



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**

What You Need: No supplies needed

What You Do:

- As kids arrive, ask:
—What are some ways you can help your body grow stronger? (*exercise, swim, ski, do yoga, play a sport, eat well, etc.*)
—Which way would you choose to grow stronger: swimming or running? playing on a playground or doing gymnastics? water skiing or snow skiing? playing soccer or playing basketball? riding a bike or riding a skateboard? building a snowman or building a sandcastle?
- **HINT:** Add interest and movement by guiding kids to move in different ways to specific locations in your room as a way to "vote" for their choices.

•• **WARM UP!**

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



What You Need: No supplies needed

What You Do:

- Ask: “When do people do warm-up exercises?” (*before exercise, before playing a sport*)
- Lead the kids through a series of warm-ups such as:
 - Head rolls: Stand with feet shoulder distance apart, drop chin to chest, slowly roll right ear to right shoulder, return to center, roll left ear to left shoulder, repeat.
 - Shoulder circles: With arms relaxed by your sides, roll shoulders in large circles
 - Arm circles: Hold arms straight out to the side with fingertips up and palms facing out; keeping elbows locked, rotate hands in circles as if washing windows.
 - Do jumping jacks.
 - Run in place.
 - March in place, touching right hand to left knee and left hand to right knee.
 - March in place, touching right elbow to left knee and left elbow to right knee.
 - Toe touches: Stand with feet shoulder width apart and arms spread, slowly bend at the waist to touch right hand to left foot, return to starting position and then bend to touch left hand to right foot, repeat.

What You Say: “Warm-ups and stretches are great things to practice doing before you exercise or play a sport. **[Transition] Today in Sunday CM worship/WOW family worship, we’ll learn/we learned something that’s VERY important to practice doing before we do anything at all!**”

[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.

•• **DAY BY DAY** [Talk about God | Bible Story Review | Application Activity]

Made to Imagine | An activity that promotes empathy and facilitates biblical application through role-play and reenactment

What You Need: No supplies needed

What You Do:

- Guide kids to lie their head on the small group table and pretend to sleep.
- Lead the group to pantomime a day of activities from waking up to going to bed.
- Engage the kids in conversation throughout. (*What are you eating? What did you decide to wear today? Which chore are you doing?*)
- During each activity, prompt kids to name ways they could pray using the F.A.S.T method. Keep a relatively quick pace to keep interest high.
- Could they...
 - Focus on God by thanking him and praising him?
 - Ask for what they need?
 - Say they’re sorry?
 - Ask for help to Take the right path and stay away from trouble?
- Activities:
 - Wake up, yawn, and stretch.
 - Read your Bible.



- Eat breakfast.
- Brush your teeth, make your bed, and get dressed.
- Go to school.
- Eat lunch.
- Play with friends.
- Get in an argument with your brother or sister.
- Eat supper.
- Get ready for bed.
- Go to sleep.

What You Say: “You can talk to God anywhere and any time. You can talk to God when you want to focus on God and thank or honor God, when you want to ask God for what you need, when you need to say you’re sorry or you want help to forgive others, and when you want help to take the right path and make the wise choice to stay away from trouble.

“What is one time that you can pray to God this week? (*When I wake up, before I eat, on my way to school, before I go to bed, etc.*) Great ideas! **[Make It Personal]** (*Tell kids one time you’ll pray to God this week, too.*)

“So this week, ask God to help you practice praying. Because the more you practice, the easier it will be, and the more you’ll learn how much God loves you and that God is always with you. So this week, remember to **[Bottom Line]** practice praying to God.”

●● **PRACTICE PRAYING** [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: “Practice Praying” coloring page, crayons

What You Do:

- Give each child a “Practice Praying” coloring page and set out the crayons for everyone to share.
- Read the words with the kids, guiding them to point to the words as you read.
- Encourage kids to color their paper as they choose.
- Direct kids to take their signs home and put them in a place that will remind them to pray often: under their pillows, on their bathroom mirrors, in their backpacks, on their car seats—wherever!

What You Say: “Talking to God takes practice. So this week, put your ‘Practice Praying’ sign somewhere it will remind you to pray. Because the more you **[Bottom Line]** practice praying to God, the easier it will be, and the more you’ll learn how much God loves you and that God is always with you.”

[Make It Personal] (*Tell kids how you will remind yourself to [Bottom Line] practice praying to God.*)

●● **IN EVERY WAY** [Hear from God | Memory Verse Activity]

Made to Connect | An activity that invites kids to share with others and build on their understanding

What You Need: “In Every Way” activity cards, dice

What You Do:

- Show your group the “In Every Way” activity cards.
- Emphasize that each drawing shows a time they can **[Bottom Line]** practice praying to God.
- Set the cards face down in a pile.
- Give a group member the dice.

—If she rolls a 1, 2, or 3 she should pick a card.

— She can use that drawing to fill in the blank as she says, “I can **[Bottom Line]** practice praying to God when I’m _____ (*at home,*



in the car, with my friends, etc.)”

—She then tosses the dice to another child and folds her hands to indicate that she’s had a turn.

—If she rolls a 4, 5, or 6, she should toss the dice to another child without picking a card. She should not fold her hands to indicate that she is available to roll the dice again.

- When every child has a turn, read 1 Timothy 4:8 (“*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.*”) aloud to your group. Then encourage the kids to say it with you phrase by phrase.

What You Say: “What does it mean to be godly? (*Pause.*) Yes, to be godly means that we want to please God and become more like God. We can train to be godly when we **[Bottom Line] practice praying to God.**

“From the examples we just talked about, tell me when you will **[Bottom Line] practice praying to God** this week? (*When I wake up, before I eat, on my way to school, before I go to bed, etc.*) Great ideas! **[Make It Personal] (Tell one time you’ll [Bottom Line] practice praying to God this week, too.)**

PRAY AND SEND [Pray to God | Prayer Activity]

Made to Reflect | An activity that creates space for personal understanding and application

What You Say: “Dear God, you are an all-knowing, all-loving, never-changing, super awesome God! Take care of us this week and bring us back here safely next week. Please forgive us 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.”

Give each child a **GodTime** card. Sunday leaders, pass out **Parent Cue** cards as adults arrive to pick up. Encourage each child to tell a parent today’s Bottom Line: **[Bottom Line] Practice praying to God.**