

## Opening Activity

## Prayer

## Prayer Activity

## Parent Cue App



*Training the body has some value. But being godly has value in every way. It promises help for the life you are now living and the life to come. | 1 Timothy 4:8 NIV*




5 min

# Social

5 min

## Preteen Opening Activity

### What You Need

 Offering Container	1
 Noise-canceling headphones (or phones with earbuds playing music)	5
 Slips of paper with simple (and silly!) messages	Several

### What You Do:

- Welcome the kids with a high-five or fist bump.
- Invite kids who have brought an offering to put it in the offering container.
- Invite 4-5 volunteers to stand in a single-file line, all facing the same way.
- Give headphones to each of the 4-5 volunteers.
- Encourage the volunteers to make sure the music is playing.
- Show the last person in line a simple (and silly!) written message. (e.g., "The fuzzy caterpillar wears a tiny hat," or "Purple monkeys dance at midnight.")
- Instruct that kid to tap the shoulder of the kid in front of them, and say the message one time. Remind kids not to shout.
- Instruct the kid who heard the message to tap the next kid and relay the message they *think* they heard.
- Continue down the line until the message gets to the first kid in line.
- Encourage all of the kids to remove their headphones and ask the first kid in line to say the message out loud.
- Compare the final message to the original one.
- Play again with different volunteers and a new message.

### What You Say:

"It's amazing how much a message can change when it passes through so many people, right? Communication can be really tricky. It's easy to misunderstand or mishear things. **[Transition]** But today, we're talking about a type of communication where the message is always heard perfectly. Let's head to Large Group to find out what it is."




5 min

# Bible Story Review

5 min

## Preteen – Bible Story Extension | Made to Create

### What You Need

-  Pieces of leather or cotton cord (about 12 inches per kid)
-  Wooden Bead 1
-  Fine-tip Permanent Markers 1

### What You Do:

- Ask: "What are some of the things Jesus told His friends to pray about in the prayer He shared?" (*He told His friends to praise God for who He is, to ask Him to bring His Kingdom to our world, to ask for what we need in that moment, to ask for forgiveness and help to forgive, and to ask for help to follow His ways.*)
- Ask kids to think about one part of prayer they want to focus on this week.
- Give each kid a piece of cord, a large wooden bead, and a fine-tipped permanent marker.
- Instruct the kids to use the fine-tip markers to write the word or draw a small, simple symbol on their bead to represent that prayer focus.
  - For praise, they could draw a music note.
  - For needs, they could draw a piece of food.
  - For forgiveness, they could draw a cross.
  - For help following God's ways, they could draw a hand.
- Once they've written their word or drawn their symbol, show them how to thread the cord through the bead and tie a simple sliding knot so the bracelet is adjustable. Assist as needed.

### What You Say:

"These look great. Jesus didn't give His followers this prayer as a magic formula, but as a 'game plan' or a model for how they could talk to God. It shows us we can praise God, be honest about our needs, and ask for help. When you see your bracelet this week, let it be a reminder of your plan to **[Bottom Line] practice praying to God.**"


5 min

# Application Activity

5 min

## Preteen – Take a Snapshot | Made to Connect

### What You Need

-  3 prepared jars (or containers) filled with 3 prepared index cards

### What You Do:

- Divide the group into pairs or small teams.
- Instruct one team to draw one card from each of the three jars.
- Direct them to read the cards aloud, forming a sentence like: "I can pray in the [when], in the [where], about [what]."
- Ask the group: "Is that true? Can you really pray at that time, in that place, about that thing?" (*The answer is always YES!*)
- Discuss why. Continue with different teams drawing cards.

### EveryChild Tips:

- *Allow the kids to draw the cards and have the leader read them aloud.*

### What You Say:

"It doesn't matter what combination of cards you pulled—the answer is always yes. You can pray anytime, anywhere, about anything. There are no limits and no rules about when or where we can talk to God. The most important thing is just doing it. The only way to get better at something is to practice. Let's make a game plan to **[Bottom Line] practice praying to God** this week."

***[Make It Personal] (In an age-appropriate way, share when and how you talk to God and about what.)***




5 min

# Memory Verse Activity

5 min

## Preteen – Verses to Take with You | Made to Move

### What You Need

 Bibles	Several
 Beach Ball	1
 Permanent Marker	1

### What You Do:

- Give every two kids a Bible.
- Invite them to look up 1 Timothy 4:8 using the Bible Navigation Tips below.

