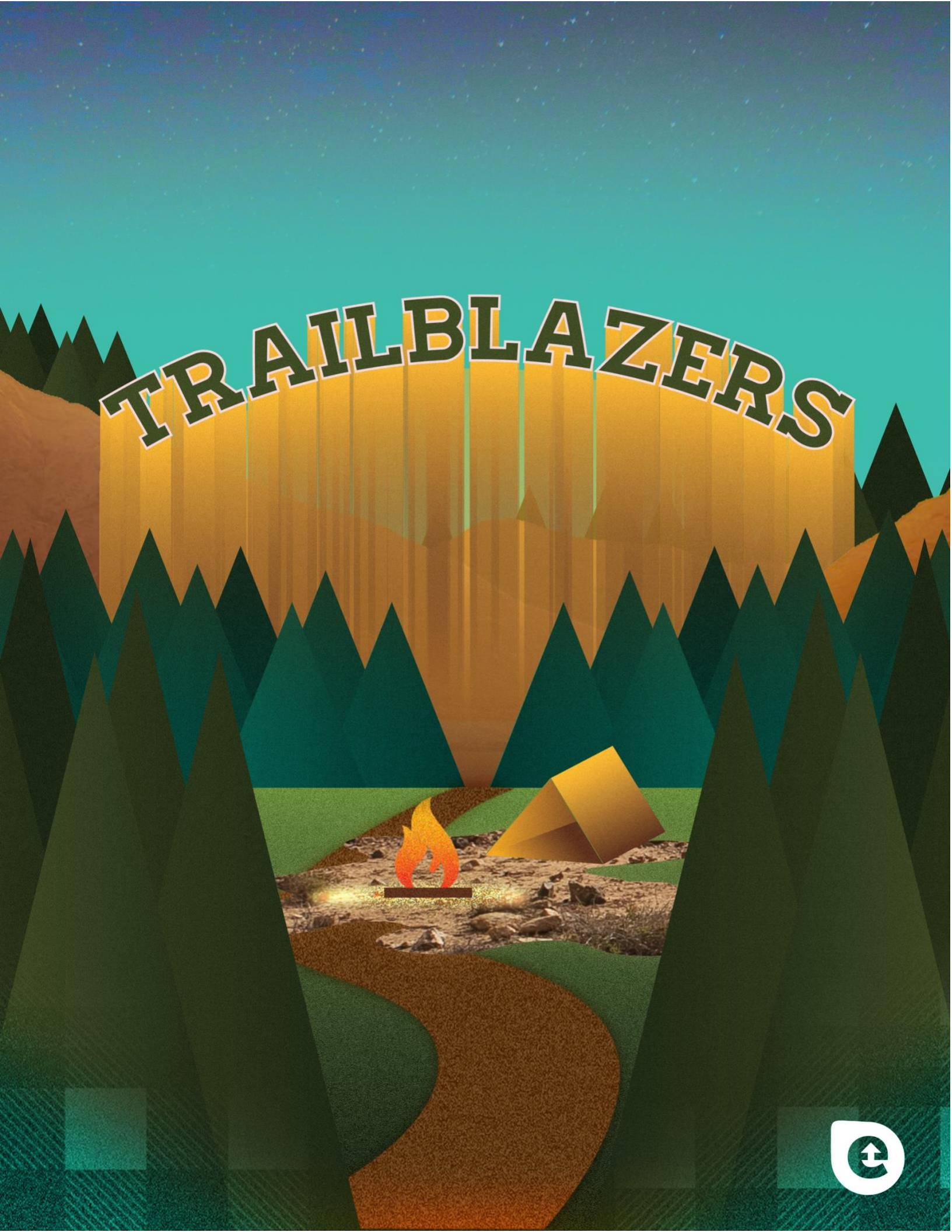


TRAILBLAZERS





Group Time Guide

Supplies Needed: Photo of someone praying, photo of mountain.

1. Getting Started

Ask: What are you most excited about for this summer?

2. Discussion Questions

- What is one of the hardest things you have ever done?
- Did you ever feel like giving up?

3. Hands-On Option

Look Up and Read: Philippians 4:13. This verse tells us that Jesus gives us strength.

Say This: The writer of this verse is telling us that whatever we face and however hard life gets, we can get through it because Jesus gives us strength.

Do This: Show the kids the picture of someone praying. One important thing that you can do when you face something hard in life is to pray and talk to God about what you are going through. Ask him to help you and give you strength.

Do This: Show the kids the picture of the mountain. Another thing you can do is “take the next step.” Are there any shortcuts to get to the top of a mountain like this? No! You need to take one step at a time to get to the top. When we go through something hard we need to take it one step at a time and know that God will be with us.

Discuss: What is something difficult you are going through that you want God’s help with this week? What is one small step you can take? (Ex. Apologizing to someone, practicing a skill, talking with an adult you trust, asking someone for help, etc.)

The Point: We are capable and can get through things that are hard because Jesus will give us strength. He will always be with us and help us through.

4. Wrap-Up and Prayer

Ask: What was the best part of your week? What was something tough that happened this week?

Do This: Pray with the kids.