

Stronger Together Challenge

Finding Strength in Support Systems

We often think strength means doing everything on our own. But one of the most important lessons we can learn is that asking for help isn't weakness. It's wisdom. God created us to encourage, support, and strengthen one another through life's challenges.

In this activity, you'll discover that some goals become much easier when two people trust each other and work together. As you complete the challenge, pay attention not only to *whether* you succeed, but *how* you succeed.

What You'll Need

- One partner (Mom, Dad, mentor, sibling, friend, or another teen)
- A safe, open space

The Challenge - see

1. Sit on the floor back-to-back with your partner.
2. Bend your knees so your feet are flat on the floor.
3. Without using your hands or arms at all, work together to stand up.
4. You may lean against each other, talk, laugh, adjust your strategy, and try as many times as needed.
5. If you don't succeed the first time, don't give up. Change your plan, communicate, and keep working together until you do.

Talk About It Together

After you've completed the challenge, discuss these questions.

- What made this activity difficult?
- What helped you finally succeed?
- How important was communication?
- Could either person have completed the challenge alone?
- What did you learn about trusting another person?
- How is this activity similar to facing challenges in everyday life?
- Who are the people God has placed in your life to encourage, support, and strengthen you?
- How can you become part of someone else's support system this week?

Faith Connection

God never intended for us to face every challenge alone. He often provides strength through parents, mentors, friends, teachers, church leaders, and other trusted people who walk beside us. Real confidence doesn't come from pretending we don't need anyone. It grows as we learn to trust God and wisely lean on the support He places in our lives.

"Two people are better than one, because they have a good reward for their labor. If either of them falls down, one can help the other up."

Ecclesiastes 4:9–10