



A Letter About Prayer

Lesson Aim: To know we can pray to God when we are worried.

THE WORSHIP

Who God Is: The Spirit Who Guides Us

THE WORD

New Testament Letters: Philippians 4:4-6

What He Has Done: God led Paul to write about having peace of mind.

BIBLE MEMORY VERSE

"With God all things are possible." Matthew 19:26b

Unit 5: The Promise of Guidance			
	Bible Story	What He Has Done	Lesson Aim
22	A Letter About Love, 1 John 4:7a, 12	God led John to write about love.	To learn to love one another.
23	A Letter About Helping Others, Galatians 6:10	God led Paul to write about helping others.	To love all people by doing good deeds.
24	A Letter About Forgiveness of Sins, 1 John 1:8-9	God led John to write about the forgiveness of sins.	To know we all have done wrong and if we admit our wrongdoing to Jesus, He always forgives us.
25	A Letter About Forgiving Others, Ephesians 4:32	God led Paul to write about forgiving others.	To know we are to forgive others.
26	A Letter About Prayer, Philippians 4:4-6	God led Paul to write about having peace of mind.	To know we can pray to God when we are worried.
27	A Letter About Keeping Our Eyes on Jesus, Hebrews 12:1-3	God led the writer of Hebrews to write about focusing on Jesus.	To think of Jesus in all we say and do.

TEACHER'S ENCOURAGEMENT

This week, read John 14:27. Please join us in praying, "Thank You, Lord, for the peace You leave with us and give to us. Help the children experience the peace that only You can give. Amen."

TEACHER'S TIP

How can we encourage children to pray?

- Give Thanks – Give each child a chance to thank God for something at prayer time. Always say thanks before snack time.
- Singing and Rhyming – Use prayer songs or rhyming prayers to make prayer memorable.
- Echo – Allow children to echo your prayer.

Prophets & Promises Lessons 22-31 (Units 5-6) feature various letters of the New Testament. Replace the Treasure Chest with a mailbox to hold THE WELCOME stamp or sticker. In THE WORD, since the letters are not Bible stories, create interest and encourage involvement by placing the letter in a mailbox known as the "Special Delivery Mailbox." See THE WORD for more details.



**THE WORSHIP
THE WORD &
THE WAY**

Segment	Minutes	Activity	Supplies
THE WELCOME	Up to 15	Welcome	Mailbox, stamp or sticker of praying hands
		Coloring Center: Pray to God	Coloring pages of hands folded in prayer, crayons
		Play-Dough Center: Thank You, God	Play-dough, cookie cutters, play-dough tools
		Activity Center: Do Not Worry!	Paper hearts, bucket or basket
	Letter Games	See GOT TIME?	
	Up to 5	Prepare for Worship	None
THE WORSHIP	Up to 20	Worship Sheet music and recordings for Bible Memory Verse Songs available at ResourceWell.org. Additional Song Suggestions: "How Great Is Our God" "Jesus Loves Me"	Praise music, optional: musical instruments Unit 5 Bible Memory Verse Song: "With God All Things Are Possible" Other Bible Memory Verse Song Suggestions: "Be Still and Know" "Do Not Let Your Hearts Be Troubled" "Guide Me" "I Will Listen" "Love One Another" "Praise Time: Love the Lord Your God" "The Lord Is Faithful" "We Love"
		Offering	Baskets
		Worship Illustration	<i>The Adventures of Delbert and Lello</i> puppet script or storybook: Prophets & Promises Unit 5, Lesson 26
THE WORD	Up to 10	Watch the Word: Philippians 4:4-6	Visuals: Today's New Testament letter (available at ResourceWell.org), envelope, teacher's Bible, mailbox, stuffed animal
THE WAY	Up to 25	Craft: Prayer Pillow	Felt rectangles (approximately 9-inches x 12-inches), pillow stuffing (soft foam, large beans or seeds, etc.), sturdy paper, foam cross or cross sticker, hot glue or tacky glue, crayons and markers
		Game: Do Not Worry! Pray!	None
		Game: Ways To Pray	None
	Snack: No Worries Snack	Any favorite snack	
	Final 5	Final Five	Ponder, Pray & Play: Unit 5, Lesson 26
GOT TIME?	Up to 10	Games: Letter Games	Today's New Testament letter in an envelope, Bible, mailbox
	Up to 10	Game: Circle Verse	None
	Up to 10	Game: Bible Memory Verse Hop	Bible
	Up to 10	Story Time	Any story about praying to God instead of worrying

RESOURCES: Supplemental materials are available at ResourceWell.org.



