

# Confidence means learning to see yourself the way God sees you.

WEEK  
**3**  
K-1ST

Read Ephesians 6:10

DAY  
**1**

## Strength Training

We lift weights and exercise to strengthen our bodies, and we use the truths in the Bible to strengthen our faith in God. Let's do both at the same time! Look at the phrases below and choose an exercise to do while reciting the words below. For example, I will do four sit-ups as I say, "I believe in Jesus!" because that phrase is four words.

**Exercise Choices:** jumping jacks, push-ups, sit-ups, vertical jumps, bear crawl.

**Phrases:** 1. God is good! 2. I can trust Him no matter what. 3. I can find strength in Him.

DAY  
**3**

## Fighting Words

Grab some paper, tape/glue, scissors, markers. Create a sword out of paper or stuff you can find around your house. Use your supplies to make a handle and the shaft of the sword. After you have created your sword, write our weekly verse on it: Ephesians 6:10.

**Hang this somewhere you will see it often and use it to memorize the verse. Use your sword to remind you that God's Word is part of the armor of life.**

DAY  
**2**

## Stand Strong

What does it mean to stand strong? Look at the list below and circle the examples of standing strong!

1. Believing Jesus died for us.
2. Yelling that something isn't fair
3. Wanting to be more like Jesus
4. Not trusting Jesus
5. Telling others about Jesus

DAY  
**4**

## Pray For Strength

We get to pray to God when we need strength in tricky situations like doing or saying the right thing. Let's talk to God and ask Him for wisdom when things get tough.

**"Dear God, Thank You so much for always being there for me. Give me wisdom to do what is right, especially when it is tough. Help me to do the right thing and stand strong in my faith in You! In Your Name, amen"**

Use what God has given you to stand strong.

