

Living on a Prayer

Bible: Living on a Prayer (Model prayer) • *Luke 11:1-14*

Bottom Line: Practice praying to God.

Memory Verse: “For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.” *1 Timothy 4:8, NIV*

Life App: Commitment—Making a plan and putting it into practice

Basic Truth: I can trust God no matter what.

Social: Setting the Tone for the Experience (9:00, 10:15, 11:30)

9:00 & 11:30

Early Arriver

- No supplies needed

10:15

Warm Up!

- No supplies needed

Bible: Communicating God’s Truth in Engaging Ways (9:15, 10:30, 11:45)

- Bible Presentation in Large Group

Groups: Creating a Safe Place to Connect (9:40, 10:55, 12:10)

9:00 & 11:30

Practice Praying

- “Practice Praying Cards”; 1 for each kid
- Stickers, washi tape, markers (for decorating)

10:15

In Every Way

- Bible marked at 1 Timothy 4
- Prepared beach ball

Prayer (9:50, 11:05, 12:20)

- Skittles®; 1 for each kid
- A sturdy white plate that can safely hold hot water
- Thermos of hot (but not scalding) water; label the container “God’s love and power”
- Paper towels

Dismiss (10:00, 11:15, 12:30)

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Social: Providing Time for Fun Interaction (Small Groups, 15 minutes)

Welcome kids and spend time engaging in conversation and catching up. Get ready to experience today’s Bible Truth.

Before kids arrive, pray for each kid by name. Thank God for the opportunity to help guide the kids into a growing relationship with Him. Ask that God would help these kids understand that he wants to hear from them.

9:00 & 11:30

Early Arriver Idea

What You Need: No supplies needed

What You Do:

- Ask:
 - What are some ways you can help your body grow stronger? (*exercise, swim, ski, do yoga, play a sport, eat well, etc.*)
 - Which way would you choose to grow stronger: swimming or running? playing on a playground or doing gymnastics? water skiing or snow skiing? playing soccer or playing basketball? riding a bike or riding a skateboard? building a snowman or building a sandcastle?

HINT: Add interest and movement by guiding kids to move in different ways to specific locations in your room as a way to “vote” for their choices.

What You Say:

“Warm-ups and stretches are great things to practice doing before you exercise or play a sport. This week we’ll learn something that’s VERY important to practice doing before we do anything at all!

[Transition] Let’s go to Large Group to learn more.”

Lead your group to the Large Group area.

10:15

Warm Up!

Made to Play: an activity that encourages learning through following guidelines and working as a group

What You Need: No supplies needed

What You Do:

- Ask: “When do people do warm-up exercises?” (*before exercise, before playing a sport*)
- Lead the kids through a series of warm-ups such as:
 - Head rolls: Stand with feet shoulder distance apart, drop chin to chest, slowly roll right ear to right shoulder, return to center, roll left ear to left shoulder, repeat.
 - Shoulder circles: With arms relaxed by your sides, roll shoulders in large circles
 - Arm circles: Hold arms straight out to the side with fingertips up and palms facing out; keeping elbows locked, rotate hands in circles as if washing windows.
 - Do jumping jacks.
 - Run in place.
 - March in place, touching right hand to left knee and left hand to right knee.
 - March in place, touching right elbow to left knee and left elbow to right knee.
 - Toe touches: Stand with feet shoulder width apart and arms spread, slowly bend at the waist to touch right hand to left foot, return to starting position and then bend to touch left hand to right foot, repeat.

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Bible: Communicating God’s Truth in Engaging Ways (Large Group, 35 minutes)

GETTING READY

1. Opener/Closer

What You Need:

- Host
- Sweat headband and wristbands for Host

2. Bible Truth

What You Need:

- Historyteller
- 252 Story

3. Worship

What You Need:

- Power Praise Team

Music and Sound Effects (SFX):

- “Let It Be Known”
- “Rising Up”
- “Oceans”

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Bible: Communicating God’s Truth in Engaging Ways (Large Group, 35 minutes)

Engage kids’ hearts through a dynamic and interactive Bible Truth, worship, and prayer experience in a Large Group setting.

