

# Sonshine @Home



Children's Activities & Family Reflections  
to support Faith Formation  
during Social Distancing

A ministry of

**First Presbyterian Church**

Sterling, CO

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Be strong in the Lord, and in the strength of His power.



Ephesians 6:10

According to the principles of aerodynamics, it is IMPOSSIBLE for a bumble bee to fly! His big, round, fuzzy body cannot possibly be moved by a pair of tiny, little wings! He literally should not be able to leave the ground!

But the bumblebee doesn't know that! The sugary nectar in a flower gives him the fuel to beat his wings up to 200 times per second causing his body temperature to rise which makes it possible for his large, round body to leave the ground!

God tells us to "be strong" but he tells us that it is His power that can make us strong! We don't have to rely on our own strength to face difficult things or challenging times in our lives!

**What is impossible for us is possible for God!**

Have you ever faced something difficult? Here are some things that we can do when difficult times come in our lives (unscramble the words):

1. We can talk to God and \_\_\_\_\_ (RAYP)
2. We can talk to our \_\_\_\_\_ (TSPRAEN)
3. We can figure things out by making a \_\_\_\_\_ (LAPN)
4. We can be \_\_\_\_\_ (TSNGOR) because we know that God is with us!



In the space below write about something you might do if you absolutely KNEW that you couldn't fail! Just like the bumblebee doesn't let his tiny wings determine his future, we can face anything knowing that our power comes from God! I might like to be an astronaut, but what if I'm afraid of heights? I might like to climb a mountain, but what if my legs aren't strong enough? I might like to.....what would you like to do? Think about it!

If I could do anything, this is what I would like to do: \_\_\_\_\_

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Some of the things that make this a little scary are: \_\_\_\_\_

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There are some things that would make this very difficult to do, such as: \_\_\_\_\_

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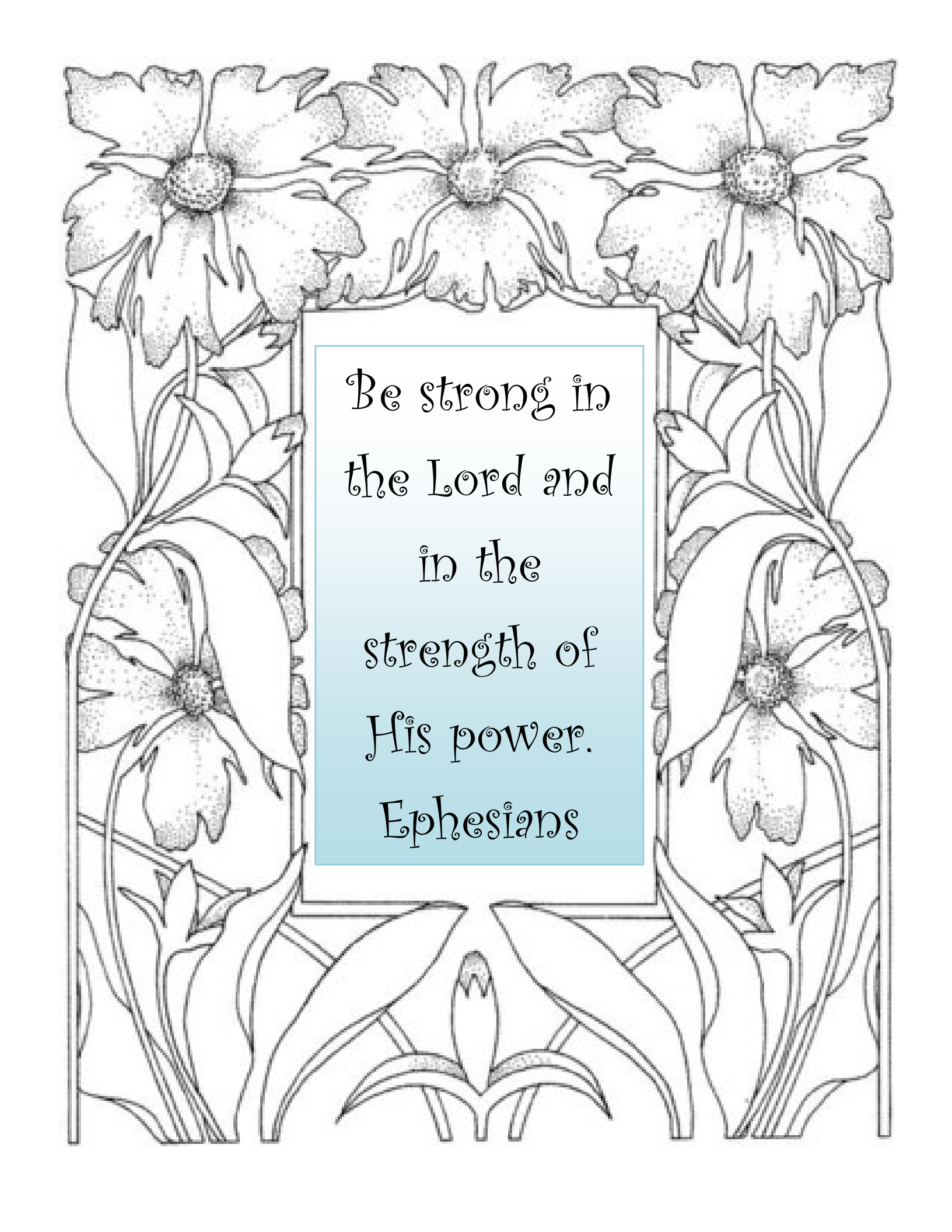
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There are some things that I would ask God to help me with such as:

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A decorative border featuring stylized flowers and leaves. The top row has three large flowers with five petals and a textured center. Below them are smaller flowers and leaves. The bottom center features a single flower bud. The entire design is rendered in black and white line art with some stippled shading.

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Ephesians