

# SECTION 4

## Lesson 1 Strength Training

Unit 1 | Love God | Grades: 1-5

FIELD MANUAL FOR  
QUEST PARENTS



### UNIT VERSE: MARK 12:30

“Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.”

### SECTION VERSE: Psalm 28:7a

The Lord is my strength and my shield; my heart trusts in him, and he helps me.”



Your strengths are not for you alone. Use them to honor God.

#### PRAYER

Think about some strengths that you have. Commit to using them to honor God.

#### DISCUSSION QUESTIONS

- What is the one thing you learned at Quest today?
- How can you become strong?
- How can you become strong spiritually?
- Who gives you strength?
- How can you love God with your strength?



# PARENT DEVOTIONAL

YOUR STRENGTHS ARE NOT FOR YOU  
ALONE. USE THEM TO HONOR GOD.

The Lord is my strength and my shield; my  
heart trusts in him, and he helps me."

- Psalm 28:7a

## Let's Begin Strength Training

What is strength? How is the word used in scripture? It can mean our physical strength or energy, strength of character, strength of the will, perseverance, capacity or ability to perform work, or emotional strength. These are all different aspects of strength, but they all have two things in common: their source and their purpose.

"You may say to yourself, "My power and the strength of my hands have produced this wealth for me." But remember the Lord your God, for it is he who gives you the ability to produce wealth, and so confirms his covenant, which he swore to your ancestors, as it is today."

(Deuteronomy 8:17-18)

"If anyone speaks, they should do so as one who speaks the very words of God. If anyone serves, they should do so with the strength God provides"

(1 Peter 4:11)

So what is it that God teaches us about strength? First, He is the fountainhead of our strength. Second, He stands ready to renew our strength if we will seek Him, trust Him, and wait on Him. Third, God gives us strength not for our own selfish interests or nonsense but to glorify Him and do the good works of the Kingdom that He has prepared in advance for us to walk in. In the coming weeks let us help the children to understand that God, and only God, deserves all of our strength.

## MEDITATING ON THE WORD

Deut 8:17 | 1 Chron. 29:12 |  
Phil 4:13 | Is. 41:10 |  
2 Thess 3:3 | Is. 40:27-31 |