

## LESSON SNAPSHOT

**BOTTOM LINE:**

Cast your worries on Christ, and don't try to carry them alone.

**OBJECTIVE:**

Kids will learn to trust God with their troubles.

**KEY PASSAGE:**

Read Exodus 18:13-24. Jethro teaches Moses to delegate.

**MEMORY VERSE:**

"Do not set foot on the path of the wicked or walk in the way of evildoers." - Proverbs 4:14 (NIV)

Try to recite the verse while doing jumping jacks.

**SUMMARY:**

Jenga is a game where you remove wooden blocks from a tower and stack them on top. The taller the tower gets, the more precarious it becomes. Eventually the tower topples and crumbles, unable to sustain its own weight. Jenga is just a game, but it's no laughing matter when the stresses of life pile up on us. God doesn't want us to carry those burdens alone. He made us to help one another. He also died for us so that he could help us himself.

**SIMPLE PRAYER:**

*Dear God,*

*Thank you for always being there when we need you. Help us to carry our burdens when life gets hard.*

*In Jesus' name,  
Amen*

## EASY AT HOME OBJECT LESSON

### ITEMS NEEDED:

A box of Hamburger Helper (or a picture)

How many of you have tried Hamburger Helper? Hamburger Helper was created to give families a few extra options for making a quick and easy meal using hamburgers. You simply combine hamburger meat with what's in the box, following the directions, and you have a complete meal. Quick and easy!

Of course it's not really the hamburger that needs help, is it? It's the cook who has little time to prepare dinner. Pre-packaged meals like this make meal times easy on nights when you're tired and short on time. Imagine if you had to make a meal like this from scratch. Listen to the ingredients in here:

*Have one of the kids read the ingredients list.*

It would take you forever to find and properly prepare all these ingredients, wouldn't it? But here they are, all in one convenient package. And this is just one of the Hamburger Helper options available.

*Show the kids some of the other Hamburger Helper varieties shown on the box.*

It would take forever to make all these different meals from scratch at home. But Hamburger Helper is here to take some of the burden off Mom and Dad. That means less stress in the kitchen, and more time to spend with the family.

God wants to help us with our burdens as well. God gives us friends and family to help us through tough times, but he also gives us himself. God's willing to help with problems at home, problems at school, and any other problems that may be weighing on your mind.

God is always a prayer away, any time and any place. And God knows what's on your mind even before you ask.

Don't try to go it alone. Remember you have a helper to carry your burdens. Cast all your worries on him, because he loves you.

## FAMILY GAME TIME

### WILL IT STACK

#### ITEMS NEEDED:

Pancakes, Avocados, coins, dice, golf balls, etc. (Basically a collection of items that will stack and items that won't)

#### INSTRUCTIONS:

Each person will be shown an object and will have to “guess” whether the items are stackable or not stackable.

They will get 3 tries to stack the item before determining whether it will or won't stack.

#### WHAT'S THE POINT?

No matter how stacked up our problems may become, God can help us carry them.

## FAMILY BIBLE LESSON

### **BOTTOM LINE:**

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### **OBJECTIVE:**

Kids will learn to trust God with their troubles.

### **KEY PASSAGE:**

Read Exodus 18:13-24. Jethro teaches Moses to delegate.

### **INTRO**

Have any of you ever had to move houses? When you moved, did you hire movers, or did you do it yourselves?

If you do it yourself, you have to do everything - everything! - yourself. You have to pack every single item in the house, label the boxes, take them out of the house, load them in the truck, then unload, sort, and unpack on the other end. It's a lot of work. It's a lot of carrying boxes. It's a whole lot to do by yourself. People try to do too much, they get too many boxes stacked up, or they get too much weight in their arms, and next thing they know, they're on the bottom of a huge pile of boxes.

That's one of the reasons why moving is a multi-million dollar industry. People who don't want to have to carry all their stuff from one house to the next can hire movers to do some or all the work for them, from packing to unpacking. Movers are faster, more efficient, and more experienced. That couch that would take your dad and your uncle half an hour to move from the living room to the moving truck would probably take one guy - ONE guy - a few minutes. Talk about taking a load off your shoulders!

Today's lesson takes its theme from the game Jenga. If you've never played it, Jenga is a fairly simple game that can cause a great deal of stress. You start with a tower of wooden pieces, stacked three to a level, and one at a time, you remove pieces from the stack and stack them on top. You keep removing pieces and stacking them until the whole thing falls over - like your dad, when he tried to carry too many boxes across the garage and dropped everything.

Like all the games we've talked about, Jenga is all good fun. When the game's over, there's a mess to clean up, but in five minutes you can have the game put away - or reset for another round.