**Finding verses with 4th-5th graders:** Ask kids to tell you if the book of the Bible they're looking for is in the Old Testament or New Testament. If it's in the Old, instruct kids to flip slowly, starting at the front of the Bible and heading toward the back, until they find the book they're looking for. If it's in the New, instruct kids to start flipping from the back, going forward to find the book they're looking for. Once they find the book, explain that the big numbers on the page are the chapter numbers. First, have them find the chapter they're looking for. Then explain that the small numbers are verse numbers. Tell kids to find the verse within the chapter they've already found.

- Repeat the verse together several times.
- Review any words that might be unfamiliar to the kids.
  - Share that "being godly" means getting to know God and following His good ways!
- Write key words from the Memory Verse on the beach ball (e.g., TRAINING, GODLY, VALUE, PROMISES).
- Instruct the group to set the Bibles aside and stand with you in a circle.
- Start by tossing the beach ball to someone while saying the first line of the verse.
- Instruct the kid who catches the beach ball to say the next line and toss it to someone else.
- Continue until the whole verse is complete.
- 

### What You Say:

"Great job! It's good to remember that being godly—like praying, reading the Bible, and serving others—has value that lasts forever. It helps us now and for the future. Let's remember our Game Plan: **[Bottom Line]** practice praying to God."

For the next round, add a challenge: The kid who catches the ball has to say the verse in a specific way based on the word their right thumb is closest to (e.g., if their thumb is on TRAINING, they say it like a sports coach; if it's on PROMISES, they whisper it like a secret; if it's on VALUE, they have to sing it; if it's on GODLY, they have to say it in a big loud voice)

5 min

# Discussion Questions

5 min

## Preteen Discussion Questions

### What You Need

No supplies needed

### What You Do:

- Why do you think Jesus wanted to give His friends an example of how to pray?
- What surprises you about the idea that God—the Creator of the universe—wants to talk with you?
- What do you think keeps you from praying, from talking to God?
- 'The Lord's Prayer' includes asking for things like forgiveness and daily needs—it covers all sorts of topics. What's something you could talk to God about this week?
- How could making prayer a regular thing you do—like Jesus did—help you grow closer to God?






5 min

# Prayer

5 min

## Preteen – Make It Personal with Prayer | Made to Reflect

### What You Need

 Backpack	0
 Several heavy items (like textbooks, canned goods, or water bottles)	Several
 Piece of Paper	1
 Drawing Tools	Several
 Shoebox made into a prayer box	1

### What You Do:

- Invite the kids to sit in a circle.
- Place the heavy items in the backpack.
- Ask for a volunteer.
- Instruct the volunteer to put on the backpack and walk around the circle once.
- Ask them, "How does that feel? Is it heavy?"
- Explain that sometimes, our worries, fears, or the things we need to ask God for can feel heavy, just like that backpack.
- Instruct the volunteer to sit down, still wearing the backpack.
- Go around the circle and invite kids to name one thing they want to give to God in prayer this week. It could be a worry, a thank you, or a request for help.
- After each kid shares, take one heavy item out of the backpack and set it aside.
- Continue until the backpack is empty.

Encourage the volunteer to stand up and walk around the circle again. Ask, "How does it feel now?"

### What You Say:

"It feels so much lighter, doesn't it? That's what prayer does. When we give our worries and our needs to God, He takes that weight from us. He is strong enough to carry it. We don't have to carry it all by ourselves. Jesus taught His followers how to pray so they would know they could always talk to God, who is strong enough to handle anything. Let's pray together now."

"God, thank You that You are bigger and stronger than any of our problems. Thank You for inviting us to talk to You about anything, anytime. Help us to remember to give You the things that feel heavy this week. We trust You. We love You, and we pray these things in Jesus' name. Amen."



**EveryChild Tips:**

- *Be mindful of a kid's physical abilities. Choose a volunteer who can comfortably carry the backpack, or have them simply hold it in their lap instead of wearing it.*
- *For a kid who is hesitant to share aloud, allow them to write or draw their "burden" on a piece of paper. When it's their turn, they can place the paper in a "prayer box" as a symbol of giving it to God while you remove an item from the backpack.*