

# Illustrations



## Not Weighty

Choose a volunteer. Have him hold his arms straight out and put a 1 to 3 pound weight in each. Tell your volunteer to keep holding them up with his arms out. He needs to keep them straight. It won't take long for him to get tired.

**SAY:** The Bible says that God's commands are not burdensome, which means, they're not like a heavy weight. The reason for this is that God gives us the strength to do what right. (Reach over and help the student hold the weights—help him to hold his arms up.) That's better, isn't it? God doesn't just say, "This is right" and throw you out to do your best. He gives you everything you need to do what's right, including a way to escape when you're tempted (See 1 Corinthians 10:13).

*Other Option:* We need one another. Talk about how we can help "hold up each other's hands." God has told us to encourage one another (Hebrews 3:13) and to bear each other's burdens (Galatians 6:2). A great story to share with this illustration is how Aaron and Hur helped Moses to hold up his hands and staff while Joshua fought in the valley below (Exodus 17:8-16).

