



God Can Use People Who Feel Inadequate



THE MISSION AIM

God can use us; weaknesses, inadequacies and all!



KEY VERSE

Philippians 4:13: "I can do everything through Him (Jesus) who gives me strength."



Pre-Mission Activity



Supplies Needed

- Whatever supplies are necessary for completing last lesson's field mission project. (Varies depending on your squad's plans.)

Directions

DO: Use this time to discuss your mission project and/or prepare anything necessary for completing the project. This might be planning times/date, assigning roles, talking about responsibilities, preparing supplies, etc...



Mission Uplink 1



Have ready YouTube playlist: "Season 2 – More Bible Heroes Episode 2: God Can Use People Who Feel Inadquate"

Play "More Bible Heroes (S2) Episode 2 (1/4)". Episode begins with the *Ready to Serve* theme song, followed automatically by the MISSION # 1 VIDEO. Pause the video when the MISSION # 1 CARD appears on screen and remains as you and your recruits complete Mission # 1.

If using PPT for video, have MBH-Episode_2-God_Can_Use_People_Who_Feel_Inadequate.pptx ready and play slide one. Pause on the MISSION # 1 CARD so you and your recruits can complete Mission # 1.



Mission #1



Supplies Needed

- None



Mission Assignment

SAY: Let's have a drumroll for our first mission! (reading mission card from satellite uplink) "Your mission is to look at your squad's strengths and weaknesses. Each member is to share one "glow on" and one "grow on": one thing you can do well and one thing you are still learning how to do."

SAY: I can completely relate to how Kate and Simon are feeling. Sometimes it can be easy to become discouraged or nervous about doing something. Sometimes our own mind gets in our way, but other times there can be actual situations that make it tough to think we can do it (like Simon's sore throat).

SAY: It's important to remember, though, that God has given us all strengths, along with weaknesses. Our first mission is to think about those things we do well and those that might not be our strongest skill. What is something that you "glow on"? What is something that you need to "grow on"?

DO: Take time to go around the room and let recruits share a talent and a weakness. It can be as serious or as goofy as you want! (i.e., I'm a great swimmer or I can cross my eyes!) Let the recruits feel free to not only say it, but to show it!

As recruits are sharing, be sure to encourage discussion by asking questions such as "How do you know you are great at _____?" or "How did you discover this talent?"

If possible, allow the other recruits to try out the talents talked about.

SAY: Wow! I'm really impressed with the number of talented people we have on our squad! It is so interesting to see how each one of us has strengths and weaknesses, but that those strengths and weaknesses can be so different.

SAY: How do you feel when you see someone has a talent that you don't?
(Proud of them, excited to see something new, sad that I can't do it, jealous that they can do something I can't...)

SAY: Sometimes we can feel really happy for our friends and what they can do. But, sometimes we can feel disappointed that they can do something we can't. Everyone feels that way once in a while. But, we should never be discouraged if someone we know has a talent or skill that we don't have. God tells us that he has given us all the "tools" we need to be the person he wants us to be. If there is ever a time when you think you can't do something that God has planned for you, remember: Philippians 4:13: "I can do everything through Him (Jesus) who gives me strength." If we trust that God has given us all we need, then we never have to worry or feel as though we aren't capable enough. You are just the person God wanted you to be!

SAY: Let's check in with Recon Team, so we can share our talents and "not-quite-talents" with them.



It is important to ensure that recruits feel comfortable with sharing - no put downs! Only fun and encouraging comments should be allowed. You may want to start the sharing, so that recruits see it's okay to admit a weakness and it can be exciting to share a talent.





Mission Uplink 2



YouTube: Play "More Bible Heroes (S2) Episode 2 (2/4)". Pause the video when the MISSION # 2 CARD appears on screen and remains as you and your recruits complete Mission # 2.

PPT: Click to advance to next slide. Pause video when MISSION #2 CARD appears on screen and remains as you and your recruits complete Mission # 2.



Mission #2



Supplies Needed

- Bibles
- Large sheet of paper (chart size)
- Colouring tools



Mission Assignment

SAY: Let's have a cheer for mission #2 (reading mission card from satellite uplink). "Your mission is to take a closer look at the story of Moses. Discover all the excuses he used to explain why he couldn't follow God's plan and what God's answer to him was."

SAY: It sounds like Simon, Kate and our junior soldier, Amber, are both struggling with the same feelings of inadequacy. Inadequacy is a fancy way to say that you feel you can't do something or that you are failing at something. What things do Simon, Kate and Amber feel inadequate about? (*Leading worship, speaking in public, playing an instrument, keeping up with friends and their abilities, etc....*)

SAY: Have you ever felt inadequate?

SAY: There is a very famous man in the Bible, who also felt inadequate. His name was Moses. God had big plans for Moses, but Moses didn't feel like he could follow through on what God wanted. He thought God had the wrong man for the job. Let's look at the story of Moses.

DO: Read through Exodus 3:1-4:17, as a group. Find all of Moses' excuses and God's responses to them. Write them down or draw pictures of them on the paper.

3:11- Who Am I? He is a "nobody"- no one important. (I [God] have chosen you)

4:1- What if the People don't believe me? (Tell them I [God] sent you. Use the staff I have given you. I will send signs [plagues].)

4:10- I am not a great speaker. (I [God] will tell you what to say.)

