



Session 5: Christian to the Core Being God's Child – Overcoming Obstacles



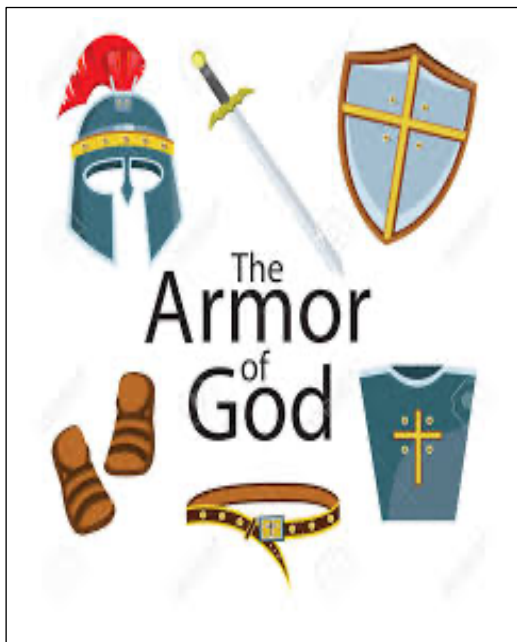
The Book of Ruth:

Today, we learned about Ruth and how she encountered difficulties in her life. Her husband passed away, and she moved away from all that was familiar to her. The future was uncertain, but she remained faithful. We too, will face difficulties and challenges in life. When we ask God for direction help, he will be with us and provide all that we need to endure life's challenges!

Announcements

- Bring your bible every week!
- Memorize Psalm 139:14 to share with your group
- Mom & Dad: ILI conference is February 6th – 8th
- Bring a friend week February 16th

“Search me, Oh God, and know my heart; try me and know my anxious thoughts” Psalm 139:23



Overcoming Obstacles:

God always equips us with the tools we need to face difficult circumstances. Think about how we are to guard ourselves with the armor of God.

The belt of Truth, breastplate of Righteousness, helmet of Salvation, shield of Faith, feet fitted with Gospel of Peace and sword of the Spirit.

Grab some items to illustrate the armor and discuss how it can help us navigate the challenges we face.

Read Ephesians 6:10-18



Take Action...

Spend time affirming each of your family members with the unique ways God has created each of you. Remind your children that God gave them each characteristic and ability. Discuss the difficulties each family member has faced this week.

**SEARCH ME, O GOD, AND KNOW
MY HEART: TRY ME, AND KNOW MY
THOUGHTS: ~PSALM 139:23**

