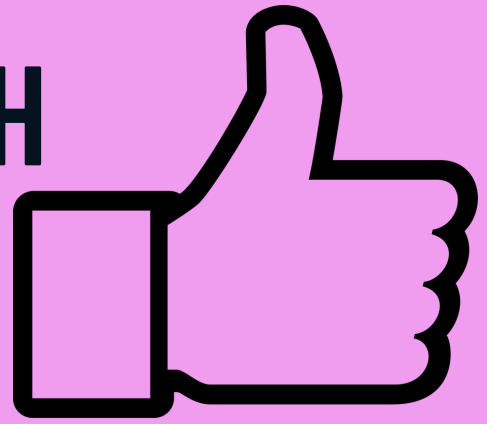
- First day of preschool (make scared face)
- Learning to ride a bike (pretend to wobble)
- Trying new foods (make silly tasting face)
- Sharing toys with baby sister (hug motion)
- 

Every time Sue felt scared, Mommy would say: 'Remember, God gives you special strength! You can do hard things with God's help!'

So Sue would take a deep breath and say: 'I can do it with God's help!'  
(Have children repeat)

# I CAN DO ALL THINGS THROUGH CHRIST

Sunday School Lesson



## Continued...

And guess what? Sue did ALL those hard things!

- Made new friends at school (wave hello)
- Learned to ride that bike (pretend to pedal)
- Tried carrots and peas (thumbs up)
- Shared favorite teddy bear (pretend to hand over toy)
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The Bible tells us 'I can do ALL things through Christ who gives me strength!' That means God helps us do hard things. Let's say it together: 'I can do all things through Christ!'"

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## Craft Corner:

Color the, I Can Do it, poster.



**GOD WILL HELP ME**