

K-2 | 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.
- Tell the kids you're going to practice some "get strong" moves together.
- Call out different moves and have the kids do them with you.
- Say, "Show me how you get strong by lifting heavy weights!" (*Pretend to lift weights.*)
- Say, "Show me how you get strong by doing jumping jacks!" (*Do 10 jumping jacks together.*)
- Say, "Show me how you get strong by doing push-ups!" (*Do 3 push-ups or knee push-ups.*)
- Say, "Show me how you get strong by running in place!" (*Run in place for 20 seconds.*)
- Ask: "What are some other moves that make our bodies strong?" (If you can, do the move the kids suggest!)

### What You Say:

"Great job with all those moves! It takes practice to make our bodies strong. Did you know we can practice to make our faith strong too? Our faith is our friendship with God! **[Transition]** Today, we're going to learn about one of the most important ways we can make our friendship with God stronger! Let's go!"

### Inclusive Pro-Tips

- *Select "get strong" moves so all kids can participate. Some moves may be done in a seated position.*

[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
- ☐ Beach Balls

### 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 a beach ball.
- Explain that they will practice this month’s Memory Verse while trying to keep the ball 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 ball back and forth. Encourage the kids to try to say one word for each time they bop the ball.
- 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."

