

## REFLECTION IDEAS

### I can do it – Gideon Judges chapter 7

This GenR8 Connect looks at the story of when Gideon was asked by God to lead the people to defeat their enemies. Initially he was unwilling and did not feel able to do it, but with God on his side, and following God's instructions, he found that he could.

#### Reflection

- Have you ever thought 'I can't do that', but found that when you tried, you could?
- Are there any things that you would like to try but have felt too nervous to have a go? Sometimes it is helpful to talk to someone who will give you some help and encouragement.
- If you are struggling to say 'I can do that', maybe ask God to help?

Here is an encouraging quote from the Bible: 'I can do all things through Christ who give me strength' – Philippians chapter 4 verse 13.

The following song, 'You Raise Me Up', expresses how many Christians feel about God, and maybe how God made Gideon feel – that he was able to do so much more with God's help:

[https://youtu.be/13\\_nXuJ6dX8?list=RD13\\_nXuJ6dX8](https://youtu.be/13_nXuJ6dX8?list=RD13_nXuJ6dX8).

#### Story Link

A short cartoon version of the story of Gideon can be found here – please check to see if it suitable for your group: <https://youtu.be/c3CDZjpkDKU>

### Inspire Prayer Space Activity – I can do it

#### Overcoming Hurdles

##### Equipment

Tape measure  
Pens/pencils  
Paper

Olympic hurdles are 106.7 cm high for men and 83.8 cm high for women.

- Take a tape measure and see how those hurdles measurements compare to your own height? Do you think you could jump over one of these?



Think for a moment. What are the hurdles you might have to jump over this year? What things might you find difficult to get over or overcome? Doing your schoolwork or your homework? Making new friends? Trying something new?

If you want to you can write or draw what you think you might find difficult and you could ask for God's help too.

See below for activity sheet

**inspire**  
prayer spaces

## I can do it - Judges chapter 7

### Re-tell the story



The time had come to face the Midianites. God wanted \_\_\_\_\_ to defeat them and make sure his people were safe.

Gideon had to choose men to go to \_\_\_\_\_ with him. God told him to choose only the brave ones and to send the others away. God told Gideon to choose the men who \_\_\_\_\_ from their hands and to send the others away. When he had done all this, he was left with \_\_\_\_\_ men.

Gideon told these men to carry a torch in a \_\_\_\_\_ jar in one hand and a trumpet in the other hand. In the middle of the \_\_\_\_\_ they crept to the place where the Midianites were \_\_\_\_\_ and waited until Gideon gave the signal to make a \_\_\_\_\_.



Gideon blew his \_\_\_\_\_ and then all the other men blew their trumpets, making a very loud noise. They also \_\_\_\_\_ their jars so that the torches shone brightly.



The Midianites were confused and \_\_\_\_\_ and began fighting each other. Some ran away. Gideon sent for help from men from another tribe and they got rid of them all from their \_\_\_\_\_. With God's help they had won the battle. There was peace for \_\_\_\_\_ years.

use these words to fill in the gaps : noise    battle    clay    drank    300    night  
40    camping    trumpet    broke    scared    land    Gideon

# Draw the cartoon of Gideon from the GenR8 video

1. Draw the nose



2. Add two eyes – like a 66



3. Add the mouth



4. Add an ear



5. Add spikey hair



6. Draw the curved line for the front of the neck



7. Draw a line for the back of the neck



8. Add the top of the t-shirt



9. Finish the cartoon by adding the shoulders



## Asking for help

The Bible says that God chose Gideon to save his people. This seemed like a very hard thing to Gideon, who thought "I can't do that!" But Gideon did something that helped him to trust in God.

Use the picture clues to work out what Gideon did, so that he could say "I can do that".



## Colour by numbers – one of Gideon's army

Colour each section with the colours indicated: 1 yellow, 2 light green, 3 blue, 4 dark blue, 5 dark green, 6 skin, 7 dark grey, 8 light grey, 9 orange, 10 purple, 11 light brown

