

Lesson #4-13

VALLEY OF THE DRY BONES

Ezekiel 37:1-14

**Key Verse:**

“I will put my spirit within you, and you shall live...”
Ezekiel 37:14a

The Point:

God’s powerful presence brings new life and heals broken relationships.

Advent Theme (November 28—December 25)

God’s Presence Brings Life

ESSENTIAL BREATH, ESSENTIAL HOPE

How important is hope?

You will need:

† Nothing

Instructions:

1. Have participants do a safe, aerobic exercise for a duration and intensity that causes them to breathe harder than normal.
2. **It is said that people can live three weeks without food, three days without water, but only three minutes without air. Breathing is essential to life, and we cannot live without it for long.**
3. **We need to breathe, but that is not all that we need to live. Another thing that people need is hope.**
4. **Let’s each think up a sentence that has the word “hope” in it.** If participants have difficulty with this, have them finish the sentence: “I hope that...”
5. **What do you think “hope” means?** [*Hope means that we want and expect something good to happen or something bad not to happen.*]
6. **Yes! Hope is about the future, about how we expect something good to happen or continue to happen. When a person expects only bad things, then we say that they are feeling hopeless. When people feel hopeless, then they are sad or mad.**
7. **God has promised to be with us all the time through the Holy Spirit. We can always expect God’s love and care. We can always have hope.**