PROP TALK A

Whole Group Leader Guide





1ST GET STRONGER

directions on back

YOU'LL NEED

Inflatable dumbbell (1 per room)

2ND SAY WITH ME

all ages

Say Together: I obey God more each day!

3RD QUESTIONS

age 4

- Do you need big muscles to be strong for God? No
- What stuff can you do each day to get strong for God? See "Actions List" on back for ideas.



1. **Pretend** the dumbbell is really heavy and can't be lifted off the floor.

Say: These weights are so heavy! If I want to lift them, I need to practice doing some little stuff first to get big and strong.

2. **Pretend** to lift them again, without success.

Say: Friends, help me do some little stuff so I can get big and strong for God!

- 3. Read an action from the Actions List below.
- 4. Everyone **acts out** the action together.

Say: I'm starting to feel a lot stronger for God now! Say, "I obey God more each day!" while I try to lift these really heavy weights again!

- 5. Everyone **says** together, "I obey God more each day!"
- 6. **Lift** the dumbbell. **Pretend** it's hard, but you can do it.
- 7. **Repeat** steps 3-6 for each action on the list, pretending to struggle less each time.
- 8. **Pretend** to be so strong you can lift the dumbbell over your head!
- 9. Say "Say With Me" listed on the front.
- 10. For age 4, **ask** "Questions" listed on the front.

Actions List

- I pray for my parent to have a good day.
- I clean up all my toys without being asked.
- I sing a song to God.
- I say my Bible verse, Luke 16:10 "Whoever can be trusted with very little can also be trusted with much ..."
- I give my friend a thumbs up.