

# Colossians 1 –

## Christ is Supreme

Today's Bible story comes from Paul's letter to the Colossians. Paul was in prison in Rome but he wasn't afraid. He wanted everyone to know that they should trust God too so he wrote it down in a letter. Paul had never met the Colossians, but He wanted to encourage them to fear not because there was power in trusting in the name of Jesus. Let's check it out!

A reading from Paul's letter to the Colossians...

Sometimes when we face fear, we may be tempted to try and face our fears on our own. So let's pretend this paper is you. How strong do you think this paper is? (Not very?) Do you think it will hold up this can? Let's see!  
(Lay a sheet of paper over two cylinders made from paper. The paper will not be strong enough to hold the can. See pictures below.)

No surprise. It's not strong enough.

On our own, we don't have the strength to face our fears. In Paul's letter, he tells the Colossians in verse 12, "May you be made strong with all the strength which comes from His glorious power, so that you maybe able to endure everything with Patience."

When we are faced with fear, we turn to God and ask Him to be our strength. He can make us stronger and able to face our fears head on. (As you read the next part fold the paper like a fan to make it corrugated.)

Each time you pray for strength and courage, read your Bible, go to church, serve others, you are becoming a stronger person. As you worship Jesus and put Him first, you are trusting that God will give you the strength you need. You become stronger as your relationship with God grows stronger and the courage to face our fears comes from this strength.

So - when we put our trust in God and build that relationship, we are changed. We are given strength to face any scary situation. (Put the can on top of the paper now. It will hold the paper. But don't leave it on there for too long, because over time, the paper sometimes weakens. It will definitely hold for a minute or two. See pictures below.)

Paul goes on to say, [And with joy, thank God our Father, who will reward His people in the kingdom of Light.] He wants the Colossians to joyfully thank God, our Father for bringing us into the light of His truth. This light takes away the darkness and lies that make us afraid.

And then he tells the Colossians that [they are saved from fear and the power of darkness because of what Jesus did for them on the cross when our sins were forgiven.] Jesus is the one who can set us free from our fears. It is through our relationship with Jesus that we are made stronger and able to overcome anything.

And then he closes this part of his letter, by reminding us all just how powerful Jesus is, by writing...

“Christ is the visible image of the invisible One. He existed before anything was created and is SUPREME over all creation, for through Him everything in the heavens and on earth was created. He made the things we can SEE and the things we CAN’T SEE. Everything was created THROUGH Him and FOR Him. Christ existed before anything else, and He holds all creation together. He is also the HEAD of the CHURH,

Jesus came to earth as Man and died on a cross for us. He became man just like us so He understands our fears. He knows at times we will be afraid and because He was man, He can give us the strength when things get scary. He is with us through the good times and the scary times too. He conquered the biggest fear of all – Death – by dying and then rising to new life.

That's why it's so important that we trust Him with our fears and allow Him to make us stronger to overcome them.

Paul is so excited to share this message with the Colossians. He wants them to spread the word by telling others and by acting with courage when they are faced with fear. And he wants us to spread the word too.

The Word of the Lord

**Kids: Thanks Be to God**