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## EXPLORERS

Seeking God in the Great Outdoors

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## WEEK 1: MOUNTAINS

**BIBLE VERSE:** *The mountains melt like wax at the presence of the Lord, at the presence of the Lord of the whole earth. Psalm 97:5 (NKJV)*

**BOTTOM LINE:** God is more powerful than anything in the world!

### SUPPLIES

- Pack of copy paper
- 4 rolls of transparent tape
- Copies of WEEK 1 - Take Home Sheet

### LEADER NOTES

*God is more powerful than anything in the world!*

*That is the focus of this week's lesson.*

*This is a concept that is hard for us to grasp with our adult minds... you can imagine how difficult it is for a child!*

*As humans, we just really can't understand how powerful God is, but we read about it in the Bible and we've seen it in our own lives.*

*Pray that students will come to know God's power in their lives.*

*As an adult, choose to testify about our great God in the way you live every day.*

### WELCOME

**Say:** It's great to see everyone here today!

You may not know it, but YOU are an explorer.

Have you ever explored anything?

Tell me about it.

*Allow a few responses.*

Well, today is all about exploring mountains.

Now, even though we aren't traveling to the mountains, we're going to pretend like we are!

And we're going to start by doing a fun activity where we will BUILD mountains.

But before we jump into our lesson, let's start by going over some guidelines that will help us have an awesome day together...

### **THINGS TO REMEMBER**

- Unless we ask you to stand up, please stay in your seats.
- We will give you time to talk, but when a leader is talking, please listen.
- We want to keep your personal items safe, so keep your phones, toys, and fidget toys under your seat.
- And most of all, we want to take a moment to pray and ask God to help us learn something about Him that we've never known before.

If you don't know God at all, today will be your day to hear who He is.

*Ask a leader or student to open in prayer.*

### **WORSHIP**

*This would be a great time to open with a time of praise and worship.*

### **OFFERING**

*Encourage students to give their offering willingly and with a grateful heart.*

### **OPENING ACTIVITY: MOUNTAIN MAKERS**

#### **GAME PREP**

Divide students into four equal teams.

It really doesn't matter how many people are on each team.

Everyone will have a chance to participate.

Give each team a stack of paper and a roll of transparent tape.

#### **HOW TO PLAY THE GAME**

On GO, each team will work together to create the tallest mountain, by using its stack of paper and tape.

How the team builds its mountain is totally up to each team.

Team members can create paper balls, fold paper into shapes (paper airplanes, squares (by using tape), or even origami!

Give each team 5 minutes to create the tallest mountain, and then, call TIME'S UP!

If the mountains are close to the same height, find a way to measure them to have a clear winner, or choose not to have a winner and congratulate everyone for a job well done.

*Just for Fun: Have each team give its mountain a name.*

*After the activity, have each team pick up its mountain and supplies and throw them away.*

*Then, have students return to their seats for the lesson.*

## **TEACH**

**Say:** Wow! All of you did a great job creating mountains out of paper. If I didn't know better, I would think that you have done that before!

I want us to open up our lesson by talking about some facts about mountains.

*Show the "Mountains Slide Show," either on TV/projection, or even print the slides and show them to the students.*

**Slide 1:** Title Slide

**Slide 2:** The word "mountain" is mentioned over 600 times in the Bible.

**Slide 3:** Mount Everest is the tallest mountain in the world.

**Slide 4:** It would take 5,047 adults standing on each other's head to reach the height of Mount Everest.

**Slide 5:** Mountains exist on every continent and even beneath our great oceans.

**Slide 6:** Mountains are home to approximately 1/10 of the world's people.

**Slide 7:** All of the world's major rivers are fed from mountain sources.

**Slide 8:** Think about it... God, the Creator of the universe, formed the mountains... and He made you!

**Say:** I hope you learned a couple of fun facts because mountains are pretty cool!

Here are few more facts, but I want you to tell me if these statements are True or False.

If you think what I say is TRUE, then stand up. If you think it's FALSE, then sit down.

1. **Mountains can cause changes in the weather.**

**TRUE.** Mountains can slow down storms moving from the ocean, causing it to rain.

2. **A mountain has to be at least 500 feet tall.**

**FALSE.** Mountains are at least 1,000 feet tall.

3. **The largest mountain in our solar system is on Mars.**

**TRUE.** It is 16 miles high!

4. **There's a mountain in Australia called Mt. Disappointment.**

**TRUE.** Some of the first people to climb it thought it wasn't very exciting.

5. **10,000 have now climbed Mount Everest.**

**FALSE.** 6,000 people have climber Mt. Everest including a 13-year old!

6. **Orology is the study of mountains.**

**TRUE.**

7. **A "slope" is the top of a mountain.**

**FALSE.** The top of a mountain is called a summit, or a peak.

Good job! Now, let's see what the Bible has to say about mountains.

And while we're talking about mountains, I want you to remember our bottom line for today – "God is more powerful than anything in the world!"

**Read Psalm 97:5 NKJV.**

*The mountains melt like wax at the presence of the Lord,*

*At the presence of the Lord of the whole earth.*

All of us have seen what happens when you light candles on a birthday cake.

They melt pretty quickly, and the wax gets all over your cake. Yuck!

But, think about those candles melting.

Now, think about a mountain melting just like that. Isn't that amazing!

The Bible says, "The mountains melt like wax at the presence of the Lord."

**Ask:** What does that mean to you?

*Allow a few responses from students.*

All of creation, knows it's Creator - even a majestic mountain would just crumble because it is nothing compared to the majesty of God.