CG: *Work It Out Theme Slide*

Host enters with lots of energy.

HOST: “Gooooood day to you, friends! Welcome, welcome. I could NOT be more thrilled that you all decided to come hang out with me, [Host’s name], here in The Treehouse! If it’s your first time here, or maybe you’re kind of new, or if you haven’t been here in a while, we’re especially glad to see you guys. If you’ve been around here a while, look around the room and point like this (*point two fingers and wink*), ‘You’re gonna love it!’”

HOST and KIDS: (*Point to the audience.*) “You’re gonna love it!”

HOST: “It’s true, The Treehouse is the most fun place ever because you people are the most fun people ever. Speaking of fun, let’s get this party started by singing some fun praise and worship!!

Power Praise team enters as Host joins the audience.

Worship

SFX: *“Let It Be Known”*

SFX: *“Rising Up”*

SFX: *“Oceans”*

Host retakes the stage as Power Praise exits.

HOST: “That was awesome! Hey, let’s go over this month’s Life App together. Does anybody remember it from last week?”

CG: *Commitment Slide*

“There it is! Commitment is making a plan and putting it into practice. Help me out and read that with me.”

HOST and KIDS: “Commitment is making a plan and putting it into practice.”

HOST: “Commitment. *(Hold up one finger.)* First, you make a plan. Maybe you want to learn how to play the piano or how to count to 100 in another language. Or maybe you want to be a better friend. Then take that idea and PLAN how you’re going to do it. You plan to practice for 30 minutes every night. You plan to download a Spanish app on your tablet. You plan to memorize a few verses in the Bible about friendship. Making a plan is the first part of commitment.

(Hold up second finger.) “Second, you put that plan into practice even when it’s hard and even when you don’t feel like it. Commitment means you never give up on your plan.

SFX: *Workout music*

(Hold your hand to your ear.) “Oooooooh, yeah! You know what that sound means? It’s time to crank up the fun level. What do you say?”

Put on the sweat wristbands and headbands.

“Raise your hand if you’re ready to commit to our game today. *(Pause for response.)* That’s what I like to see. Everybody stand up! *(Pause.)* Here’s how we’re going to play. The name of an exercise will come on the screen. Before I show you how to do the actual exercise, I want you to show me what you think the exercise is based on the name.

Note: If Host is unable to demonstrate the different exercises, you can have a volunteer help.

“Ready, set, let’s play!”

CG: *Donkey Kicks*

“Everybody show me what you think a donkey kick exercise would look like. Let’s see it! Let’s see it!”

Allow the kids to try a donkey kick. If you have a lot of kids, you might want to choose one or two kids to demonstrate their version of the exercise.

“Okay, okay. Those are some awesome ideas. But do you want to see a real donkey kick? All right, here we go!”

Demonstrate a donkey kick.

“Now it’s your turn!”

Allow kids to try the actual version of the exercise.

“Raise your hand if you got it right before I showed you. *(Pause for response.)* Oh, yeah. Let’s try the next move.

CG: Dead Bug

“Have any of you ever heard of the dead bug? *(Pause for response.)* What do you think? Let’s see your best dead bug.

Allow the kids to try a dead bug. If you have a lot of kids, you might want to choose one or two kids to demonstrate their version of the exercise.

“That’s great. You guys are awesome. Now here’s the real Dead Bug.

Demonstrate the dead bug exercise and invite kids to join.

“Who got it right before I modeled it? *(Pause for response.)* There’s more where that came from!

Continue the game in the same way using the following exercises.

CG: Star Jumps

CG: Inchworm

CG: Duck Walk

CG: Ski Jump

“That was awesome, friends! But the awesome doesn’t end there. We’re just getting started!