The Spirit who guides us

THE WELCOME

WELCOME

Welcome each child as they arrive. **Hello _____.** I'm glad you are here! **Come open the mailbox to find today's special delivery.** Child opens the mailbox to receive a stamp or sticker of praying hands. **Let this stamp (or sticker) of praying hands help you remember you can pray to God when you are worried.**

Teacher's Note: These activity centers are designed to reinforce the lesson through hands-on learning experiences either individually or in small groups with the guidance of the teacher. Choose the Bible Activity Centers that best suit the children in your class. Set up the activity centers around the room before children arrive. Allow children to move freely among them.

COLORING CENTER: PRAY TO GOD

SUPPLIES

Coloring pages of hands folded in prayer, crayons

DO

Children color as they talk about praying.

TALK ABOUT

Who can tell me what you see in our picture today? (Praying hands.) **Who are we talking to when we pray?** (God.) **What kinds of things can we pray to God about?** (Children respond.) **Is there anything we can't talk with God about in prayer?** (No.) **That's right! We can pray to God about anything.**

PLAY-DOUGH CENTER: THANK YOU, GOD

SUPPLIES

Play-dough, cookie cutters, play-dough tools

DO

Children play with the play-dough while they talk about thanking God through prayer. Encourage children to make one of the wonderful things God has made with the play-dough.

TALK ABOUT

God loves when we talk with Him. When we pray, we can thank Him for all the wonderful things He has made. Can you make one of the wonderful things God has made with the play-dough? (Children respond.) **When you are done, tell me what God has made and let's thank Him for it together.** Each time a child finishes a play-dough figure, lead him or her in saying, **"God made _____.**
Thank You, God, for making _____."

THE WELCOME *continued...*

ACTIVITY CENTER: DO NOT WORRY!

SUPPLIES

Paper hearts, bucket or basket

DO

Children drop hearts into a bucket to remember not to worry.

TALK ABOUT

When we worry we are afraid of what might happen, but we know we never have to worry because God is always with us. Give each child a paper heart. Place the bucket in the center of the play area. **I'm going to tell you something someone might worry about. When it is your turn, I want you to drop your heart in the bucket and say, "Do not worry!"** Choose a child to start. Name of child, **what do you do if it is dark?** Encourage the child called to run up, drop his or her heart in the bucket, and say, **"Do not worry!"** Repeat with each child, using one of the statements below.

Name of child, **what do you do ...**

if a big dog is near?

if you are lost?

if you hurt yourself?

if a friend is crying?

if you see a snake?

if you are sad?

if you see a spider?

if you can't sleep?

if you meet someone new?

if you can't find your favorite toy?

if someone is mean to you?

if you break something?

LETTER GAMES

SUPPLIES

Today's New Testament letter in an envelope, Bible, mailbox

DO

Play one of the Letter Games listed in GOT TIME?

TALK ABOUT

Use the letter games to help children understand the letters we are learning are found in the Bible and are God's letters to us.

PREPARE FOR WORSHIP

It's time for Praise Time. Let's sing a "Clean Up Song" as we put things away. Praise children as they help clean.

**Clean up! Clean up! Everybody, everywhere!
Clean up! Clean up! Everybody do your share!**

BIBLE MEMORY VERSE SIGN LANGUAGE

(For visual demonstrations, see www.signingsavvy.com)

"With God	(God) The open right hand, fingers together and palm facing left, moves upward and then down the center of the face with fingers facing up.
all things	(all) Hold one hand, palm open, facing chest. The other hand circles around the first hand, coming back to touch the palm.
are possible."	(possible) Both fists move down in a repeated motion.
Matthew 19:26b	Hold hands open, as if holding a Bible.

