



**THE BIG IDEA:** Our connection with God the Father allows us to become unstuck.

**BIBLE REFERENCE:** Genesis 2-3

**LESSON:**

**Intro:** Hey kids, have you ever been to the beach and were able to walk on sand? What did it feel like? Was it sturdy or unsteady? Well today we are going to talk about something called quicksand. Have you ever heard of quicksand? The actual definition is that quicksand is loose, wet sand that gives way easily to pressure and sucks in anything resting on or falling into it. Another definition, when people use the word in a different way, is a bad or dangerous situation that is hard to escape.

**Group Activity - Materials needed: Plastic pool, sand**

Fill the plastic pool with sand. Have the students remove their shoes and socks. Allow each student to move around in the “quicksand” for 10-15 seconds.

**(Note: Please monitor the children. Do not allow them to touch the sand with their hands or lay in it).**

**Connection:** Take a moment and imagine yourself getting stuck in actual quicksand. What do you think would be the best thing to do to get out? Here are some actual things experts would say to do: 1. Make yourself as light as possible (get rid of things weighing you down like jackets, backpacks, etc); 2. Keep your arms up and out of the quicksand; 3. Try to reach for a branch or a person’s hand (if someone is around); and 4. Take deep breaths and move slowly and deliberately.

**Application:** In the same way that you would try to get out of real quicksand, we can apply this to our spiritual lives as well. You see, there will be times when our lives feel stuck, kind of like we’re in quicksand. We feel like we don’t know how to get out of bad situations or move forward to get to our goals. The reason that we feel this way can be traced back to the very beginning, the story of Adam and Eve. They lived in perfect harmony with God until the serpent tricks them into eating from the tree of the Knowledge of Good and Evil. From that moment, man has struggled trying to get back to the place of connection, power and reassurance that Adam and Eve had in the garden. However, when we learn to put our hope and trust in God and apply some basic tools, we can get unstuck and live our best lives.

