BattleShip:

**Topic: Overwhelmed**

**Psalm 142:3**

When I am overwhelmed, you alone know the way I should turn.

Wherever I go, my enemies have set traps for me.

**Psalm 121:1-2**

I look up to the mountains where does my help come from?

My help come from the Lord, who made the heaven and earth!

**Game Supplies:**

* Beach balls or dodge balls (Six)
* Cones to mark off area
* Blind folds
* Arm bands or ribbon of different colors
* Prize for winning team (5 items)
* Smaller prizes for all other players

**Game Directions:**

* Divide preteens into teams of five.
* Give each team a different color armband or ribbon to wrap around arm.
* Mark of a large area outside or inside a gym (large enough for 10 preteens to lay down without touching).
* Divide the teams up into whom they will battle.
* Each team selects one shooter, who is blindfolded after selected.
* After blindfolded, rest of team will enter playing area and arrange themselves anyway they want by lying face down.
* When ready each shooter will launch three balls into playing area.
* If any ship (preteen) is hit, they are sunk, and bounces don’t count.
* Friendly fire will sink a ship, so be careful.
* Play until one team is totally sunk.
* Continue rounds until final two armies are left and play final battle.

**Say:** This game was fun, wasn’t it? Can you imagine actually being in a sinking ship, as the water starts to rush in and gets deeper and deeper? An overwhelming feeling that no matter what you do your ship is going to sink. This is what we are going to walk through today.

**Ask:**

* What things overwhelm you as preteens?
* How do you handle the feeling of being overwhelmed?
* Has anyone ever told you they understand, and try to give you advice?

**Say:** When we get overwhelmed with the stuff in our lives, we begin to think no matter what we do, how hard we try, it is hopeless. We think it will never get better. We feel like a sinking ship.

Things in your life can feel so overwhelming you probably think that no one can understand or knows what you are going through. I want to let you know that God knows when you are overwhelmed. He wants you to ask him and rely on him in those times. In the book of Psalms it is pretty specific on this.

**Psalm 142:3**

When I am overwhelmed, you alone know the way I should turn.

Wherever I go, my enemies have set traps for me.

David is the writer of this Psalm, and he is telling us that God knows when we are overwhelmed.

Then in Psalm 121:1-2 it tell us where to look for help when we are overwhelmed and things seem out of control.

**Psalm 121:1-2**

I look up to the mountains where does my help come from?

My help come from the Lord, who made the heaven and earth!

God if always there for us, to help us through the rough times when we are overwhelmed and stressed out. We only need to look up to Him and ask him for help.

End in Prayer.