

3-6 | January 11

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

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

1. Opening Activity

Before kids arrive, take a few moments to pray for them. Pray for those who might visit your group for the first time. Pray that as kids learn more about Jesus, they'll be drawn to a relationship with Him and have a desire to follow Him. Ask God to guide you as you encourage your few in their relationships with Jesus. Pray that you would be able to model this for them in a real, authentic way.

What You Need:

- ☐ Offering container

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.
- Instruct the kids to join you in a seated circle.
- Explain that you are going to say something in a simple way, and then you want them to help you say it in a very fancy way.
- Say, "Let's eat."
- Ask, "What's a fancy way to say that?" (e.g., "Dinner is served, my good friends!")
- Say, "I like your shirt."
- Ask, "What's a fancy way to say that?" (e.g., "That is quite a splendid garment you are wearing!")
- Continue with a few more simple phrases, like "Let's play," or "That's a nice drawing."
- Have fun being silly and using fancy voices together.

What You Say:

"It's fun to use fancy words sometimes, isn't it? But guess what? When we talk to God, we don't need any fancy words at all! God loves to hear from you just the way you are. **[Transition]** Today, we're going to learn that we can **[Bottom Line]** practice praying to God anytime, anywhere. Let's go!"

[Lead group to do worship and watch today's video lesson]

2. Bop the Verse

What You Need:

- ☐ Bibles marked at 1 Timothy 4:8
- ☐ Inflated latex-free balloons
- ☐ Balloon pumps

What You Do:

- Divide the kids into groups of two.
- Read the Bible verse marked at 1 Timothy 4:8.
- 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!
- Give each pair of kids an inflated balloon.
- Explain that they will practice this month’s Memory Verse while trying to keep the balloon from touching the floor.
- Lead the whole group in saying the verse slowly one time: *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.*
- Challenge the pairs to say the verse together while they bop the balloon back and forth. Encourage the kids to try to say one word for each time they bop the balloon.
- Let them practice for a few minutes.
- Gather the group back together and try to say the verse all together one more time.

What You Say:

“Great job! That took a lot of focus!

“Our verse from the Bible reminds us that being godly—that’s getting to know God and following Him because you love Him—is so valuable. It’s valuable for this life and when we are living with God forever in eternity! Getting to know God and following Him is one of the best things you can do with your whole life!”

Inclusive Pro-Tips

- *This game can be played from a seated position.*

3. Prayer Bands

What You Need:

- ☐ Cardstock Pray Bands
- ☐ Coloring supplies (glitter or metallic markers)
- ☐ Self-adhesive VELCRO® dots

What You Do:

- Give each kid a strip of cardstock.
- Set out the coloring supplies.
- Instruct the kids to decorate their strip of paper.
- While they decorate, talk about people or things they can pray for this week. (e.g., family, friends, pets, teachers, people who are sick.)
- Encourage the kids to draw small pictures or symbols on their strip to remind them of things to pray for.
- When they're finished, help them attach one side of a VELCRO® dot to one end of the strip, and the other side of the VELCRO® dot to the other end on the backside, so it can be worn like a bracelet.
- Help each kid put on their prayer band.

What You Say:

"These prayer bands look amazing! When you look at your prayer band this week, let it remind you to talk to God. You can tell Him 'thank You,' ask for help, and pray for the people you drew on your band. Let's pray together now. God wants to hear from you!"

"Dear God, thank You for teaching us how to pray. Thank You that we can talk to You about anything. Please help us remember to pray for the people and things on our prayer bands this week. We love being Your friend. We love You, and we pray these things in Jesus' name. Amen."

