

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

Salutations!

- “Salutations Sheet” Activity Page; 1 for each small group

10:15

Early Arriver

- 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

F.A.S.T. Four Corners

- 4 pieces of cardstock for each small group
- Markers

10:15

F.A.S.T. Spinners

- F.A.S.T. spinners
- Markers

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

- Leader F.A.S.T. Spinner
- F.A.S.T. spinners

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

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

Basic Truth: I can trust God no matter what.

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

Salutations!

Made to Imagine: an activity that promotes empathy and facilitates biblical application through role-play and reenactment

What You Need: “Salutations Sheet” Activity Page

What You Do:

- Before kids arrive, familiarize yourself with the international greetings on the “Salutations Sheet.”
- Then teach kids the greetings, using the pronunciation guide. Let them practice for a while.
- When kids are ready, call out a country and let kids try to tell you the greeting in that country’s language.
- If time allows, play a game of tag. All the usual rules of tag apply, except kids can’t be tagged by “It” if they sit down and say one of the greetings just before being touched by the person who is “It.”

What You Say:

“These were all new words to most of us, but I’m glad we practiced them so that if we had a guest from another part of the world, we could make them feel welcome. **[Transition] Let’s go hear about someone else we should practice talking to.**”

Lead your group to the Large Group area.

10:15**Early Arriver Idea**

Made to Connect: an activity that invites kids to share with others and build on their understanding

What You Need: No supplies needed

What You Do:

- Welcome kids to your small group.
- Ask them about prayer.
 - How/when do you pray?
 - How do you decide what to say?
- Make sure to keep it light and conversational—not like you’re quizzing kids to make sure they’re praying on their own at home.
- Share about your own experiences with prayer when you were in elementary school.
- If there’s time, let them practice some tongue twisters:
 - Red leather, yellow leather
 - She sells seashells
 - The sixth sheik’s sixth sheep is sick
 - Rubber baby buggy bumpers
 - Toy boat
 - Point out that sometimes when we’re going to be saying something important, it’s good to practice ahead of time.

What You Say:

“Seriously! Some of those tongue twisters are hard. You know, sometimes I feel like my tongue gets all twisted up when I try to talk to certain people, or in certain settings. I hear it helps to practice talking in front of your mirror. **[Transition] In our Bible Truth today, we’ll hear about someone we should ALL be talking to. Let’s go find out who it is.**”

Lead your group to the Large Group area.

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

Basic Truth: I can trust God no matter what.

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

GETTING READY

1. Opener/Closer

What You Need:

- Host
- Workout attire and accessories for the Host
- Prop box containing the following:
 - 3 jackets
 - 3 scarves
 - 3 pairs of giant sweatpants
 - 3 snow hats
 - 3 pairs of mittens (or gloves)
 - 3 spill-proof thermoses filled with (warm) hot chocolate

2. Bible Truth

What You Need:

- Historyteller
- Bible
- Table
- Prop box containing:
 - Crown
 - Bread
 - Clear tape
 - Helmet

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.

SFX: *Play instrumental workout music as kids enter.*

CG: *Work It Out Theme Slide*

Host welcomes the kids as they enter. He’s wearing workout gear, sweatbands, etc., and lifting weights, running in place, and doing jumping jacks.

Opener

HOST: “What’s up, everybody? This month we’re talking about commitment!”

Lift a small weight and struggle with it like it’s huge.

CG: *Commitment Slide*

“Commitment is making a plan and putting it into practice. That’s what you do when you exercise: you figure out your plan, you work it out, and you grow stronger!”

“This can also happen in your relationship with God. When you commit to growing in your faith, you grow more and more like Jesus. It’s not enough just to KNOW what God says; you’ve got to take the next step and DO it!”

“Today we have a great way for you to grow stronger in your relationship with God. And we’ve got the perfect way to tell you about it, because you know what? In today’s Truth, we get to work out! And do you know the best way to start a workout? You start with a warm-up!”

Pull the props out of the box as you mention them below.

“Yes. Let’s see, if I want to get warmed up, I’ll need this jacket. (*Hold it up.*) And I’ll need this scarf (*hold it up*) and these giant sweatpants (*hold them up*) and this snow hat (*hold it up*) and these mittens. (*Hold them up.*) And I’ll need some hot chocolate. (*Hold up the thermos.*) That’ll warm me up for sure.”

“You know what? I think we should make this a competition. I need two of you up here who think you can warm up faster than me.

Choose two kids and bring them up to the stage.

