

Jesus' Power Pulls Us Through

9/21/25

"Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world" (John 16:33).

Fun Fact

Jesus uses the word *tharseō* for "take heart." It means "be courageous" or "cheer up" and—in the New Testament—it's *only* recorded as being said by the Lord!

What meaningful last words do *you* recall?

Perhaps a grandparent bestowed a treasured blessing before he or she passed. Or a dear friend wrote a memorable note, slipping it into your hands before moving across the country. Maybe a teacher expressed belief in your abilities as you prepared to graduate.

Jesus' followers received the gift of *Jesus'* last words to them after their final Passover meal. Jesus, knowing his days on earth were coming to an end, empowered and prepared them for what lay ahead. He counseled and cautioned about continuing his work. Most importantly, Jesus *encouraged* them with the truth that he was the ultimate champion over life's sorrows—victory assured! Such powerful parting words were more than just a grand finale. They became a foundation of fortitude for future followers—including your family!

When your family feels overwhelmed at what life holds, remember that you don't have to do life on your own. Jesus promises power for each of you to do what he's called you to. And Jesus has already overcome anything you might face.

Think & Talk

Who encourages you the most? What do they say and do?

Read & Do

Read John 16:33. Write the verse on a sidewalk, whiteboard, or sticky note where someone else will see it and know Jesus' power.

Say & Pray

Think of a sorrow or trial someone is going through. Say the words of John 16:33 as a prayer, substituting a word or two about that person's hardship in place of "the world."

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Here

Jesus' power is mightier than any sorrow or hard time. First, choose a color you like, and color over the sad faces with that color. As you do, thank Jesus for his mighty power that can pull us through when life gets difficult. Then choose other colors for the other faces.

 **"I HAVE TOLD YOU** 
ALL THIS SO THAT 
YOU MAY HAVE 
PEACE IN ME. 
 **HERE ON EARTH** 
YOU WILL HAVE
 **MANY TRIALS** 
AND SORROWS.
BUT TAKE HEART, 
BECAUSE I HAVE OVERCOME
 **THE WORLD."**

John 16:33

