

## L3 BE STRONG; DO NOT BE AFRAID

Objective: God is our strength.

Key verse: Be strong in the Lord. Eph 6:10a

Review: What does the name Joshua mean? *Salvation*. What other name means salvation? *Jesus*. What does Jesus save us from? *Ourselves and sin*. What do we have to do for Him to save us? *Just believe*. Can you remember our verse? “Believe on the Lord Jesus Christ and you shall be saved.” Acts 16:31

### Introduction:

Why do you think someone might not believe God’s Word? The first group of Israelites didn’t believe God’s Word because they were scared. God told them that He would give them the land, but there were giants there! They looked at the land with their eyes and they thought, “These people are too strong for us. They will kill us. We can’t go in there!” But God said that they could. Hmmm... Should they believe their eyes or God’s Word?

The first time God told them to go into the land they believed their eyes, but Joshua and Caleb believed the Lord. Now, after forty years of wandering in the desert, Joshua is ready to lead them into the land. God tells Joshua, “Be strong; do not be afraid,” (Joshua 1:9). God told them to be strong. Does that mean He wants them to grow big muscles? No, we can be strong in a different way. We can be strong by believing God and not being afraid. We can trust in **His** strength, knowing that He will be strong for us. “Be strong **in the Lord** and in the power of **His** might,” it says in Eph. 6:10. God wasn’t telling the Israelites that now they were strong enough to beat the giants. No, they were probably still not strong enough. God was telling them to believe His Word. He was telling them that **He** was strong enough and that He would do what He had promised.

Do you think they were still scared? Some of them may have been a little worried or scared. Even men of the Bible who loved God got scared sometimes. David told God, “What time I am afraid, I will trust in You (Ps. 56:3).” That means that when he got worried or scared, he turned his heart to God and said, “Even though I feel afraid, I am going to trust You.” How do you think he felt after he told God that? The Bible tells us that God will give us peace in our hearts when we turn our thoughts to Him and trust Him (Isa 26:3).

### Conclusion:

So we can be strong with God’s strength, by trusting Him. This time Joshua **and** the people put their trust in God and they went into the promised land. The verse we are going to practice is this: “Be strong in the Lord.” Eph.6:10

Review:

God told the people of Israel to be strong. What did He mean? *To be strong by trusting in God's Word and His strength.* What does the Bible tell us to do when we are afraid? *To trust in God.* What does it mean to trust God? *To believe that His Word is true.*

Craft: We can be strong in the Lord and trust in His strength because He is the Life of us. Look at the puppet. Without my hand in it, it can't do anything. It's just lying there. But what happens if I put my hand in it? It's like I am giving it life, making it move and talk. When we have Jesus, we can try to do things on our own (lay the puppet back down) or we can let His Life move us (put hand in puppet and become animated). If He is our Life, we can trust in His strength.

Make puppets or "finger people."