“Awesome! Each of us has a set of these same items. When I say, ‘Warm it up,’ we’re going to race to see which one of us can be the first to put on ALL of the winter clothes and finish with a sip of hot chocolate.

(To contestants) “Are you ready? Are you set? All right, warm it up!

SFX: *Workout music (instrumental)*

Host and kids race to put on the items and sip the hot chocolate. Host congratulates the one who completes the challenge first.

“Ahhhhhhh! That was amazing! *(To contestants)* You look like you’re nice and toasty warm. You’re seriously ready to work it out.”

Historyteller enters.

HISTORYTELLER: “Hey, [Host’s name], I think you might be a little confused about what ‘warming up’ means. But we’ll have to get to that later, maybe when the Power Praise team gets here. They’ll show you what warming up looks like.”

HOST: “Yeah, that sounds perfect! *(To contestants)* You can put all that stuff in here *(motion to prop box)* and head back to your groups, okay?”

Contestants put back the clothes and go back to their groups. Host exits.

Historyteller moves the table and prop box over to the center of the stage.

SETTING UP THE BIBLE TRUTH

HISTORYTELLER: “When Jesus was praying one day, His disciples approached Him. They asked Him for help with something. They wanted to know how to pray. But instead of explaining how to pray, Jesus gave them a model prayer—something they could use as an example to follow. Let me read it to you now.”

PRAYER

HISTORYTELLER: *(Open your Bible and read Luke 11:2b-4.)* “Father, may your name be honored. May your kingdom come. Give us each day our daily bread. Forgive us our sins, as we also forgive everyone who sins against us. Keep us from falling into sin when we are tempted” (NIV).

“That is a lot to take in, isn’t it? It’s a few big words and a lot of big ideas. But what are we supposed to do with it? Should we memorize it and repeat it every day? We certainly could, and there’s nothing

wrong with that. But I think Jesus meant for us to do more than just repeat these exact words over and over again. Let's examine each part of this prayer to see what it might mean for how we can talk to God.

PROPS

HISTORYTELLER: "Let's read through the prayer again. (*Read Luke 11:2b-4.*) *"Father, may your name be honored. May your kingdom come. Give us each day our daily bread. Forgive us our sins, as we also forgive everyone who sins against us. Keep us from falling into sin when we are tempted"* (NIRV).

Move behind the prop box.

"Let's take a look at that first line: *"Father, may your name be honored. May your kingdom come."*

Pull out the crown and hold it up.

"Remembering that God is in charge is a great way to start out talking to Him. God deserves all the honor and praise we can give Him. It's not only honoring to God when we tell Him how great He is, but it can also make us feel better because we GET to talk to the one who's in charge of the whole world!

Set the crown down.

"Next, Jesus says: *"Give us each day our daily bread."*

Pull out the bread and hold it up.

"Do you think Jesus means actual bread like this loaf I brought today? No, not exactly, although remembering that God is the One who provides our food is definitely important. But I think Jesus means even more than just our food. This is where we recognize that EVERYTHING in our lives comes from God. We should be thankful for the food on our table, the clothes on our backs, the friends in our lives, the family who's by our side, the house we live in—everything! We can thank God for what He's already given us, and we can also ask Him to provide for what we need in whatever situation we face.

Set the bread down.

"Then Jesus goes on to say: *"Forgive us our sins, as we also forgive everyone who sins against us."*

Pull out the tape and hold it up.

"This is really important. The Bible says that if it's at all possible, we should live in peace with one another. And, of course, we want to be at peace with God too. Asking for forgiveness from God and from each other when we mess up can mend our broken relationships. It's like the tape to fix our relationship with God and with others.

Set the tape down.

"Then Jesus closes the prayer with this line: *"Keep us from falling into sin when we are tempted."*

Pull out the helmet/protective gear and hold it up.

"I love this part of the prayer, because it reminds me that I'm not living this life alone. I don't have to be strong on my own because **[Basic Truth] I can trust God no matter what.** He will help me **[Basic Truth] make the wise choice** and resist the temptation to do the wrong thing. How cool is that?"

Set the helmet down.

PERSONALIZE

HISTORYTELLER: "Hopefully that prayer makes a little more sense to you now, but you still may be wondering how you can make this prayer your own. Let's talk through a couple of typical days in the life of someone your age and discover how you might talk to God on those days.

"First of all, let's talk about a hard day. Because if you're like me, sometimes I find it easier to remember to talk to God when things are hard. Let's say that you and your best friend, Jamie, got into an argument at school, and you still haven't made up. What might your prayer look like if you were following the model Jesus gave the disciples? Maybe it would be something like this.

