



STRENGTH IN JESUS

Red Kangaroos are strong jumpers—on average, over 25 feet! It's important to remember that like the kangaroo, our strength comes from God, which Samson had to learn. Through Jesus, and Jesus alone, we can be victorious (1 Corinthians 15:57).

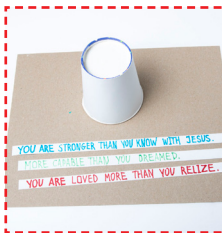
YOU WILL NEED:

- 2 Disposable Paper Cups
- Colored Paper
- Cardstock
- Tape
- Rubber Bands
- Colored Markers
- Pencil
- Scissors
- Hole Punch
- Crayons
- Glue Stick
- Ruler



DIRECTIONS:

1. If you have 2 white disposable cups, you can skip steps 1-4. Measure the height of the cup and add 2-3 inches. Using this measurement for the width, cut out a rectangle from paper long enough to wrap around the cup.



5. On three strips of white paper, write the phrases: "**You are stronger than you know with Jesus.**" "**More capable than you dreamed.**" "**You are loved more than you realize.**"



9. Tie the rubber band loosely and pull the knot to the inside of the cup.

2. Wrap the paper around the cup. Draw a line around the top of the cup. Unroll the paper and cut along the line.



6. With the cup upside-down, glue the strips around it in a spiral. Decorate the cup as you like.



10. Draw a kangaroo on cardstock, following the example in the attachment. Color it.

3. Turn the cup face down. Now wrap the paper around the cup, cut side down. Draw a line around the bottom of the cup. Unroll the paper and cut along the line.



7. Punch four holes in the top of the other cup an equal distance apart.



11. Cut the kangaroo out and glue it to the upside-down cup that has the rubber band inside it.

4. Cut out a white piece of paper the same size. Glue the paper onto the cups.



8. Cut the rubber band. Thread it through all four holes so that they cross on the inside.



12. Put the cup with the kangaroo over the other cup and push down on it. Let go of the cup. How high will the kangaroo jump?

