



JANUARY THEME

WORK IT OUT

Stick to the Plan

BIBLE STORY

Luke 11:1-14

Living on a Prayer | Model Prayer
Spark Story Bible | pg. 278-281
The Lord's Prayer

BOTTOM LINE

Practice praying to God

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

LIFE APP

Commitment | Making a plan and putting it into practice

BASIC TRUTH

I can trust God no matter what

FOR LEADERS ONLY

GOD VIEW: the connection between **COMMITMENT** and God's character, as shown through God's big story.

Key Question: How do you pray to God? Kids are just starting to discover that they can pray more than before meals and at bedtime. We hope the kids and their families learn that they can pray to God whenever they feel like praying with whatever words come to mind. God is always there to listen.

In **Luke 11:1-4**, we find Jesus's disciples asking him how to pray. Jesus responds with a prayer that serves as the perfect model for how we can talk to God. We can pray with gratitude and honesty, pray for our needs, and for forgiveness. It's a comfort to know that we can pray knowing that God knows us and wants to hear from us.

Bottom Line: Practice praying to God. They can pray anytime, anywhere because God is always listening. We hope families will understand more about the faith skill, PRAY, and find that talking to God is an important part of growing in their faith.

SOCIAL: PROVIDING TIME FOR FUN INTERACTION

Welcome kids and spend time engaging in conversation and catching up. Get ready to experience today's story.

Before kids arrive, **PRAY** for each regular attendee by name. Pray for those who might visit your group for the first time. Thank God for the opportunity to help guide the kids into a growing faith relationship. Ask that God would help these kids understand that God wants to hear from them.

•• 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 as they arrive.
- Ask:
 - What are some things you have to practice to get better at?
 - What is your LEAST favorite thing to practice?
 - What do you love about practicing?
 - What do you not love about practicing?

•• COMMUNICATION CHARADES

Made to Play | An activity that encourages learning through following guidelines and working as a group



What You Need: Copy paper, pens

What You Do:

- Let kids choose a partner. Give each pair a piece of paper and a pen.
- Instruct the pairs to come up with two or three different ways they could communicate with someone. Examples can include verbal and nonverbal communication.
- Instruct kids to tear their paper into strips, writing down one answer per strip of paper.
- HINT: If your kids are having trouble, feel free to quietly give them some examples to get them started, such as whispering, talking on the phone, email, texting, body language, etc.
- Have the teams fold their paper strips in half and place them in the center of your small group area.
- Pairs will then take turns drawing a paper strip, reading what it says, and then acting it out for the group, charade style.

What You Say: “There are LOTS of ways we can communicate with each other. Thanks to phones and computers, you can even communicate with someone on the other side of the world or in outer space! **[Transition] In our Bible story today, we’ll hear/we heard about someone we should ALL be talking to.”**

[Sunday Leaders: Lead your group to the Family Room for Children’s Ministry Worship. Wednesday Leaders: Continue with the study.]

GROUPS: CREATING A SAFE PLACE TO CONNECT

Create a safe place to connect and learn how the Bible story applies to real life experiences, through interactive activities and discussion questions.

●● **F.A.S.T. FOUR CORNERS** [Talk about God | Bible Story Review | Application Activity]

Made to Move | An activity that increases the oxygen in the brain and taps into the energy in the body

What You Need: Bible, copy paper, markers

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.
- Using a marker, write the letters F.A.S.T. on the pieces of copy paper—one large letter per page.
- 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 letter 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.”

[Make it Personal] (*Select one of the four prayer prompts and tell the kids about a prayer you’ve prayed recently that falls into one of these categories. How does praying that kind of prayer make a difference?*)

•• **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” activity pages, pens, large paper clips

What You Do:

- Pass out a “F.A.S.T. Spinner” activity page, pen and large paper clip 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.*”)
- Show kids how to turn their activity page into a spinner by putting the tip of their pen in the paper clip, putting the pen on the center dot and spinning the paper clip with their index finger.
- Allow the kids to 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!”

•• **FOUR CORNERS MEMORY VERSE** [Hear from God | Memory Verse Activity]

Made to Play | An activity that encourages learning through following guidelines and working as a group

What You Need: Bible, “Four Phrases” activity pages

What You Do:

- Look up 1 Timothy 4:8 and encourage one or two kids to read it aloud.
- Split your group into four teams.
- Place one of the “Four Phrases” in each of the corners of your small group area.
- Send each team to a corner and select one team member to hold the verse phrase page so that the rest of the team can see.
- Each team should call out their phrase to the rest of the group in verse order.
- When finished, yell “SWITCH” and encourage teams to find a new corner and recite the verse again.
- Repeat the verse, switching places as time and interest allow.

What You Say: “Great job, everyone. This verse is long but it’s FULL of such important truth. We take care of our bodies by exercising and eating healthy foods. We also need to make sure we’re growing our faith, too. One big way to grow our faith is through talking to



God. We call that what? *(Pause.)* Yes! Prayer. We need to **[Bottom Line] practice praying to God**. Talking to God is one big way to grow your faith.”

PRAY AND SEND [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:

- Place one of the spinners in the center on your small group table.
- Remind 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. Sunday leaders, pass out **Parent Cue** cards as adults arrive to pick up.