Move down the table and pick up each prop as it relates to the prayer.

(Hold up crown.) "Father, may Your name be honored. May your kingdom come," might sound like, 'Dear God, You're awesome. You're the best friend I could ever have in the world. Thank You for always being my friend.'

(Set down the crown and pick up the bread.) "Give us each day our daily bread," might sound like, 'Thank You for giving me my friend Jamie. Please keep awesome friends like Jamie in my life. It's so great to have someone who encourages and helps me.'

(Set down the bread and pick up the tape.) "Forgive us our sins, as we also forgive everyone who sins against us." That one might be easy to follow in this situation, right? This might be something as simple as, 'Forgive me for how I messed up today and lost my temper with Jamie. Help me to forgive Jamie too.'

(Set down the tape and pick up the helmet.) "And lastly: "Keep us from falling into sin when we are tempted," might sound like, 'Please give me the strength to ask Jamie for forgiveness, and please give me the patience I need with Jamie and all my friends to **[Basic Truth] treat them the way that I want to be treated.**'

This next time through should be much faster paced.

"You can also follow this model when you've had a good day, like when you aced your test and got a role in the school play. *(Pick up crown.)* You might start out by telling God how great He is, *(pick up bread)* thank Him for giving you an awesome day, *(pick up tape)* ask Him to forgive you if you messed up or hurt anyone's feelings, *(pick up helmet)* and then close by asking Him to help you have an attitude of gratitude so that you don't get prideful or brag about the good things that happened in your life."

WRAPPING UP THE BIBLE TRUTH

HISTORYTELLER: *(Move around in front of the table.)* “Here’s the thing, you guys. This model prayer that Jesus gave us is awesome and so helpful to get us started, but I don’t want you to get overwhelmed and think that there’s a certain way you have to talk to God. The truth is, God loves you and He just wants to hear from you. He doesn’t care if you use fancy words or follow an exact model. We can use this prayer Jesus gave us if we get stuck or want some help, but let’s be honest, sometimes our prayers sound like, ‘Help, God!’ or, ‘Thanks, God!’ Those are AMAZING prayers too. At the end of the day, what matters is that you’re taking time each day to talk to God, and that takes practice. That’s what I want you to remember today.

CG: *Bottom Line Slide*

[Bottom Line] “Practice praying to God. Let’s get a jumpstart on that practice right now and talk to God.”

Pray

HISTORYTELLER: “Dear God, You ARE awesome. We’re so thankful that the Creator of the universe wants us to talk to Him. Thank You for giving us this model prayer so that we can practice praying to You. Forgive us for sometimes neglecting to talk to You. We know that when we do talk to You, we are more likely to make wise choices and treat others the way we want to be treated. So this week, help us to spend time practicing praying to You. In Jesus’ name we pray, amen.”

“If you have an offering with you today, you can bring that on up to the offering bucket now.”

“Now, up on your feet and get moving with the Power Praise team!”

Power Praise team enters as Historyteller exits.

Worship

SFX: *“Let It Be Known”*

SFX: *“Rising Up”*

SFX: *“Oceans”*

Power Praise exits as Host enters.

Closer

HOST: “Well, all that dancing and singing was fun! And on top of that, I loved learning about how talking to God will definitely help you grow in your faith, but it takes practice. It takes commitment.

“Now, don’t get me wrong. Anyone can talk to God. You don’t have to be some spiritual superhero to pray. You don’t need to know the perfect words to say or know the best way to hold your hands. You can talk to God anywhere, anytime, with your hands held any way you’d like.

“But it takes practice if you want to make it into a habit. In Jesus’ prayer, He gives us reasons to talk to God in almost any situation. You can pray when you want to thank God or honor Him, when you want to show Him that you trust Him, or when you want to ask Him for your daily needs. You can talk to God when you want to ask for forgiveness or when you want help to forgive others. And you can talk to God

when you need help making wise choices. You can talk to God about ANY situation, because you know **[Basic Truth] you can trust Him no matter what.**

“If you practice praying for all those things, there’s a good chance talking to God will become a habit for you. And you’ll have an easier time remembering when to do it.

