



Big Idea

**GOD WILL
PROTECT MY
HEART
AND MIND**

Bible story Philippians 4:11-13

When life is hard, it can be really difficult to rejoice and be happy like Paul tells us. It can be hard to go. But it's possible. Let's read something else Paul has to say.

INSTRUCTIONS:

Read Philippians 4:11-13. Paul says he learned to be content. Content means to be okay and at peace. He said he learned to be that way no matter what. So, how did he do that? Verse 13 says it is through God. Maybe you've heard that verse before.

- Does it mean that through God we'll be able to make an impossible shot in basketball, or walk on the ceiling? No. What it means is, whatever the situation—whether it's good or bad—if we stay close to Jesus, Jesus will help us. Jesus will bring us joy no matter if things go our way or not, and Jesus will protect our heart and mind. Maybe right now you are going through a tough time.
- Maybe you have trouble at school or in your family. It's sad because tough times happen in all of our lives, just like they did with Paul. But, just like Paul, since we have Jesus, we can still be joyful no matter what because God protects our hearts and minds

Activity| Create a Superhero

Give your kid this week's printable and something to write/draw with. Instruct them to create their own superhero and what powers they would have. After The kids are finished, ask a few of them to share about their superhero.

(You could take photos of the superheroes the kids created. Send them in a text, or post them on social media, to encourage parents this week

Prayer:

God,

Please protect my heart and mind.

Discussion:

In today's Bible passage,

- What is the first thing Paul says for us to do?
- How do you think Paul was able to stay joyful even while in jail?
- How is God different from superheroes?
- Philippians 4:13 says we can do all things through God.
- What do you think that means?
- What are some things in your life that might cause you to worry?
- What does it mean that God protects our heart and mind?
- Has God ever helped you through something difficult



