

God is Powerful

(Various)

Pre-Session Warm Up

We've been learning about God's attributes. An *attribute* is a character trait or quality about someone.

What are some of things that we've learned about God already?

- God is **great creator** —He created the whole universe! We know that there is a God because we see what He has done. We see the wonderful things which He has created.

The heavens declare the glory of God; And the firmament shows His handiwork. (Psalm 19:1)

- God is **holy**—He is without sin; He is perfect in every way.
- God is **just**—He always does what is right and fair.

Who is like You, O LORD, among the gods? Who is like You, glorious in holiness, Fearful in praises, doing wonders? (Exodus 15:11)

He is the Rock, His work is perfect; For all His ways are justice, A God of truth and without injustice; Righteous and upright is He! (Deuteronomy 32:4)

- God is **merciful**—He extends forgiveness to us even though we don't deserve it.

Through the LORD's mercies we are not consumed, Because His compassions fail not. They are new every morning; Great is Your faithfulness. (Lamentations 3:22-23)

- God is **love**—He always does what is best for me even when I'm not at my best.

Beloved, let us love one another, for love is of God; and everyone who loves is born of God and knows God. He who does not love does not know God, for God is love. (1 John 4:7-8)

- God is **all-knowing**— God knows everything—past, present, and future. He knows all about you—even what you are thinking. He knows your deepest needs and desires, and He knows how to meet them.

Oh, the depth of the riches both of the wisdom and knowledge of God! How unsearchable are His judgments and His ways past finding out! (Romans 11:33)

Today we're going to focus our attention on the fact that God is **all-powerful**.

How powerful are you? Can you do 100 pushups? Can you lift a 100-pound barbell?

For some people, power is *very* important. Some people make becoming rich and powerful their whole goal in life! They dress for power; they eat protein and go to the gym and lift weights so their muscles become powerful. They buy powerful cars to drive. They seek political power. Some people take power walks to get in shape. [Teacher, give each child a Power Bars for a treat.] Personally, I like to take power naps just to get a quick refreshment!

Today we're going to learn what *real* power is – God's kind of power. God is much more powerful than any super power!

Opening Prayer

Lord, You are such an amazing God! You have created the whole universe by just speaking it into existence! You set the moon and the sun and the stars in place with just a flick of Your fingers. Today, as we meditate on just how powerful you really are, give us a real sense of awe in You, O Lord! In Jesus' name, I pray. Amen.

Memory Verse

With God all things are possible. (Matthew 19:26b)

Lesson

Who knows the name of our closest star? It's the Sun! Do you know how far away it is from the Earth? It almost 93 million miles away! [actually, it's 92,955,820.5 miles]

To get an idea of just how far that is, let's measure something big.

[Teacher, give the children some rulers and have them figure out how many inches long a conference table is. (A 6-foot table is 72 inches long.) Now stick a 48" circle cut from butcher paper up on the wall and butt the end of the table up to the "sun".]

If that was the Sun and this was the distance to it from Earth, each inch of this table would be over a million miles long [1,291,105 miles]! I want you to get a feel for just how far that is!

First let's talk about how far it is to California. [Teacher, using a map of the United States, draw a big black line from Provo, UT to Los Angeles.] It's 644 miles from here to Los Angeles and it takes over 10 hours to drive there. You think that's a long way to drive, how far do you think it is from Los Angeles to New York City? It's almost 3,000 miles [2,848 miles]. That's about 5 times farther than going from here to Los Angeles. And, it would take you several days to drive there!

Let's take it a step further. How many miles do you think it is clear around the Earth? It's almost 25,000 miles [24,774.60] around the Earth. That's almost 9 times farther than going from Los Angeles to New York City [8.7 times]. How long do you think it would take to drive around the Earth, if you could? [Let the kids guess!] If you got in a car and drove 65 miles per hour, 24 hours a day, without stopping or slowing down for anything, it would take you about 16 days to go around the earth one time.

Going to the Sun from here would be like going around the earth almost 4,000 times! [3,752 times]!

I'm trying to give you an understanding of just how far away the Sun is! And that's our *closest* star. It's millions of miles away.

Think about it! Our awesome God put the sun and the moon and the stars in place with just a flick of His fingers! Don't we have an awesome God? He is so great, we can't even imagine how big and powerful He is!

We've talked about how far away the Sun is, now let's talk a minute about how *big* the Sun is. As we watch it go overhead each day, it looks about the size of a quarter, right? If this 48" circle is the size of the Sun, then how big do you think the Earth is in comparison to it? [Teacher, let the children draw circles on the "Sun" to indicate how big they think the earth would be.] If that was the Sun, Earth would be about this big. [Teacher, using a hot glue gun, glue a ½" marble or a button to a Popsicle stick and tape it to the far end of the table.]

Look at how the size of our Earth, this little ½-inch circle, compares to our Sun, this 48" circle. The Sun is huge in comparison to the Earth.

The Sun is only a medium-sized star. There is a star called Pistol that is so big that it would take about 150 Suns to fill it up! We're talking huge!

And, our God put Pistol into place with the flick of His fingers!!!

Our universe is very large. There are about 100 billion stars in our galaxy alone. And, there are about 100 billion galaxies that we can see in our universe. Traveling as fast as you could go, it would take billions of years to get to some of the stars in the sky.

How much power do you think it took to create the universe?

Psalm 33:6-9

The LORD merely spoke, and the heavens were created. He breathed the word, and all the stars were born. (7) He assigned the sea its boundaries and locked the oceans in vast reservoirs. (8) Let the whole world fear the LORD, and let everyone stand in awe of him. (9) For when he spoke, the world began! It appeared at his command.