CG: Bottom Line Slide

“The one thing to remember today is this: **[Bottom Line] Practice praying to God.** Get into the habit of talking to Him every day. It’ll be like a warmup before you face your daily life. You know, practicing is sometimes another word for training. I believe our memory verse has the word training in it. Does anyone remember it?” *(Pause)*

“Let’s all read it 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 4:8, NIV

“And now it’s time to head back to your small groups and talk about that some more. Have a great week, everyone! 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

F.A.S.T. Spinners

[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: “F.A.S.T. Spinner”, markers,

What You Do:

- Pass out a “F.A.S.T. Spinner” to each kid.
- Help the kids fill in the blanks on the page. (“Focus on God.” “Ask for what you need.” “Say you’re sorry.” “Take the right path.”)
- Instruct kids to draw a picture that represents each phrase.
- Allow the kids to share their drawings with the rest of the group and practice spinning their spinners.

What You Say:

“These spinners are a great way for you to **[Bottom Line] practice praying to God** this week. Let’s pray F.A.S.T. prayers this week. Remember to FOCUS on God, ASK for what you need, SAY you’re sorry, and TAKE the right path. You can use these prayer spinners to help you as you pray this week!”

10:15**F.A.S.T. Four Corners**

What You Need: “F.A.S.T.” acronym cards (one letter per sheet of cardstock)

What You Do:

- Tell kids that Jesus gave us a model prayer to follow in order to teach us how to pray.
 - Today, the group will learn an acronym to help them remember the main parts of Jesus’ model prayer.
 - Explain that an acronym means you take the first letter of series of phrases to create another word. Today, the acronym is F.A.S.T.
- Hold up the page with the letter “F” and explain that it stands for “Focus on God.” Encourage the kids to repeat that phrase.
 - Open the Bible and read Luke 11:2.
 - Explain that in this first part of the prayer, Jesus wants us to remember who we’re talking to and honor his name.
 - So when we pray, we need to focus on God.
- Hold up the page with the letter “A” and explain that it stands for “Ask for what you need.”
 - Call on a volunteer to read Luke 11:3.
 - In this next part of the prayer, Jesus encourages us to ask for the things we need.
- Hold up the page with the letter “S” and explain that it stands for “Say you’re sorry.”
 - Call on a volunteer to read Luke 11:4a.
 - In this part of the prayer, Jesus shows us that it’s important to ask for forgiveness when you mess up.
- Hold up the page with the letter “T” and explain that it stands for “Take the right path.”
 - Call on a volunteer to read Luke 11:4b.
 - In this part of the prayer, Jesus reminds us to ask for God’s help in order to stay away from trouble and take the right path.
- Place the four acronym pages in four corners of your small group area.
- Read the sample prayers below.
- Instruct kids to run to the phrase that they think matches the prayer you read.
- Sample prayers:
 - “God, You are an awesome God! Nothing is more powerful than you.” (*Focus on God.*)
 - “God, help me to choose my friends wisely.” (*Take the right path.*)
 - “God, I’m sorry for arguing with my mom.” (*Say you’re sorry.*)
 - “God, thank you for loving me and for sending Jesus to save me.” (*Focus on God.*)
 - “God, I’m sorry for annoying my little brother on purpose this morning.” (*Say you’re sorry.*)
 - “God, please help me on my spelling test today.” (*Ask for what you need.*)
 - “God, help me to be honest so I can stay out of trouble today.” (*Take the right path.*)
 - “God, please provide for me today.” (*Ask for what you need.*)

What You Say:

“Great job, everyone! You need to focus on God, ask for what you need, say you’re sorry, and take the right path. Knowing this one word—FAST—can help us as we **[Bottom Line] practice praying to God** this week.”

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:** 1 “F.A.S.T. Spinner” from the “FAST Spinner” activity**What You Do:**

- Gather the kids in a circle, and place the Leader spinner in the center.
- Pass out a “F.A.S.T. Spinner” to each kid.
- Help the kids fill in the blanks on the page. (“Focus on God.” “Ask for what you need.” “Say you’re sorry.” “Take the right path.”)
- Share with the kids that taking their spinners home will help them **[Bottom Line] practice praying to God.**
- Encourage the kids to take turns spinning the spinner and praying a one-line prayer out loud for each of the four categories.
- Allow the kids to volunteer to spin and pray so that you’re not putting anyone on the spot.
- Close out your time together in prayer.

What You Say:

“Dear God, You are an all-knowing, all-loving, never-changing, super awesome God! We ask that You would take care of us this week and bring us back here safely next week. Please forgive us this week when we mess up and help us to make it right if we hurt someone else. Keep us on the right path and doing what Jesus would do as much as possible. We love You, and we thank You for Jesus. In His name we pray, amen.”

Encourage the kids to show their “F.A.S.T. Spinners” to adults who come for pickup and explain what each part of Jesus’ model prayer means. Give each child a GodTime card. Pass out Parent Cue cards as adults arrive to pick up.