

STEP ONE: Watch the EC video at hillsideonline.com/kids

STEP TWO: Repeat the verse
twice with the motions!

"We have

(Bent hands to chest)

the Lord our God

(point up)

to help us."

(thumb up on palm)

2 Chronicles 32:8

(open hands like a book)

STEP THREE: Have fun with the activity "I Am Strong Obstacle Course"

What you need:

Items from your home to use as obstacles: play tunnel/large cardboard box, table, chair, trash can, blocks, masking tape, hula hoop, ect.

What you do:

Set up for four or five different obstacles in a row for your child to run through using items in your home.

- Crawl through the tunnel.
- Crawl under the table.
- Run between two chairs or around one chair.
- Stack a few blocks in a pyramid and have the children hop over them.
- Tape four X's in a zig zag pattern on the floor. Child will hop from X to X.
- Lay the hula hoop on the floor for your kid to jump in and out of.

Run through the course first to show your child what to do at each obstacle. Then, encourage your child to show their strength by running through the obstacle course. Repeat as many times as desired.

Say, "Let's see how strong you are! I have an obstacle course for us to run through. Let me show you what to do! (Demonstrate.) Are you ready? Go! (Complete course as many times as desired.)"

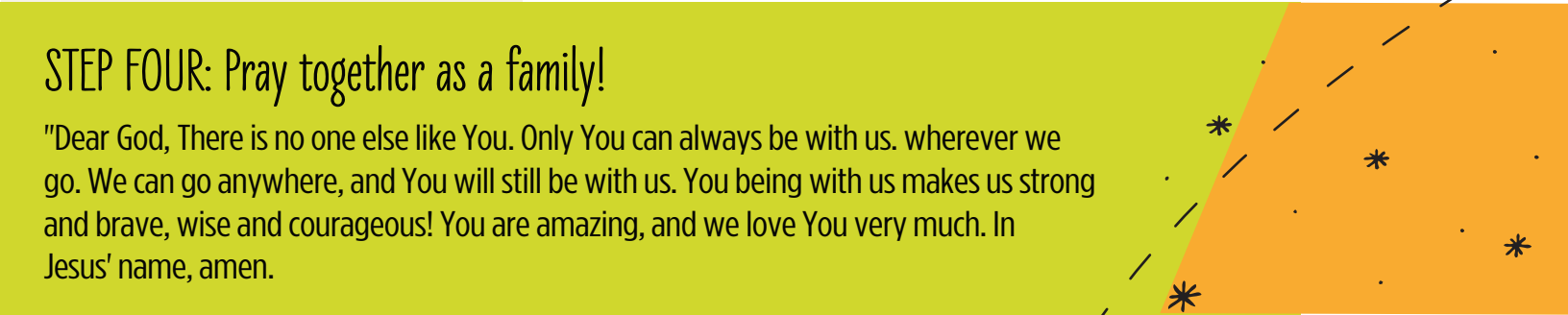
Wow! You are so STRONG! Way to go! We heard a story today about a queen named Esther. She was strong because God was with her. When God is with me, I can be strong, and you can, too. I'm so glad to know that God is always with me.

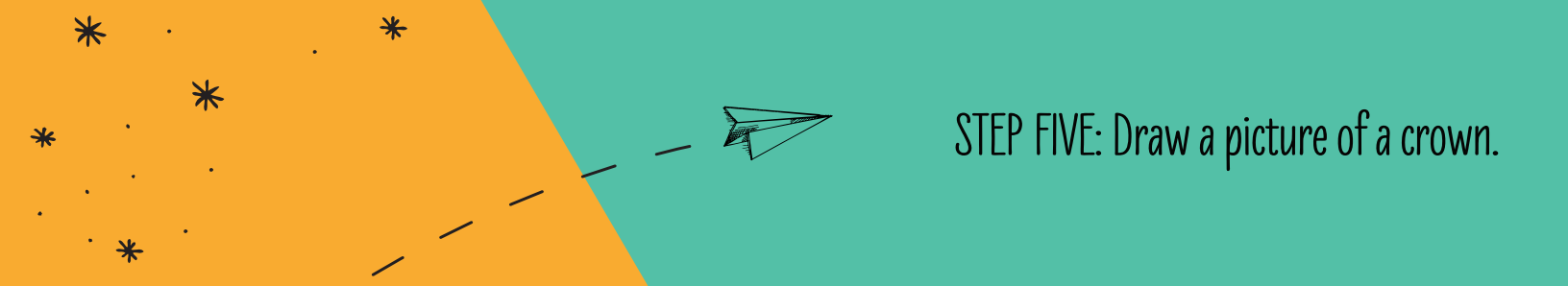
Who is always with you? God is always with me."

* the Bible reference for this week is Ester 2:2-8:17.

STEP FOUR: Pray together as a family!

"Dear God, There is no one else like You. Only You can always be with us. wherever we go. We can go anywhere, and You will still be with us. You being with us makes us strong and brave, wise and courageous! You are amazing, and we love You very much. In Jesus' name, amen."





STEP FIVE: Draw a picture of a crown.

A large white rectangular area for drawing, bounded by a dotted line at the top and a dotted line at the bottom. A dashed line continues from the orange section on the left, extending diagonally across the white area.



STEP SIX: Esther had to be strong, go talk to the King, and try to save her family. She did it! "We have the Lord our God to help us." 2 Chronicles 32:8