

# FaithBIT



## God Helps Us Do Hard Things

Reflection by Alisson Rasmussen

In my Sunday School classroom, my favorite lesson to teach this year was the story of David and Goliath. One of the activities that accompanied that story/lesson was using a drawing of a giant (our Goliath) that we taped up on the wall. The kids all took turns jumping up with a crayon and marking as high as they could reach on the giant, with the goal of reaching Goliath's forehead. Each of them reached no higher than the waist with their crayon marks. Then we did the activity again, only this time I was the "helper." One by one, I lifted the kids up with their crayons and they each made a mark on the forehead of our Goliath. They were each delighted with the results! I explained that God was like our helper – when He wants us to do something hard, we don't have to do it by ourselves; He helps us!



“God helps us do  
hard things.”

- Alisson Rasmussen

The main message for the preschoolers was this: **God helps us do hard things.** What an important truth for us all to remember! Sometimes being obedient to God may make no sense to us. In fact, we may even have a whole list of reasons why we shouldn't do whatever it is that He has asked us to do! The tough thing is measuring the giants in our life by God's strength and not our own. For me, even teaching Sunday school can be a giant in its own right! (crowd control among preschoolers can be a challenge!). However, God equips me to teach these kiddos, and I am a part of something bigger.

Even when I can't necessarily see or feel it, the Holy Spirit is working in me and the work that He has called me to do. It is a privilege to lift up Jesus in the lives of our little ones. There are oh-so-many hard things that we will each face in our lives. I don't have it all figured out, and don't understand the "why" in many instances of difficulty, but I do know that God will meet us in our struggles with His strength. One of my favorite Bible verses comes from John 16:33 – Jesus is talking with the disciples and says, "I have said this to you, so that in me you may have peace. In the world you face trouble. But take courage: I have conquered the world!" May God be with each of you and help you do the hard things.