

Middle School

September 24, 2017

Feats of Strength!

If you're a fan of Falcons linebacker Duke Riley, you might have seen the training video he posted of himself on Instagram. In the one-minute clip, the football player single-handedly pulls a Cadillac Escalade up a hill with a thick rope.

Or, if you're a fan of the New York Giants wide receiver Odell Beckham Jr., you might have caught the training videos of him diving after balls in a hot sand pit.

More and more pro athletes are posting their workout videos on social media.

Part of this is because of new NFL rules, which allow players less time in official practices. Rather than just hitting the gym, the football players are doing their own workouts, like pulling cars.

Also, extreme workout videos like these add to the athletes' fame. When a football player can create buzz through a feat of strength, he earns new fans.

And that's a win-win.

Discussion Questions

- Have you seen the outrageous training videos that pro athletes share online? Talk about the most extreme posts. Are you impressed by these feats of strength? Why or why not?
- Today, we'll talk about another outrageous show of power. In 1 Kings 18:30–46, God helped Elijah win a contest against the prophets of Baal. What did God do? Did this earn fans for God?
- Talk about God's strength. What does He have the power to do? Have you seen this power in your life? How?