Key Words:
Prayer, study, worship, plugged in, cell phone

Bible Verse:
Isaiah 40:31
But those who hope in the Lord will renew their strength. They will soar on wings like eagles...

Materials:
Cell phone and charger (and an extension cord if you don’t have an outlet on your altar)

Prep:
Plug in an extension cord if needed, and plug the charger into it.

Introduction
Uh oh! My cell phone is dead. What does that mean? You can’t make any calls or receive texts. My cell phone went dead because I was helping a friend try to solve a problem, and she had me on my cell for a couple of hours. I overused my cell, and now, it needs to be recharged.

Our souls are a little like this cell phone. Sometimes life brings trials and tribulations. They can get us “run down.” We can get to feeling so tired or so dejected or so depressed that we feel like we just want to curl up in a ball and fall asleep for a year.

What we need is a recharge.

Demonstration
Take the charger and plug it in to the cell phone. Show the “recharging” icon to the kids.

Conclusion
You and I are a little like cell phones. When we’re starting to feel worn down by life’s struggles, that’s when we really need to plug into God the most. By plugging in to God, we mean praying lots more; reading our Bibles more often, and going to church services in the middle of the week. God will be able to recharge you.

Recharging our cell phone takes a while. But if I’m patient, I’ll have the charge back on my cell in just a little while. If I’m faithful to the Lord — if I pray hard and go to his word in prayer and fellowship with other Christians, I will find that my life has been recharged as well.

Prayer
Father, help us to stay “plugged in” to you. Help us to know that when we pray and study your word, we are getting a recharge. And if we are patient, we will see your strength shining anew in us. Amen.