



LESSON 5: GOD PROMISES SARAH A SON

GAME: UPSIDE-DOWN BALL

SUPPLIES

- Beach ball or balloon
- Upbeat music (optional)

INSTRUCTIONS

1. Keep the beach ball or balloon up in the air, using only your hands and feet for one minute.

Today we discovered that Sarah laughed because it seemed upside down that she could have a baby in her old age. Let's try this game again. This time, let's play it upside down and see how it changes what we think of the game.

If you have a group of people, lay down in a circle, with your heads towards the middle of the circle. If you are playing by yourself, lay down on the ground and throw the ball in the air using only your hands and feet.

TALK ABOUT IT

How did playing this game upside down change the game? When did something unexpected make you laugh?

It seemed completely upside down and made no sense when God promised Sarah that she would have a baby in her old age. Sarah even laughed when she heard the news. But God brought real laughter and joy to Sarah when he gave her a son, just as he had promised. When we played the game upside down, it made us laugh. Sometimes God unexpectedly brings us laughter, even when our lives feel upside down.