

Chew Chew Snacks



DAY 1



BIBLE POINT

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Jesus' power helps us do hard things.

Bible Story: Ananias helps Saul. (Acts 9:1-19)

Bible Verse: “For I can do everything through Christ, who gives me strength.”
(Philippians 4:13)

Consider This...

- ▶ The Bible makes it evident that God often asks his followers to do hard things. Noah built an ark. Abraham prepared to sacrifice his son. Mary bore the Son of God. Ananias had the terrifying job of reaching out to Saul.
- ▶ To understand the difficulty of Ananias' job, it's important to realize just how much Saul hated the early church. He approved the stoning of Stephen, arrested Christians in Jerusalem, and set his sights on imprisoning Christians living in Damascus. Christians ran away from Saul—not toward him!
- ▶ Ananias' name means “protected by the Lord.” It's likely that his parents didn't know the importance of such protection during this important, history-altering mission.
- ▶ In Acts 9:15, God doesn't ease Ananias' misgivings with words of comfort or empowerment. He simply shares his life-changing plan for Saul and urges Ananias to go.
- ▶ Because of his selection and obedience, Ananias got to be the first person to welcome Saul as a Christian. In spite of any misgivings or fear, Ananias warmly greeted Saul with the phrase “Brother Saul.”



Why It Matters...

Jesus still asks his followers to do hard things. Kids know it's hard to forgive when someone hurts their feelings. Kids can tell you how tough it is to make new friends, do what's unpopular, learn a new skill in school, and reach out in friendship to someone who's lonely. That's why today's activities will encourage kids with the truth that Jesus' power can fortify them through life's challenges. Just as Ananias drew strength from God's reassurance and plan, kids will come away with renewed inspiration that *they* can trust in Jesus' power to tackle the hard things they face.



SUPPLIES

- ▶ Granola bars
- ▶ Twizzlers Pull 'n' Peel candy ropes

TODAY'S TREAT CHEW CHEW TRACK

Chew on this!

These look like the pieces of wood in a railroad called railroad ties! Railroad workers had a hard job of moving the big, heavy pieces of wood to build the railroad. In fact, wooden railroad ties can weigh up to 300 pounds each!

Remember

When we're having trouble doing something hard, we can remember what today's Bible verse, Philippians 4:13, says: "For I can do everything through Christ, who gives me strength." **Jesus' power helps us do hard things.** (*Trust Jesus!*)

Pray

Dear God, we thank you for this special snack today. Help us remember that even when things are hard, you are there to help us. Amen.

Build it!

Create a railroad track using a granola bar and Twizzler candy ropes. Lay pieces of Twizzler across the granola bar to resemble the track.

Alternate Snack Tracks

- Pretzels arranged in the shape of a railroad track
- Rice Krispy Treats with Twizzlers
- Celery sticks with string cheese
- Graham crackers with veggie straws or pretzels
- *Enjoy Life* allergy-sensitive chewy bars with thin apple stick slices

