

Junior Soldiers

UNIT 16 : LESSON 9



Prayer in Action

PURPOSE: For the children to explore different ways to pray and to understand that prayer can be a part of all that we do.

You know when I sit down or stand up. You know my thoughts even when I'm far away.

Psalm 139:2

Consider & Prepare

Read:

Psalm 139

God created our bodies to function in incredible ways. We are extraordinary beings. Often, when we teach and model what it means to be in the presence of God, or to pray, we focus on quiet and stillness. Think about how we traditionally teach our children how to pray... sit still, bow your head, close your eyes, fold your hands.

The reality is that God is present in every moment of our lives and prayer can be a part of all that we do. Prayer can become a way of life. This lesson is intended to help the children to discover new ways of praying. Encourage them to connect with God with energy and joy throughout this lesson.

NOTE: Be mindful of children in your group that may have special needs which impact how they engage physically. Take time to adapt the activities beforehand so everyone can participate.

What you will need:

For 'Connecting In'

- Worship music and a device to play it on

For 'The Main Thing'

- Choose which activities will work best for your group and set them up around your space
- Print a copy of the instruction cards and place them with the equipment for each activity
- If you have a large group, you might like to divide the children into teams
- Bouncy balls
- Hula hoops
- Shooting hoops – strips of paper (enough for 5 per child), pens or pencils, a masking tape line or rope, a basket or bin
- One long skipping rope or several smaller ones
- Nerf gun prayers – Nerf guns. Sticky notes. Write these verses from Psalms on sticky notes. If you have a large group, then you can add more from verses from Psalms or make multiple copies of the same verse. Place the sticky notes on a wall or board.
 - Psalm 139:1 - O Lord, you have examined my heart and know everything about me.
 - Psalm 4:1 - Free me from my troubles. Have mercy on me and hear my prayer.
 - Psalm 4:8 - In peace I will lie down and sleep, for you alone, O Lord, will keep me safe.
 - Psalm 7:1 - You, Lord God, are my protector. Rescue me and keep me safe
 - Psalm 8:9 - Our Lord and Ruler, your name is wonderful everywhere on earth!

- Psalm 9:1 - I will praise you, Lord, with all my heart and tell about the wonders you have worked.
- Psalm 13:6 - You have been good to me, Lord, and I will sing about you.
- Psalm 16:5-6 - You, Lord, are all I want! You are my choice, and you keep me safe. You make my life pleasant, and my future is bright.
- Psalm 36:7 - Your love is a treasure, and everyone finds shelter in the shadow of your wings.
- Psalm 40:11 - You, Lord, never fail to have pity on me; your love and faithfulness always keep me secure.
- Psalm 55:22 - Our Lord, we belong to you. We tell you what worries us, and you won't let us fall.
- Psalm 61:8 - I will sing your praises forever, God, and will always keep my promises.
- Psalm 65:9 - You take care of the earth and send rain to help the soil grow all kinds of crops. Your rivers never run dry, and you prepare the earth to produce abundant grain.
- Psalm 70:5 - You are the one who saves me. Please hurry and help!
- Psalm 73:28 - I choose you as my protector, and I will tell about your wonderful deeds.
- Psalm 101:1 - I will sing to you, Lord! I will celebrate your kindness and your justice.
- Psalm 102:1 - I pray to you, Lord! Please listen.
- Psalm 104:24 - Our Lord, by your wisdom you made so many things; the whole earth is covered with your living creatures.
- Psalm 106:1 - We will celebrate and praise you, Lord! You are good to us, and your love never fails.
- Psalm 129:26 - Please help me, Lord God! Come and save me because of your love.
- Paper planes – sheets of paper and markers
- Plastic 'ten pin bowling' set. Or ten paper towel rolls or empty plastic bottles and a small ball. Masking tape. Markers or pens

For 'Tying In'

- Bibles – enough for per child

For 'Prayer Activity'

- This lesson is full of prayer activities. This is an additional prayer activity that you might like to use to conclude the lesson.
- Pinata and stick
- Strips of paper and pencils
- Wrapped Lollies and/or small treats

For 'Memory Verse'

- Option 1 – two sets of cards – on each set, write a couple of words of the memory verse

For 'Home & Beyond'

- Print off the Home & Beyond cards for each child.

Connecting In

Activity...

Option 1:

Play a worship song and invite the children to move or dance to the music, praying the words as they think about them and/or sing them.

Option 2:

Play a game of 'statues' or 'freeze'.

Play some worship music. Stop the music at random times. Each time the music stops the children must freeze. The last child to stop moving is 'out'. As each child gets out, ask them to say, "Thank you God for..." and finish the sentence.

Link...