Adding sign language or motions to the Bible Memory Verse helps children recall what they are learning.



The Spirit who guides us

THE WORSHIP

Supplies: Praise music, optional: musical instruments

Teacher Tip: To help children identify time set aside for worship, designate a special corner or area for singing, collecting offering, and watching the worship illustration. Play "Praise Time: Love the Lord Your God" as children move to that designated area.



Does God love you? (Yes.) Does God love me? (Yes.) God loves all of us, doesn't He? (Yes!) Let's pray and thank Him for loving everyone. Have the children bow their heads and close their eyes. **Dear God, we come to You in prayer to thank You for loving us. Thank You for taking care of us and helping us not to worry or be afraid. Amen.**



How big do you think God is? (Children respond.) Is He this big? (Hold hands slightly apart.) Is He this big? (Hold hands farther apart.) Is He this big? (Stretch arms wide.) God is bigger than we could ever imagine, isn't He? (Yes.) God is great! Sing: "Praise Time: Love the Lord Your God."

Who are we talking to when we pray? (God.) If we are worried or afraid, we can always talk to God and He will always hear our prayers. As we collect the offering, let's sing and remember we can always trust in God. Sing: "Do Not Let Your Hearts Be Troubled" while collecting the offering.



Delbert and Lello have been receiving mail from Delbert's Uncle Donny. Let's see if Posty has delivered today's letter. Perform *The Adventures of Delbert and Lello* puppet script or read storybook: Prophets & Promises Unit 5, Lesson 26.



If we pray, God will help us to not be afraid or worry because with God all things are possible! Let's say our Bible Memory Verse together. Practice several times.

"With God	(God) The open right hand, fingers together and palm facing left, moves upward and then down the center of the face with fingers facing up.
all things	(all) Hold one hand, palm open, facing chest. The other hand circles around the first hand, coming back to touch the palm.
are possible."	(possible) Both fists move down in a repeated motion.
Matthew 19:26b	Hold hands open, as if holding a Bible.



Sing Unit 5 Bible Memory Verse Song, "With God All Things Are Possible."



Paul's letter about prayer

THE WORD

Supplies: Today's New Testament letter (available at ResourceWell.org), envelope, teacher's Bible, mailbox, stuffed animal

Prepare: Today's New Testament letter is available at ResourceWell.org or you can create your own by writing the words in the box below on a piece of paper. Enclose the letter in an envelope and place it inside the teacher's Bible. Place the Bible in the mailbox used for THE WELCOME.

Before we begin our Bible Time, let's say our Classroom Promise with the motions.

With my eyes on my teacher;	Point to eyes.
My mouth quiet as can be,	Place index finger over mouth as quiet sign.
I will listen to hear,	Cup hand around ear.
How God loves you and me.	Hug self, point to others, and then self.

Let's reach deep in our pockets and pull out our listening ears. Reach in your pocket and cup your hands behind your ears as if listening.

Do you know what it means to worry? (Children respond.) **Worrying is like being afraid. You might worry if you can't find your favorite toy or if a big dog is nearby. What else might you worry about?** (Allow for responses, such as monsters, getting lost, the dark, etc.) **We all worry sometimes.**

Today, we have a very special guest. Show the stuffed animal. **What do I have?** (A stuffed animal.) **That's right! He's very soft and very huggable.** Give him a squeeze. If you have time or your class is small, you might give everyone a chance to hug it. **Do you have a special stuffed animal or doll at home that you like to hug and hold?** (Children respond.) **Do you ever hug him or her when you're worried or afraid?** (Children respond.)

Do you know who else is with you when you are worried? (God.) **God is always with you. When we are worried or afraid, all we have to do is pray. God doesn't always take away all our problems, but if we trust in Him, He will give us peace in our hearts.**

In the Bible, there are special letters written by believers to people like you and me. In today's letter, we will learn about prayer. Who would like to open the Special Delivery Mailbox for this week's letter? Choose a child to open the mailbox, remove the Bible, and hand it to you. **We can find it in Philippians 4:4-6.** Read the letter.



Dear brothers and sisters in the family of God,

Do not be worried about anything. Instead, pray about everything!