Sometimes, we can forget how powerful God is.

You have probably heard people use God's name in vain.

They don't show respect to God's name.

But, today I want you to remember our bottom line: "God is more powerful than anything in the world!"

Let's list some things that are powerful.

*Allow responses a few responses from students.*

*Some examples of powerful things are a volcano, a sports car, the things you say (words are powerful), the Hulk, a lion, the sun... (any other thing that you want to add.)*

What is MORE powerful than any of the things we named? GOD!

How do we know that God is powerful?

Because we read, in the Bible, about the powerful things He has done:

- God parted the Red Sea so the Israelites could walk across on dry land.
- He kept Daniel safe when He was thrown into the lion's den.
- God created the ENTIRE universe!
- Jesus ROSE from the dead. He was dead and He came back alive! That's pretty powerful!

Those are things that we read about in the Bible but, they really happened!

**Ask:** Can you think of any other stories from the Bible that demonstrate God's power?

*Allow a few responses from students.*

In a minute, we are going to break up into small groups and talk about how we know that God is powerful in our lives right now.

But first, we're going to pray and thank God for His power in our lives.

*Close in prayer.*

*Break students up into groups of 5-10 students, depending on the size of your group.*

*The point of small group time is for students to connect with each other: laugh, share stories, and make new friends.*

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## SMALL GROUPS: LOWER ELEMENTARY

### SUPPLIES

- Paper (one sheet per student)
- Crayons

*You can have an adult leader or older student lead the discussion.*

**Say:** While we continue talking about God’s power, I would like each of you to draw a picture that shows what God’s power looks like in your life.

*Pass out paper and crayons to students.*

*Then, continue the discussion.*

**Ask:** Has God ever done anything “powerful” in your life?

*Allow a few responses from students.*

God can do anything!

**Ask:** Why do you think He shows His power in our lives?

*Allow a few responses from students.*

This week, try to be aware of how powerful God is in your life.

Pay attention to the times when you pray, and God answers your prayer.

Notice when God shows His favor in your life.

**Ask:** What does that mean? What is God’s favor?

*Because the kids may have never heard of “God’s favor,” give them a description and an example. Then, let them share their own personal stories.*

God’s favor is undeserved kindness in our lives.

That means that God blesses us, not because of what we have done, but because He loves us.

*Take a moment and pray... thanking God for His favor and acknowledging His power.*

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## SMALL GROUPS: UPPER ELEMENTARY

### SUPPLIES

- Paper and pencil (one of each)
- Bag of clothing and misc. items

*You can have an adult leader or older student lead the discussion.*

**Say:** We're going to continue our discussion on God's power.

Let's start by answering this question...

**Ask:** Has God ever done anything "powerful" in your life?

*Allow a few responses from students.*

God can do anything!

**Ask:** Why do you think He shows His power in our lives?

*Allow a few responses from students.*

This week, try to be aware of how powerful God is in your life.

Pay attention to the times when you pray, and God answers your prayer.

Notice when God shows His favor in your life.

**Ask:** What does that mean? What is God's favor?

*Allow a few responses from students.*

God's favor is undeserved kindness in our lives.

That means that God blesses us, not because of what we have done, but because He loves us.

*Take a moment and pray... thanking God for His favor and acknowledging His power.*

*For the next part of the small group time, give one person a sheet of paper and a pencil.*

*Also, have the bag of clothes and misc. items ready for the kids to use for their skit.*

Next, we are going to create a skit to perform in front of the rest of the group.

Our skit has to show what the power of God looks like.

We can do this by creating a commercial or a skit, using an example of something that can happen at school or any other scene we can think of.

We need to demonstrate how the power of God can change someone's life.

One person can use the pencil and paper to write down the skit or take notes as your group is brainstorming.

Also, I have a bag of clothes and other items that you can use as props for the skit.

*Give students 15 minutes to work on their skit and then have them perform the skit in front of the other students.*

*They will love this activity!*

## **BONUS: BIBLE QUIZ QUESTIONS**

*If you have extra time, use the following questions at the end of the lesson.*

*Call two students to the front. Hand each student a KJV Bible, read the question, and then give the Bible reference.*

*The first person to give the correct answer wins that round.*

*The winner remains on the stage, and a new "challenger" takes the other student's place.*

### **1. Name an animal listed in Psalm 50:11.**

I know all the **birds** of the mountains, and the **wild beasts** of the field *are* Mine.

### **2. What will bring peace to the people? Psalm 72:3**

The **mountains** will bring peace to the people, and the little hills, by righteousness.

### **3. What sets the mountains on fire? Psalm 83:14**

As the fire burns the woods, and as the **flame** sets the mountains on fire.

### **4. What do the mountains skip like? Psalm 114:4**

The mountains skipped like **rams**, the little hills like lambs.

**5. The mountains surround what city? Psalm 125:2**

As the mountains surround **Jerusalem**, so the Lord surrounds His people from this time forth and forever.

**6. What will happen when the Lord touches the mountains? Psalm 144:5**

Bow down Your heavens, O Lord, and come down; touch the mountains, and they shall **smoke**.

**7. What grows on the mountains? Psalm 147:8**

Who covers the heavens with clouds, who prepares rain for the earth, who makes **grass** to grow on the mountains.

**8. Who followed Jesus when He came off the mountain? Matthew 8:1**

When He had come down from the mountain, great **multitudes** followed Him.