

Yes, You Can

Do you ever feel like you're just too young or too small to do something? Can anyone think of a time when you might have said, "I just can't do it!" (Pause for responses.) We have all said that at one time or another. Maybe you said it when the coach asked you to play a new position for the first time, or while you were trying to do your homework. (Hold up textbook). We've all found ourselves feeling defeated, saying, "I just can't do it."

Our Bible lesson today is about a man named Jeremiah. One day, God spoke to Jeremiah and said, "Before you were even born, I chose you to be My prophet to all the nations."

Wow, that's a tall order! Can you imagine being chosen by God to speak His words to all the nations of the world?

Jeremiah answered, "I can't! I'm not a good speaker, and besides, I'm too young."

"Don't say 'I can't,' " the LORD answered Jeremiah. "If I tell you to go and speak to someone, then go! And when I tell you what to say, don't

leave out a word!" Then the LORD reached out His hand, and touched Jeremiah's mouth and said, "I am giving you the words to say, and I am sending you with authority to speak to the nations for Me."

God called Jeremiah to a monumental task before he was even born. But He wasn't going to leave Jeremiah to do it all on his own. God also promised to give Jeremiah all the words he would need to speak.

Just like God had some mighty big plans for Jeremiah, He also has some pretty big plans for you too. He knows your name. He knew you before you were even born and He has a plan for your life.

There will be times in your life when God will come to you, as He did to Jeremiah, and ask you to do something important for Him. He may call you to do something that feels difficult, or maybe even impossible. You may feel like you're too young, and you might even want to say, "I just can't do it." But when that happens, remember what God said to Jeremiah, "Don't say, 'I can't!' " If God calls you to do something, He will reach out His hand and touch your life to give you the ability to do it.

Dear Father, there may be some things in this life that we cannot do on our own. But we know that if You ask us to do something, You will give

us the ability to do it if we just trust in You. Amen.