God made this whole world by just speaking. He said, “*Let light be!*” And there was light!

Jesus proved that He is God while He lived on Earth by showing us His power in many ways. Can you think of some ways that Jesus showed us that He is God?

- He fed 5,000 people with a two fishes and five small loaves of bread.
- He healed many people that were hopelessly sick.
- He raised people from the dead.
- He stopped a raging storm by speaking to it!

He left no doubt in any body’s mind that He had power over every other power.

What was the most amazing way that Jesus displayed His power? He raised Himself from the dead and then ascended into heaven in the clouds! God has so much power that we could never measure it. And yet He cares so much about us that He came to Earth to die for us.

Jesus knew that the Jews were jealous of His popularity with the people. He knew they hated Him and were planning to kill him. Jesus is God and knows all things. And, He could have stopped them.

Matthew 26:53

Don’t you realize that I could ask my Father for thousands of angels to protect us, and he would send them instantly?

He could have called down thousands of angels to protect Him. But He didn’t. He wanted to show us what real power is.

On the night before He was to be crucified, He wanted to give His disciples one last lesson on what true greatness is. He got them all together in the upper room to have the last supper with them.

Then, after dinner Jesus did a very odd thing...

John 13:2-5

It was time for supper, and the devil had already prompted Judas, son of Simon Iscariot, to betray Jesus. (3) Jesus knew that the Father had given him authority over everything and that he had come from God and would return to God. (4) So he got up from the table, took off his robe, wrapped a towel around his waist, (5) and poured water into a basin. Then he began to wash the disciples’ feet, drying them with the towel he had around him.

Jesus, God the Son, laid aside His rights. He had all power. He created the whole universe. He could have called down legions of angels. But, He put His own desires aside. Instead of picking up a sword, He wrapped a towel around His waist and began to wash His disciples’ feet.

Why would Jesus wash the disciple’s feet? The people in Jesus’ day wore sandals, and streets were dusty. Just like we take our shoes off when going into someone’s home so that we don’t track dirt into the house, it was customary in Jesus’ day to wash guests’ feet when they arrived at your home. Foot washing was usually a job for a household servant to carry out.

Can you imagine? Jesus, God the Son, washing dirty feet? Do you think it was hard for Jesus to wash Judas’ feet, knowing that Judas was going to betray Him? How would you feel if you were Jesus? Jesus loved Judas and wanted to give him one last chance to choose NOT to do the evil thing he was planning.

What was Jesus trying to teach His followers? Even though He was their leader and God Himself, He was not too proud to be a servant. He was serving them with a humble heart.

Jesus taught them that the greatest person in God's kingdom is the servant of all. God gives us power, not for our own selfish ambition, but for useful service to others.

Mark 10:42-45

So Jesus called them together and said, "You know that the rulers in this world lord it over their people, and officials flaunt their authority over those under them. (43) But among you it will be different. Whoever wants to be a leader among you must be your servant, (44) and whoever wants to be first among you must be the slave of everyone else. (45) For even the Son of Man came not to be served but to serve others and to give his life as a ransom for many."

Most people measure greatness by high personal achievement: how high their grades are, or how expensive their clothes are, or how well they do in sports, and so forth.

How often we judge others by worldly standards – power, wealth, beauty – and miss the truly great people through whom God works! Greatness is not measured by what you have, but by your faith in God. Give yourself entirely to God so God's power can work through you.

Jesus taught us through His example that true greatness in this life comes through our willingness to serve others. That is what truly glorifies God.

We have a big, big God who is all-powerful and almighty. He has absolute power. There is nothing that He can not do. We can trust His power in any situation to help us. The Holy Spirit can fill each of us with God's power to help us resist evil, serve others, pray, and much more.

Closing Prayer

Father, we stand in awe of You! You are so big and so awesome and so wonderful; we can barely comprehend Your greatness! Yet, You are such a personal, loving God. Thank You for showing us what true greatest is by Your standards. In Jesus' name, I pray. Amen.

Learning Activities

Craft Corner

Solar System Poster

Materials:

- Two pieces of blue or black construction paper
- One piece of yellow construction paper
- Scissors
- Glue
- Planet cut-outs
- Colored pencils or markers

Procedure:

1. Fold both pieces blue or black construction paper in half like a hot dog bun and cut along the fold line; Make a long single poster strip by taping the short ends together.
2. Print and cut out the planets.
3. Draw a circle on the yellow construction paper and cut it out. This is the Sun.
4. Glue the Sun on one end of the poster strip.
5. Glue the planets in order from the Sun on the poster strip.
Hint: **My Very Educated Mama Just Served Us Nine Pizzas.**
(Remember that “**M**y” is Mercury and “**M**ama” is Mars.)



Game Center

Use the following review questions in a time of discussion or a game of your choice:

1. What is the name of the closest Star from the Earth? (The Sun)
2. How many miles is it from the Earth to the Sun? (93,000,000)
3. What's the name of the largest star? (Pistol)
4. How many Suns would it take to fill up Pistol? (150!)
5. How did God create everything? (He spoke it into existence.)
6. How powerful *is* God? (He has so much power that we could never measure it. He is all-powerful!)
7. What are some things we know from Jesus' life that prove He is our almighty and all-powerful God? (He gave sight to the blind. He healed the lame. He died and rose again.)
8. What are some ways that Jesus shows His power in our lives? (Helps us choose to be honest. Gives us patience when someone wants to fight.)
9. When is a time God has shown His power to you?
10. Why can we depend on God's power and help? (He loves us. His power is greater than anything.)
11. What are some words you can use to praise God?

