

## **This Week's Lesson**

### **With God, I Can!**

#### **Jeremiah 1:4-10**

Do you ever feel like you're too young, too old, too small or too big to do something? Have you ever felt too scared to do something or that you don't have the what it takes to do something that you're asked to do? I think we have all found ourselves saying, "I just can't do it!"

The lesson today is about a man named Jeremiah. One day, God spoke to Jeremiah and said, "Before you were even born I chose you to be My prophet to all the nations." Jeremiah answered, "I can't! I'm not a good speaker, and I'm too young."

The Lord answered Jeremiah. "Don't say I can't, if I tell you to go and speak to someone, then go! And when I tell you what to say, don't leave out a word!" I am giving you the words to say, and I am sending you with authority to speak for Me."

God called Jeremiah to perform a huge task before he was even born. But He wasn't going to leave him to do it all on his own. God promised to give him all the words he would need to speak.

Just like God had big plans for Jeremiah, He also has some pretty big plans for you too. Remember, He knows your name and every hair on your head. He knew you before you were born and He has a plan for you.

There will be times in your life when you'll be asked to do something important. It may be something that seems difficult, or almost impossible. You might want to say, "I just can't do that!" But remember what God says, "Don't say I can't!" If you're called on to do something, know that God will always be there to give you the strength and ability to do it, you just need to trust in Him. So instead of saying "I can't!" with God's help we all can say...

**"I CAN!"**

#### **Prayer**

*Dear Father,*

*There may be times in our life when we feel we can't do things on our own. But we know you will be there for us to give us the ability to do it. All we need is to put our trust in you and you will be there. Amen*

# This Week's Craft "I Can!" Snowflake



## Materials

Three craft sticks  
Paint (any color you prefer)  
Glue (tacky or hot glue)  
Small piece of cardboard (optional)  
Template below (optional)  
Marker  
Magnets or ribbon (optional)  
Glitter, sequins or whatever you like for embellishment.

## Directions:

Paint the 3 crafts sticks, after painting sticks and when they're dry, crisscross and glue two of the sticks together, then glue the third stick straight up.

Make a small circle or square out of cardboard and write "I CAN" on it, or use one of the templates below. Glue to the snowflake in the center.

Embellish the snowflake any way you want. You can attach a string or ribbon to the back with glue for hanging or glue magnets to the back to put on the fridge to remind you that God will be with you to give you whatever you need no matter what you're facing in life.

Other samples for embezzlements:

