Object lesson: God is my Help

TAPE A CHOCOLATE BAR TO THE WALL TOO HIGH TO REACH: Ask someone if they would like to have that chocolate bar. They would need a “boost” in order to reach it. Ask another child to give them a “boost.”

In the same way we need a boost from God in order to accomplish good things in our life. Psalm 54:4; Surely God is my Help; the Lord is the one who sustains me.