# FAMILY BIBLE LESSON

But it's not so easy when life's problems get stacked up on your shoulders. Doesn't matter what those problems are, or what caused them, or how big they are. If you try to carry that heavy stack of burdens on your own, you can easily find yourself crushed and defeated, buried beneath your problems.

God didn't create us to be weight lifters, carrying all our burdens alone with no help. It's not part of our design. God said in Genesis:

## **READ Genesis 2:18**

### **MAIN POINT**

Adam was not the final step in Creation. Adam was "incomplete" without Eve. God made us to love and be loved. He made us to be helpers to one another and to help one another.

One man who understood this in the Bible was Jethro. Jethro was Moses' father-in-law. He was a successful man who had many employees - including Moses. When Moses became the leader of the Israelites, he went to visit Moses and see how his son-in-law was handling the job. Turns out Moses needed a little help.

## **READ Exodus 18:13-24**

One of the hardest things for leaders to do is to let go of some of their power and let other people step up and lead. But wise leaders know when the time comes to delegate. Moses couldn't do everything. He couldn't be all things to all people. So Jethro advised him to choose men that he trusted to take on some of his job. Moses would then have a lighter load to carry and be better able to lead the people of Israel.

In a similar way, God wants us to give up some of the burdens that we all carry as individuals. When we are hurt by others, God doesn't want us to bottle it up. When we are stressed out, he doesn't want us to try to cope on our own. When we have too much to handle, he doesn't want us to handle it alone.

### **DRIVE IT HOME**

God did not make us to be alone. He made us to help others. Most people don't have any problem helping out a friend in need. The hard part is letting other people help you when you need the help!

There are many reasons why people refuse to let other people help with their burdens. Some refuse to ask for help because they are too prideful. They don't want people to think they are weak. They don't humble themselves and admit they have problems.

But if they refuse to seek help, they'll crumble like a pile of Jenga pieces.

# FAMILY BIBLE LESSON

The reality is we are all weak. We all have our limits, and we all need help once in a while. Asking for help doesn't make you weak. It makes you wise. And it will make you more available and willing to help someone else in his time of need.

Other people have a problem seeking help because they have a problem trusting others. Some people have been burned by friends or classmates. Some have been hurt by their teachers and even their parents. If you can't trust the adults in your life, who can you trust?

The good news is even if everyone in this world lets you down, you still have one person you can rely on. One of the main reasons God made us to depend on one another is so we would remember that we are also dependent on God. God sent his son Jesus to die for our sins so we could go to God directly with our problems and lay them at his feet. Jesus' close friend and disciple Peter urges us in the book of 1 Peter:

## **READ 1 Peter 5:7**

Some of you may have brought burdens with you this morning. I'm here to tell you, there's no reason to walk out of this church carrying that burden alone. God knows you are hurting. He knows how heavy that weight is. And he wants to help. He loved you so much, he died for you. Don't let your burdens crush you like a pile of Jenga pieces. Cast your burdens on Jesus. Let him carry that weight.

## **CLOSE WITH A SIMPLE PRAYER**

*Dear God,*

*Thank you for always being there when we need you. Help us to carry our burdens when life gets hard.*

*In Jesus' name,  
Amen*

## LESSON DISCUSSION QUESTIONS

### ICEBREAKER

Have you ever helped your mom or dad build something? What did you build together?

### DISCUSSION QUESTIONS

Read Exodus 18:13-24

Who was Jethro?

What problem did Jethro see in the way Moses was doing his job?

What advice did Jethro give Moses?

What can we learn from what Jethro taught Moses?

Who can we rely on even if we have no other person to help us with our burdens?

What are some of the reasons why pride would stop us from asking for help?

### SIMPLE PRAYER

*Dear God,*

*Forgive us for the times we try to carry our problems on our own. Help us remember that we were not made to be alone. Help us to carry our burdens when they become too heavy, and give us willing hearts to help others who may be in need.*

*In Jesus' name,  
Amen*

## LESSON REVIEW GAME

### Multiple Choice

1. Who was Jethro?
  - A. Moses' father-in-law\*
  - B. The leader of Israel
  - C. A hillbilly from Beverly Hills
2. What problem did Moses have?
  - A. He needed a job.
  - B. He was trying to do too much on his own.\*
  - C. He was too old to do his job.
3. Why do we sometimes try to carry our problems on our own?
  - A. No one will help us.
  - B. We can't trust anyone.
  - C. We are too proud to ask for help.\*
4. God does not want us to
  - A. ask for help.
  - B. carry our problems on our own.\*
  - C. ask for advice.
5. When we need help, we can always rely on
  - A. ourselves.
  - B. no one.
  - C. God.\*

## CRAFT ACTIVITY

Spend some time building with LEGO bricks or other building blocks as a family.