

Teach4Him Teacher Guide

I Can Do All Things Lesson Plan

Age Group

5–8 years old

Total Time

35–40 minutes

Big Idea

Even when I feel nervous or something is hard, God helps me.

Key Scripture

Philippians 4:13

“I can do all things through Christ who strengthens me.”

Song

“Philippians 4:13” – Natalie J

Lesson Plan

1. Welcome + Icebreaker (5 min)

Ask:

- “What are you really good at?”
- “What feels hard or scary?”

 Say:

“Today we’re learning what to do when something feels hard.”

2. Read the Story (10–12 min)

Read: *I Can Do All Things Through Christ*

👉 Emphasize:

- Shaun is good at many things
- Spelling makes him nervous
- His body feels it (tummy, hands, heart)
- He starts to doubt himself
- His family prays
- He remembers God is with him

🎯 Say:

“The problem didn’t go away... but Shaun wasn’t alone anymore.”

3. Discussion (5 min)

Ask:

- “Have you ever felt nervous like Shaun?”
- “What helps you feel better?”
- “Who can help you when you feel scared?”

4. Object Lesson: God Helps Carry It (8–10 min)

Materials:

- Backpack
- 3–5 heavy books

Do This:

1. Have a child wear the backpack
2. Add books one at a time

Say:

- “This is when something feels hard...”
- “This is when you feel nervous...”
- “This is when you feel like you can’t do it...”

Ask:

👉 “How does it feel?”

Now:

Put your hands under the backpack and lift slightly

Ask:

👉 “How does it feel now?”

Teach:

Ask:

- “Did the backpack go away?”
- “Are you still wearing it?”

👉 Say clearly:

“God doesn’t always take the hard thing away... but He helps carry it with you.”

Call & Response

Leader: “When things feel heavy...”

Kids: “God helps me carry it!”

5. Craft: Confidence Card (8–10 min)

Materials:

- Index cards
- Markers, crayons, stickers

Instructions:

Kids write:

👉 “I can do all things through Christ who strengthens me.”

Then complete:

- “I feel nervous when...”
- “God helps me by...”

6. Song (3–5 min)

Play:

“Philippians 4:13” – Natalie J

👉 Add motions:

- Point up
- Flex arms

7. Closing Prayer (2–3 min)

“God, thank You that we are never alone.
When things feel hard, help us remember You are with us.
Give us strength and help us trust You.
In Jesus’ name, Amen.”

Armor of God Connection (Optional)

👉 **Helmet of Salvation**

Say:

“God helps protect our thoughts so we don’t believe lies like ‘I can’t do it.’”

Final Reminder for Kids

“You don’t have to carry hard things by yourself. God helps you.”