

WHY STRUGGLE? ☆

Without Jesus, even some of the simplest things in life become quite difficult.

by Jamie Jacobs

TOPICS:

Difficulties, Following Jesus, Hardship, Helping

MATERIALS:

Crackers
Jar of peanut butter*
Plastic Knife
Paper towels for clean up



DURATION:

Approximately 10 minutes

WHAT YOU WILL DO:

Place all of the materials on the table. Select a volunteer from the class to help with the object lesson. You will explain to the volunteer that they are to take a few crackers, open the jar of peanut butter, take the knife, and spread peanut butter neatly on the crackers. However, they must do this with one arm behind their back.

WHAT YOU WILL SAY:

Today, we are going to learn how important it is to have Jesus in our life. Our volunteer is going to help us. Are you ready?

(Explain to the volunteer what he or she must do, and then have the class watch as the feat is attempted.)

Trying to live our lives without Jesus is sort of like trying to make a peanut butter cracker with one hand behind our backs. Without Jesus, everything becomes more difficult, harder to bear. Some things may even seem impossible without the Lord's help. Especially dealing with difficulties and hardship. However, with Jesus, our burdens are lighter. The Bible says, "Cast your cares on the Lord, and he will sustain you; he will never let the righteous fall." Psalm 55: 22.

And in the book of Philippians, the Apostle Paul wrote, "God will meet all your needs according to his glorious riches in Christ Jesus." Philippians 4:19.

When we trust in Jesus, He will always be there to help, no matter what!

Discussion Questions:

1. As children, what are some difficulties you face and how can trusting in Jesus help?
2. What things would be difficult for your parents without getting help from Jesus?

* *Make sure no one is allergic to peanuts. If so you can substitute jelly (fruit preserves).*