4:13- Can't you just send someone else? I can't do it on my own. (I will have your brother Aaron help you.)



Squad Leaders, this can be a very personal question. You may have to encourage recruits by sharing a time when you felt inadequate. You may also need to ask recruits to raise a hand in agreement instead of telling specific information. You know the comfort level of your group, go with it!



SAY: God wanted Moses to rescue his people from the Egyptians, but he was FULL of excuses. (Looking at the paper)

SAY: What are the excuses that Moses made? *(He was a nobody, people might not believe him, he's not a public speaker, he couldn't do it on his own, God should just send someone else.)*

SAY: The amazing thing about all Moses' excuses was that they were just that! NOTHING BUT EXCUSES! God had an answer to solve every single one of them.

DO: Take the page of excuses and tear it apart. Do it yourself or have the entire group rip it to shreds.

SAY: So, was there any reason that Moses could not follow through with God's plan? *(No.)*

SAY: The story of Moses is something that Amber, Kate and Simon really need to hear. They all doubt whether or not they have the talents and skills needed to follow through with their duties. They are letting their doubts become excuses for why they can't do it! But, we know God can take those excuses and make solutions. God didn't expect perfection from Moses; he simply expected Moses to trust him enough to help him do those things he couldn't do on his own. In the same way, Simon, Kate and Amber need to trust that God will help them to get through the tough times to accomplish what he wants them to.

SAY: Before we take the story of Moses back to the Recon Team, tell an elbow buddy about a situation, skill, or event that you need to trust God to help you through. This might be a talent you're growing, a situation with a friend, a test at school, anything!

DO: Give recruits time to share what they need to trust God to help them do.

SAY: Thank you for sharing with each other. Hopefully, we can continue to encourage each other to use our talents for God and trust that he will help where our skills alone may fall short. Let's see what the Recon Team is up to now.



Mission Uplink 3



YouTube: Play "More Bible Heroes (S2) Episode 2 (3/4)". Pause the video when the FIELD MISSION CARD appears on screen and remains as you and your recruits complete the Field Mission Project.

PPT: Click to advance to next slide. Pause video when FIELD MISSION CARD appears on screen and remains as you and your recruits complete the Field Mission Project.





Field Mission Project



Supplies Needed

- Strips of paper
- A box or container to put the strips in

Mission Project

SAY: Countdown with me to our last mission for today, 3-2-1 (read mission card from satellite uplink) "Recruits, consider the excuses that you have made when you feel you cannot do something. How does God respond to you?"

SAY: We've been talking today about how easy it is to make excuses about why we can't do things. Michael wants to know what types of excuses we use in our lives. What are some excuses that you use when you feel you can't accomplish something?

DO: List the excuses on the strips of paper. You may record them yourself or get various recruits to do the job. Examples:

- | | | |
|------------------------------------|----------------------------|-----------------------|
| - I'm not good enough. | - I'm too young. | - I don't have time. |
| - Someone is better at it than me. | - I'll just mess up. | - I've tried already. |
| - Someone else can do it. | - I'll do it another time. | - I'm too nervous. |

SAY: All of these examples we say to ourselves when we don't think we can do something. But, we need to remember what God tells us in his Word: "I can do all things through Christ who strengthens me" (Philippians 4:13). God isn't expecting perfection. He simply wants us to use our skills, to try our best and trust that he will help us through.

DO: Put all the examples into your container.



Prayer Huddle



YouTube: Play "More Bible Heroes (S2) Episode 2 (4/4)". Pause the video when the PRAYER HUDDLE CARD appears on screen and remains as you and your recruits complete the prayer huddle.

PPT: Click to advance to next slide. Pause video when PRAYER HUDDLE CARD appears on screen and remains as you and your recruits complete the prayer huddle.





Supplies Needed

- No More Excuses bookmark (one per recruit) (see attachment page 7)
- Colouring tools
- Philippians 4:13 on a board or paper for all recruits to see

Directions

SAY: Today for our prayer huddle, we are going to train our brains and hearts to think differently. I am going to pass around the container and I would like each of you to pull out a strip of paper. Then we are going to go around the room and each will take a turn reading the excuse on our slip. After each excuse is read, we are going to give God's answer to the excuse by reading out loud Philippians 4:13.

DO: Go around the room and pray. If you have younger recruits who can't read as well, you may want to pair them with someone to read with.

Example of what the prayer will sound like:

Recruit: I am too young to do that.

All: I can do all things through Christ who strengthens me!

Recruit: I don't have time.

All: I can do all things through Christ who strengthens me!

Etc...

Leader: God, please help us to train our brains and hearts to think differently. Too often, we let our worries and fears, our jealousies and inadequacies, make our choices for us. Help us to remember each day, that you have given us the talents we need to follow your plan for us. And where we fall short, we can know that you will be there for us. We can do all things, through Christ who strengthens us! Amen.

SAY: Before you go today, I want you to make a small token to remind you of this promise God has made. Remember that it can take some time to before your brain and heart can fully be retrained! On the back of this bookmark, copy down Philippians 4:13 and then you can decorate the rest. This is something you can keep in your Bible as a reminder of what you've learned today.

DO: Let the recruits complete their bookmarks.

SAY: Great work today, recruits! Have a great week using your talents, even the goofy ones!

NOTES



NO MORE EXCUSES!

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