

Activity tie in: Snowshoeing

Object: Snowshoes

Bible verse: Psalm 121: 1-3 "I lift up my eyes to the hills. Where does my help come from? My help comes from the lord, the maker of heaven and earth. He will not let your foot slip. He who watches over you will not slumber.

Lesson:-God's word helps us to not slip or sink into temptation

Introduction Ideas

- Ask the students to explain why snowshoes are handy.
- Demonstrate the difference between walking on snow with snowshoes vs. without snowshoes.
- Have the students try to walk on snow without wearing the snowshoes. Find some snow that has not been touched and have them try to walk across it without sinking without the aid of snowshoes. Ask them why they think that they cannot do it.
- If indoors, Have the students get into groups of 4-5. Have the smallest student be picked up by one of the other students. Then have another student come in and share the job of holding the same student up. Continue adding people to the job of carrying the student until everyone in the group is helping carry the student.
 - Ask the first student if it was easier to hold the student when he was by himself or when he was being helped by others.
 - Relate this to snowshoes by showing that snowshoes are wider than regular boots which makes it easier for them to support you from sinking into the snow.

Lesson Suggestions

- Hold up a snowshoe and explain why it looks like it does and how it manages to hold us up above the snow.
- Quote and apply the verse psalm 121:1-3 "I lift up my eyes to the hills. Where does my help come from? My help comes from the Lord, the maker of heaven and earth. He will not let your foot slip. He who watches over you will not slumber."
 - When we slip and fall on the ice or the snow we often look to someone to help us stand up. We look to someone to support and help us in our time of need.
 - What are some people that you look to when you need help?
 - Why do you look to them?
 - We fall into sin daily. When we fall we need to look to God to help us out of our pit of sin. He alone can lift us up.
- Explain to the students how God's word helps us from sinking into sin.
 - God's word is a guide to show us how to act
 - God's word shows us that we are forgiven
 - This does not mean that we have a license to sin
 - We know that it is impossible for us to be perfect

Questions for Interactive lesson

- When you quote the Bible verse, you could ask students to make the application:
 - How does God's word serve as a snowshoe for our life?

- God's word helps us to keep focused on what is most important in our lives
- God's word points out that we cannot stay above ground on our own.
 - What are some ways that we are prone to sinking into sins?
- Because of Jesus' death and resurrection, we are pulled out of the pit that is our sin.
- Because of this we should praise and thank him for all he has done for us.

Closing Prayer:

Dear Lord, as we head out on our hike today, be with us and help us to remember that you alone can keep us above the sinking places in our lives. Help us to always remember that we can always look to You and Your word to get us out of tough situations. In Jesus name we pray. Amen.