Historyteller enters as Host exits.

SETTING UP THE BIBLE TRUTH

HISTORYTELLER: “Hello, hello, hello! What’s going on, everybody? Does anyone in here have some kind of practice you go to? Maybe you play baseball or soccer or some other sport. Some might take piano lessons or go to ballet class. Maybe you just have something you practice on your own like learning your multiplication facts or the capitals of countries from around the world. Yeah, lots of us practice things.

“If you’ve ever practiced something, you know that it’s not always easy to do. But you also know that practice is helpful. Practice is the only way to learn how to do new things. When we practice something over and over, before too long, we don’t have to practice it anymore. It’s something new that we know how to do without even really thinking about it.”

“I want you to watch this video and listen to what Jesus wants us to practice.”

CG: 252 Story

WRAPPING UP THE BIBLE TRUTH

HISTORYTELLER: “God WANTS to you to talk to Him. He loves it when you take the time to talk to Him and tell Him how you’re feeling about what is going on in your life. This might be something you do all of the time, or it could be something that might take a bit of work for you. But that’s the thing with prayer—it takes practice. Not practice like saying the exact same prayer at the exact same time every day, but the practice of talking to God and telling Him what you’re thinking about. It’s like our Bottom Line says today.

CG: Bottom Line Slide

[Bottom Line] “Practice praying to God. Can you say that with me?”

HISTORYTELLER AND KIDS: [Bottom Line] “Practice praying to God.”

HISTORYTELLER: “Hmm, I think our memory verse said something about training, or practicing. Let’s read that together.”

CG: Memory Verse Slide

“For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.” 1 Timothy 4:9, NIV

Sometimes you’re going to tell God that you’re happy. Sometimes you’re going to tell Him you’re sorry. Sometimes you’ll tell Him that you’re scared. He is with you through it ALL. And the best news is, you can talk to Him about it! Let’s go ahead and talk to Him right now.”

Pray

HISTORYTELLER: “God, You are awesome. You give us everything we need. Thank You that You hear us when we talk to You even when we don’t know what to say and even when we’re not sure You’re listening. We love You. We pray this in Jesus’ name, amen.”

“If you have an offering with you today, raise your hand and we will bring the bucket over to you.”

Historyteller exits as Host enters.

Closer

HOST: “Now that we have this super cool prayer to pray, we can use it as a model for how we practice praying to God. That’s our Bottom Line today: **[Bottom Line] Practice praying to God.** Say it with me.”

CG: Bottom Line Slide

KIDS and HOST: [Bottom Line] “Practice praying to God.”

HOST: “Praying to God is something you can do all the time. You don’t have to pray out loud. You can pray whenever you feel like talking to God. You can pray at school. You can pray on the bus. You can even pray while you’re playing! And just like most things in life, the more you practice, the easier

praying becomes. And don't worry, you can't mess up a prayer. Just talk to God anytime, anywhere. He's listening, and He wants you to commit to practice talking to Him.

"You'll talk more about praying to God in Small Group and discover all sorts of ways you can pray. Have fun with your group, and we'll see you next time!"

Dismiss children to their Small Groups.

CG: Small Group Slide

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Life App: Commitment—Making a plan and putting it into practice

Basic Truth: I can trust God no matter what.

Groups: Creating a Safe Place to Connect (10 minutes)

Create a safe place to connect and learn how the Bible Truth applies to real life experiences, through interactive activities and discussion questions.

