

Flat On Your Face

Object: Students will see who has the mad skills of catching the ball.

Supplies: 1 tennis ball or small ball per group

Preparation:

Have students start the game off by dividing students in groups of 6 or less.

Have students start by forming a circle within their small group and tell them to start their circle close together.

Give a ball to one student in each group to start the game. Explain that they will be tossing the ball to the player next to them underhand not overhand.

After everyone in the group has caught the ball, they each have to take a step backwards and repeat the process. If one of them drops the ball then that person has to put one hand behind their back. If they drop it again, they have to take a knee and only use one hand. If they drop it again, they have to sit on their behind. If they drop it again, they have to lie on their stomach.

Break It Down

Scripture: Psalm 145:14 (NIV)

Main Point: It doesn't matter who you are or how much money you have. It doesn't matter if you have the biggest house or nicest car. It doesn't matter if you have one million friends or one friend. Each of us, eventually, will fall. We all have sinned. We all have messed up one way or another. But here's the really cool thing, GOD LOVES YOU! This game got harder and more challenging as it went on, and that's how life can be, too. God loves us completely and unconditionally regardless of how big we think our mess up is. He always lifts us up.

Have you ever had a time in your life where you felt like you were flat on your face? How did God bring you through that time? How can you lift others up that may be going through something like that?