

Power-Up Olympics

TOPIC : *God's Power*

SCRIPTURE : *Psalms 18:1-3*

SUPPLIES : *none*

Have teenagers form teams of four. Explain that teams will be competing in an Olympic competition. One person on the team must do twenty push-ups, another must do twenty sit-ups, another must

do twenty jumping jacks, and the fourth person must skip across the room and back. (If your group isn't divisible by four, join a group or form a couple of teams of three, with one person participating in two events.)

This competition will be done relay style. When one person completes the twenty push-ups, the second person may begin the sit-ups, and so on. The first team to complete all four events wins.

DISCUSSION

- What was difficult about this event? What made it easy?
- What types of strength or power were needed for this event?
- How is physical strength different from spiritual strength?
- In what ways does God give us strength or power each day?
- How does God provide power for living?