

## Today's Suggested Schedule—January 2026, Week 2

**Bible Story:** The Lord's Prayer • *Matthew 6:9-13*

**Conversion Starter:** What do you pray about?

**Bottom Line:** Practice praying to God

**Monthly Memory Verse:** *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

### **SLIDE: Theme**

#### **WELCOME**

*Host has lots of energy as he or she welcomes everyone to [Name of Environment]. Host is relatable and inviting. Host can talk about something that happened culturally throughout the week like a big sports game, movie opening, a viral video on YouTube, etc. Host tells them how excited he or she is that they're there and briefly runs through what they can expect. This is especially helpful for first-time guests to make them feel like they know what's happening.*

#### **OPENER**

**LEADER:** "Hey, everybody! Welcome to Week 2 of Game Plan!

"I'm so glad you're here. Turn to two people and say, 'You made it.' If this is your first time here, give us a wave so we can cheer for you. (*Wave and cheer for the new kids.*)

"This month, we're learning about how we need a Game Plan when it comes to getting to know God more! And by following this Game Plan, we'll start growing stronger in faith every day.

"There are four parts of this Game Plan to help you get to know God better—talking about God, praying to God, hearing from God, and living for God. Last week, we learned that we can practice talking about God.

"This week we're going to talk about the second part of this Game Plan: **[Bottom Line] practice praying to God.** When you practice something, it takes a lot of repetition. And repeating something simple helps you grow. Prayer works like that too. You can talk to God every day—simple words, with a real heart. And the more you talk to God, the more natural it becomes. That is our focus today. We'll dive more into that soon!

#### **WORSHIP**

**LEADER:** "Right now, we're here to meet with God and give Him our full attention. Before we sing, think of one true thing about who God is. Maybe He is faithful, kind, powerful, or close. Take a moment and just whisper that to God, tell Him you are thankful that He is with you, that He is King. Worship is not just loud music—it's our whole heart focused on God.

"If you're able, stand with me. Let your voice be real, not perfect. Clap on the beat, move a little, and sing these words like you mean them. Let's give Him our best."

### **Video: "Your Ways Better" Dance Moves Video**

“Our theme this month is Game Plan—growing stronger in faith every day. Teams train their bodies so they can play well. God invites us to train our lives so we can live a godly life. The Bible says that training to follow God helps us right now in our daily life, and it also prepares us for the life to come. That’s why we keep showing up, why we worship, and why we practice praying to God. This month’s Memory Verse is 1 Timothy 4:8 (NirV). I’ll read it, and then we can say it together!”

**SLIDE: Memory Verse**

**LEADER:** *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 (NirV)*

**LEADER:** “Let’s say it together, all in one voice.”

**KIDS AND LEADER:** *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 (NirV)*

**LEADER:** “Jesus taught us how to pray with ‘The Lord’s Prayer.’ Prayer is training for your heart. It helps you honor God, trust His will, ask for what you need, receive forgiveness, and stand strong when you face temptation. When we practice praying to God, we’re training to be godly, and that helps us now and for the life to come!”

**VIDEO: So and So Show**

**SLIDE: Theme Background**

**APPLICATION**

**LEADER:** “Jesus talked to His Father God a lot. His whole life was an ongoing conversation with God!”

“Since Jesus made talking to God a priority, we can too. We can **[Bottom Line] practice praying to God**. Practice means you do it again and again so you grow. You keep doing it even when you don’t feel like it. You learn from mistakes and try again.

“Here’s a simple plan for this week. Use ‘The Lord’s Prayer’ as a guide in your own words.

“Start with ‘Father God.’ That’s what Jesus told us to call Him!”

“Help me show people how wonderful You are.”

“Please make (this part of my life) look more like Your Kingdom.”

“I need (this) today.”

“I messed up here, please help me forgive this person who hurt me.”

“Please help me stand strong when I’m tempted not to follow Your ways.”

“You can talk to God about whatever you need. And just keep doing it—that’s practicing praying to God. Talk to Him anytime, anywhere, about anything.”

**LANDING**

**LEADER:** “Jesus gave us an example of how we can talk to God. It’s not a show, it’s a conversation

with our Father, God. This week, pick one real moment to talk to God about something in your life. On the bus. Before a test. After practice. At dinner. God is listening.”

“As you go to Small Group, think about this question:

**SLIDE: Conversation Starter**

**[Conversation Starter]** “What do you pray about?”

*The Conversation Starter is a question kids will think about now, and carry their thoughts with them to Small Group. The question is not answered here—it’s just to provoke thought.*

“Think about this question now, and we’ll talk about prayer more in Small Group. What are those specific things that make prayer hard, and what helps? How can knowing that God wants to hear from you make a difference?

“Let’s talk to the God who loves to hear from us before we go.”

## PRAYER

**LEADER:** “Father God, thank You that You hear us. We honor Your name. We want Your good Kingdom to come in our world. Please give us what we need today. Forgive us, and help us forgive others. Lead us away from temptation and protect us from evil. Teach us to practice praying to You every day. We love You and we pray these things in Jesus’ name. Amen.”

*After prayer, Communicator dismisses kids to Small Group.*

**SLIDE: Theme**