9:00 & 11:30

Practice Praying

[Live for God | Application Activity]

Made to Create: an activity that explores spiritual ideas through the process of drawing, building, and designing

What You Need: Prepared cardstock shapes, “Practice Praying Cards” Activity Pages, scissors, glue sticks, stickers, markers, washi tape, or other decorative items

What You Do:

- Invite each child to choose a cardstock shape.
- Give each child a “Practice Praying Card.”
- Read the words with the kids, guiding them to point to the words as you read.
- Set out the stickers, markers, and other supplies and encourage kids to decorate the cards as they choose.
- Prompt kids to name ways they could pray using the F.A.S.T method.
- Could they:
 - **F**ocus on God by thanking Him and praising Him?
 - **A**sk for what they need?
 - **S**ay they’re sorry?
- Ask for help to **T**ake the right path and stay away from trouble? Keep a relatively quick pace to keep interest high.
- Direct kids to take their cards home and put them in places that will remind them to pray often: under their pillows, on their bathroom mirrors, in their backpacks, on their car seats—wherever!

What You Say:

“Talking to God takes practice. So this week, put your ‘Practice Praying Card’ somewhere it will remind you to pray. Because the more you **[Bottom Line] practice praying to God**, the easier it will be, and the more you’ll learn how much God loves you and that He is always with you.”

[Make It Personal] (Create your own “Practice Praying Card.” Tell kids where you’ll put your card as a way to remind yourself to [Bottom Line] practice praying to God.)

10:15**In Every Way****[Hear from God | Memory Verse Activity]***Made to Connect: an activity that invites kids to share with others and build on their understanding***What You Need:** Bible marked at 1 Timothy 4; prepared ball**What You Do:**

- Guide kids to stand in a circle.
- Hold the ball and show kids the different drawings.
- Emphasize that each drawing shows a time they can **[Bottom Line] practice praying to God.**
- Toss the ball to a child.
 - When she catches it, guide her to find the drawing closest to one of her thumbs.
 - She can use that drawing to fill in the blank as she says, "I can **[Bottom Line] practice praying to God** when I'm _____ *(at home, in the car, with my friends, etc.)*."
 - She then tosses the ball to another child and folds her hands to indicate that she's had a turn.
- When every child has a turn, invite a volunteer to open the Bible to 1 Timothy 4:8. Read the verse aloud and then encourage the kids to say it with you phrase by phrase.

What You Say:

"What does it mean to be godly? *(Pause.)* Yes, to be godly means that we want to please God and become more like Him. Last week we learned that we can train to be godly by practicing hearing and doing what God says. Another way we can train to be godly is when we **[Bottom Line] practice praying to God.**

"From the examples we just talked about, tell me when you will **[Bottom Line] practice praying to God** this week? *(When I wake up, before I eat, on my way to school, before I go to bed, etc.)* Great ideas! **[Make It Personal] (Tell one time you'll [Bottom Line] practice praying to God this week, too.)**

All Service Times**Pray and Dismiss (10 minutes)****[Pray to God | Prayer Activity]**

Made to Reflect: an activity that creates space for personal understanding and application

What You Need: Skittles, plate, container of hot water, paper towels

What You Do:

- Guide the kids to gather around.
- Ask, “Why do you think God wants us to practice praying to Him?” (*He loves us; He wants to help us; He wants us to know Him more.*)
- Give each child a Skittle to hold.
- Use the object lesson and conversation below to lead the kids to **[Bottom Line] practice praying to God.**

What You Say:

“God wants us to practice praying to Him because He loves us, He wants to help us, and He wants us to know Him more. He also wants us to practice praying to Him because through His power and love, He can use our prayers to make a difference.

(Guide kids to pray silently and then set their Skittles on the plate. Tell kids that the Skittles represent their prayers. Show them the hot water labeled “God’s power and love” and slowly pour it onto the plate just until each candy is surrounded by water. When the candies’ colors bleed to form a kaleidoscope, continue the conversation below.)

“What happened when the water and the Skittles came together? *(Pause.)* Just like the water and the Skittles, when God’s power and our prayers come together, something amazing happens. Through God’s power, our prayers make a difference in the world around us. So remember: **[Bottom Line] Practice praying to God.**”

Give each child a GodTime card. Pass out Parent Cue cards as adults arrive to pick up. Encourage each child to tell a parent today’s Bottom Line: **[Bottom Line] Practice praying to God.**