

## GO DEEPER

### SPECIAL WORDS

#### WHEN WE ARE UNDER PRESSURE

(PRESS PALMS TOGETHER AND RUB BACK & FORTH)

#### GOD IS IN CONTROL

(PRETEND TO BE HOLDING A VIDEO GAME CONTROLLER AND PUSHING BUTTONS)

### MEMORY VERSE

But we have this treasure in jars of clay to show that this all-surpassing power is from God and not from us. We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed.

**2 Corinthians 4:7-9 (NIV)**

## DAILY DEVOTIONS

### DAY 1: GOD IS ALWAYS IN CONTROL

READ - Numbers 32:13, Exodus 13:21

Did God ever leave the Israelites? No! He was with them and guiding them. Even when the Israelites were tired and complaining, God was in control. *Go for a walk somewhere your child likes to go and maybe even where they know the way. This time however, go the long way around to the place. Use this to help explain how the Israelites had to walk the long way around for 40 years!* **Remember: When we are under pressure, God is in control.**

### DAY 2: GOD WANTS TO GUIDE YOU

READ - Proverbs 3:5-6

When you want to go to the beach or a park and you don't know how to get there, what can you use to help you? A map! A map tells us where to go so you can get there quickly and without being lost. God has given us a map to help us make good choices in our lives. Do you know what it is? The Bible! When we read it and follow it, God helps us. **Remember: When we are under pressure, God is in control.**

### DAY 3: FOLLOW GOD'S DIRECTIONS

READ - Psalm 119:105, Exodus 13:21, Acts 5:29

This week on Banana News we saw Chef Pomegranate try to make a cake without following his grandma's directions. How did that cake turn out? It was a mess! God doesn't want us to make choices that will make our lives a mess so He gave us directions, the Bible, to follow too! The Israelites were told to follow the pillar of cloud by day and the fire by night. For us, God wants us to follow His directions in the Bible. **Remember: When we are under pressure, God is in control.**

### DAY 4: SEEK GOD IN PRAYER

READ - 1 John 5:14, Matthew 6:9-13

Can you show me your sad face? What about an angry face? Now let me see your happy face. What would your face look like if you were scared? Did you know that God wants you to talk to Him no matter how you are feeling. God wants us to pray to Him from our hearts. When we talk with God it can help us remember that He is with us and He wants to help us. **Remember: When we are under pressure, God is in control.**

### DAY 5: PRAISE GOD FOR BEING IN CONTROL

READ - 1 Chronicles 29:10-13

Sing, "If you're happy and you know it clap your hands." Sometimes we don't feel happy. The Israelites definitely didn't feel happy when they were in the desert. But even when we are not happy, God is in control. God is with you and even when you are not happy you can praise God. What do you want to tell God thank you for today? **Remember: When you are under pressure, God is in control.**



## GOD IS IN CONTROL LOOPS

*Materials: Paper Strips, Tape*

Use thin strips of paper, about 8" x 1", and write on them things that God is in control of (such as money, church, family, the child, my school, the weather, etc).

Then make a loop with the piece of paper. Create the next loop by sliding it through the first before taping it. Continue to add loops until you have used all of your paper strips. Use this as a reminder that God is in control of each of the things you wrote down. Pray and ask God to help you trust that He is in control of all those things.



## FLASHLIGHT FOLLOW THE LEADER

*Materials: Flashlight*

Play a game of "Flashlight Follow the Leader." Get together with some of your friends or family and form a line. Then, turn off the lights and give the flashlight to the person in the front of the line. Walk around in the dark following your leader. When they stop, you stop. When they go, you go. If they spin, you spin.

After playing the game talk about:

- Are you ever afraid of the dark?
- What do you do when you are scared?
- Do you know that God is always with you and takes care of you?

God led the Israelites in a special way. Even when they were miserable, He was in control. God was always with them and caring for them. God is always with us, too. Today we want to remember when we are under pressure, God is in control.



## CUDDLE CLOSE

*Materials: None*

Before bed pull your child close beside you and say, "I can follow God's Word because He is in control." As you tuck them into bed, sing, "God is in Control" ([www.tinyurl.com/god-in-control](http://www.tinyurl.com/god-in-control)). Then pray together, pausing after each phrase, to let your child repeat after you:

*Dear God,  
You are God who is in control of everything!  
Help me to learn how to follow and trust Your Word.  
Thank you for loving me.  
In Jesus' name, Amen.*