**“I Can Do All Things Through Christ”**

What is your all-time favorite food? [Answers will vary.]

Now let’s pretend that you’re this little guy. [Hold up a toy mouse or a picture of one.] What would your favorite food probably be? [Give time for response.] Cheese, right? But let’s say that the only cheese available is inside one of these? [Hold up a mouse trap or a picture of one.]

Now what are you going to do? A mouse trap is a tough obstacle the mouse has to overcome in order to get to the cheese. And just to see how hard it is to outrun a mouse trap, let’s do a short activity.

**ACTIVITY: The Mouse vs. The Mouse Trap**

**Object:** For the “mouse” to get to the “cheese” before the mouse trap catches him.

**Items Needed:** Two boys, a table and a small object to act as “the cheese” (a tasty snack works well, like an M&M, a Skittle, a Hershey’s miniature, etc., but any object will do such as a coin, a paper clip, or any other small object.)

**How It Works:** Have the boys pair off. One boy will use his hand as the mouse, while the other boy uses his hand as the mouse trap. The boy playing the part of the mouse trap will first place his arm flat on the table, palm facing down. Next, he should bend just his hand as far back as it will go (while keeping the rest of his arm flat on the table). He will then place the item designated as the cheese on the table underneath his hand. The boy playing the mouse will then try to grab the cheese, while the boy playing the mouse trap will try to quickly bring his hand back down on the table and smack the boy’s hand to prevent him from getting the cheese. Give each boy a few chances to grab the cheese, then have them switch roles.

That was hard, wasn’t it?

You know, if you think about it, the mouse and the mouse trap and the cheese is a lot like our walk with God. You’re like the mouse, the mouse trap is like the sin that tries to catch us, and the cheese is like our heavenly reward. There are a lot of traps out there in the world, aren’t there? What are some traps that the Devil tries to catch us with?

* How about trying to get us to say mean things to our brother or sister?
* How about trying to get us to disobey our parents or teachers?
* How about trying to get us to look at something on the TV or internet we shouldn’t be watching, or listening to music we shouldn’t be listening to?
* How about trying to get us to cheat on a test because we don’t want to make a bad grade?

There’s a song we used to sing in Sunday School called “O Be Careful, Little Eyes.” It talks about being careful what we see and hear and do. I want you to sing along with me and do the hand motions as I do them, okay? Here we go!

[Have the kids sing along and do the hand motions shown in this YouTube clip: <https://www.youtube.com/watch?v=tNnHrCtWsDs>. If you can’t “carry a tune in a bucket”, not to worry – just recruit some help from someone who can.]

O be careful little eyes what you see! O be careful little eyes what you see!

For the Father up above is looking down in love, so be careful little eyes what you see!

O be careful little ears what you hear! O be careful little ears what you hear!

For the Father up above is looking down in love, so be careful little ears what you hear!

O be careful little hands what you do! O be careful little hands what you do!

For the Father up above is looking down in love, so be careful little hands what you do!

O be careful little feet where you go! O be careful little feet where you go!

For the Father up above is looking down in love, so be careful little feet where you go!

O be careful little mouth what you say! O be careful little mouth what you say!

For the Father up above is looking down in love, so be careful little mouth what you say!

[Give the guys some applause for doing a good job helping you sing.] You know, the Bible says Jesus faced a lot of difficulty when he was on this earth. He tried to show people the right way to live, but some people still rejected him. He showed love to others, but some people still hated him. Some people tried to throw rocks at him. Some people mocked him and made fun of him. And finally, he was nailed to a cross for you and me, so that through his death, we can have eternal life in Heaven if we **admit** our sins to Him, **believe** that Jesus died for us, and **confess** our faith in God to others (A-B-C).

So remember, whatever “mouse traps” you may face in life, Jesus understands what you’re going through. And he wants to help you, if you’ll let the Holy Spirit guide you. Jesus sent the Holy Spirit to us as a comforter, a teacher, and a best friend. And if we’ll listen, he’ll speak to our hearts. He’ll speak to our hearts as we pray. He’ll speak to our hearts as we read his word. And he’ll speak to our hearts through other Christians around us.

In Philippians 4:13, the Bible says, “I can do all things through Christ who strengthens me.” [Show them the following picture of the mouse wearing a helmet: <http://appalachianrangers.com/wp-content/uploads/2017/04/MouseCheeseMouseTrapHelmet.jpg>. You can even bring copies to give each child to take with them if you want.] The next time the Devil throws an obstacle in your life and you don’t know if you can overcome it, remember this verse. “I can do all things through Christ who strengthens me.”

*[Here’s a good time for an altar call. For example, ask boys if they’re trying to live for God but they’re finding it hard to avoid the “mouse traps” around them or maybe if they’ve already got some “mouse traps” that have caught them by the tail and they need God’s power to set them free. Of course, this is just an example. Be sensitive to the Holy Spirit and what he wants you to say during the altar call. Take time to minister to the boys. If needed, invite some leaders to come up and help pray with them.]*