Have you noticed that God created our bodies to function in incredible ways? We are extraordinary beings! Often when we pray, we sit quietly. This can help us to focus on our prayers. This is one way of praying. But God is with us all the time and we can pray in many ways. Today we are going to explore some other ways that we can use our extraordinary bodies to pray and connect with God.

The Main Thing

Set up an action prayer bootcamp – select from the activities below or make up your own.

- Ball bounce
 - Bounce the ball ten times
 - Each time the ball bounces, say one thing you are thankful for
 - If you drop the ball or miss saying something you are thankful for, start over
- Hula hoop
 - Try to swing the hoop twenty times in a row
 - Each time the hoop goes around, name one thing from creation
- Star-jumps
 - Do ten star-jumps
 - Each time you jump, ask God for one thing you need
- Shooting hoops
 - Take 5 strips of paper and write on each one thing that you are afraid of
 - Crumple the strips into balls
 - Standing behind the line, try to toss each ball into the basket, telling God that you hand your fears over to him
- Breathing
 - Slowly take ten deep breaths
 - As you inhale, ask God to be with you
 - As you exhale, ask God to help you to serve others
- Skipping rope
 - Skip rope 20 times
 - Each time you jump, mention the name of one person that you are grateful for
- Nerf gun prayers
 - Before the lesson, write verses from Psalms on sticky notes and stick them to a wall or board
 - Shoot the nerf gun at the sticky note wall
 - When you hit one, take that note and read the verse as a prayer

- Paper planes
 - Make a paper plane
 - On each wing of the plane, write something that you praise God for
 - Standing behind the marked line, see how far your plane can fly
- Ten pin bowling
 - On ten strips of masking tape, write ten things that you are worried about.
 - Tape one to each pin
 - Stand behind the line and bowl the ball
 - As each pin is knocked down, pray for that worry

Tying In

Ask the children to look up and read Psalm 139:1-3.

God created us to be active and creative in lots of different ways. He is with us always. In every thing that you do this week, remember that God is with you. You can talk to him and listen to him in whatever you are doing.

Memory Verse

Option 1:

Create two sets of cards that each contain the key verse. Write a few words on each card. Mix up the order of each set of cards and place them at one end of the room.

Divide the children into two teams and ask each team to line up at the other end of the room.

Explain to the children that they will need to race, one at a time, to collect a card. Once they have collected all their cards, they must put the cards in order and get them checked. When they have the correct order, the team must memorise the verse. The first team to memorise the verse is the winner.

Option 2:

Divide the children into two teams. Ask them to work together to create actions that will help them to remember the verse. Give them some time to practice then perform their actions with the memory verse.

Prayer Time

This lesson is full of prayer activities. This is an additional prayer activity that you might like to use to conclude the lesson.

Optional: Pinata

Invite each child to write the names of people they would like to pray for on two strips of paper. Place them into a pinata with some wrapped lollies and/or small treats. Hang the pinata and allow the children to take turns hitting it. When it breaks, the children can grab two strips of paper and some treats.

Ask the children to stand in a circle and read out the names on the papers they have collected.

Home & Beyond

Print off the 'Home & Beyond' cards attached. The children might like to keep these in their journals or notebook where they could write or stick the challenges, reflect, answer questions or complete activities each week.

Home & Beyond

This week, take a walk with your Big Bud or someone in your family. Ask them about how they like to pray. As you notice each part of God's creation, thank God for it.



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Activity Instruction Cards

<p style="text-align: center;">Ball bounce</p> <ul style="list-style-type: none">• Bounce the ball ten times• Each time the ball bounces, say one thing you are thankful for• If you drop the ball or miss saying something you are thankful for, start over	<p style="text-align: center;">Hula hoop</p> <ul style="list-style-type: none">• Try to swing the hoop twenty times in a row• Each time the hoop goes around, name one thing from creation
<p style="text-align: center;">Star-jumps</p> <ul style="list-style-type: none">• Do ten star-jumps• Each time you jump, ask God for one thing you need	<p style="text-align: center;">Shooting hoops</p> <ul style="list-style-type: none">• Take 5 strips of paper and write on each one thing that you are afraid of• Crumple the strips into balls• Standing behind the line, try to toss each ball into the basket, telling God that you hand your fears over to him
<p style="text-align: center;">Breathing</p> <ul style="list-style-type: none">• Slowly take ten deep breaths• As you inhale, ask God to be with you• As you exhale, ask God to help you to serve others	<p style="text-align: center;">Skipping rope</p> <ul style="list-style-type: none">• Skip rope 20 times• Each time you jump, mention the name of one person that you are grateful for

Nerf gun prayers

- Shoot the nerf gun at the sticky note wall
- When you hit one, take that note and read the verse as a prayer

Paper planes

- Make a paper plane
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