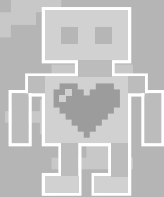


# LIFE APP



WHAT GOD IS DOING IN YOU  
TO CHANGE THE WORLD  
AROUND YOU

**BOTTOM LINE:** God can give you the strength to be gentle.

Read Ephesians 6:10

DAY  
**1**

## Strong? Act Like It!

Below is a list of activities to help you build your strength. See how many times you can do these activities before needing to take a break!

- 5 jumping jacks
- 5 bear crawls
- 5 arm circles
- 5 toe touches
- Freestyle! Think of your own workout and have someone in your family do it with you!

**KNOW** that you can use your strength to help others around you!

DAY  
**2**

## Pray for Strength

Take a few minutes and talk to God. Ask Him to help make you strong in your relationship with Him! Pray something like this:

“Dear God, show me how to grow strong in You. I want to be able to build a stronger relationship with You as I read the Bible, pray, learn, and grow. God, help me to get to know You better so that I can show others how much You love them by what I do and say. I love You, God, Amen.”

**ASK** God to help you grow stronger in your faith.

DAY  
**3**

## Make Me Strong

Look up this week’s verse, **Ephesians 6:10**. Follow the motions below to help you practice the verse!

Finally, **(look at your wrist like you are looking at a watch)** let the Lord **(point up)** make you strong **(flex your muscles)**. Depend **(thumbs up)** on his **(point up)** mighty power **(stretch arms to sides and then flex)**.

**LOOK** for ways God is making you strong by learning about Him.

DAY  
**4**

## Strong, Yet Gentle

Being strong is great, but also being gentle can help you be like Jesus. He used His strength to care for those around Him! Think of people that you can show gentle strength. For example, do you have a younger sibling or family member that you can help do something? Or maybe a friend in the neighborhood that is a little quiet and could use your help to make some friends?

Think of a way that you can help someone today by using your gentle strength! Now, go and do it!

**THANK** God for showing us how to be strong and gentle at the same time!