Love,
Paul

Do you need to worry? (No.) **What should we do instead of worrying?** (Pray.)



Pray instead of worrying

THE WAY

Teacher Tip: Craft and games can be presented at the same time in different areas or one at a time depending on class size and teaching style.

CRAFT: PRAYER PILLOW

Purpose: To remind the children to pray instead of worrying.

Supplies: Felt rectangles (approximately 9-inches x 12-inches), pillow stuffing (soft foam, large beans or seeds, etc.), sturdy paper, foam cross or cross sticker, hot glue or tacky glue, crayons and markers

Prepare: Fold the piece of felt in half. Glue (or sew) the two edges, leaving the end open so the pillow can be stuffed. On sturdy paper, draw or print a picture of a child or children praying. Above the picture, print:

“Don’t worry about anything, instead pray about everything.”

Philippians 4:6a

Today, you will make your very own prayer pillow. You can kneel on it to pray, you can hug it as you pray, or you can rest your head on it after you pray. Whichever way you choose to use it, always remember God is with you.

Directions:

1. Fill the pillow with stuffing.
2. The teacher uses glue to seal the open end closed.
3. Color the picture of the praying children.
4. Attach the picture of the praying children.
5. Attach the foam cross or cross sticker.

Craft Discussion:

- **Look at the picture on your pillow. What can you do instead of worrying?** (Pray.) **You can kneel on your pillow or hug it while you pray.**
- **No matter what you do with your prayer pillow, let it remind you that God is with you and He hears your prayers.**
- **Have you ever prayed when you were worried?** (Children respond.)
- **What other times do you like to pray?** (Children respond.)

THE WAY *continued...*

GAME: DO NOT WORRY! PRAY!

Purpose: This version of "Duck, Duck, Goose" reminds children to pray instead of worrying.

Supplies: None

What did Paul tell us in the letter we read today? ("Do not worry.") **What can we do instead of worrying?** (Pray.)

Directions:

1. Children sit in a circle.
2. Choose a child to be "Paul."
3. Paul walks around the outside of the circle, gently tapping each child on the shoulder and saying, "**Do not worry.**"
4. When Paul taps the shoulder of a child and says, "**Pray,**" that child jumps up, and runs around the circle chasing Paul.
 - If Paul runs all the way around the circle and sits in the spot where the child who was tapped was sitting, then the child who was tapped takes a turn as Paul.
 - If the child who was tapped tags Paul, then that child returns to his or her place in the circle and Paul tries again. If Paul is unsuccessful a second time, he or she may choose another child to be Paul.
5. Play until each child has a turn as Paul.

GAME: WAYS TO PRAY

Purpose: Children will discover different ways to pray.

Supplies: None

Did you know there are many ways to pray? (Children respond.) **As I share a few of them, do the motions with me.**

Directions:

1. Children stand in a circle.
2. Lead the children in saying the poem below with the motions a few times.

I like to pray in different ways. (point to each finger on one hand, as if counting.)
I can pray when I'm walking (walk in place), **or kneeling**, (kneel)
I can pray when I'm standing (stand), **or singing** (cup hands around mouth).
I can bow my head (bow head)
or lay down on my bed. (lay your head in your hands)
I can fold my hands (clasp hands), **or raise them in the air.** (raise hands high)
Whatever I do, I know God hears my prayers! (point up)
(clap)

THE WAY *continued...*

SNACK: NO WORRIES SNACK

Purpose: To enjoy a favorite snack while talking about praying to God instead of worrying.

Snack Suggestion: Any favorite snack

Directions:

1. Serve snack and drink.
2. **Let's sing the "Blessing Song."** Sing to the tune of "Frere Jacques" or another familiar tune.
**God our Father, God our Father. Once again, once again,
Thank You for our blessings. Thank You for our blessings. Amen. Amen.**
3. Pray. Lead discussion below while children enjoy their snack.
 - **What can we do instead of worrying?** (Pray to God.)
 - **Who do you pray for?** (Children respond.)
 - **God loves when we pray to Him. We can pray to God anytime about anything. He always hears our prayers.**



When only 5 minutes remain, begin this segment.

FINAL FIVE MINUTES

BIBLE MEMORY VERSE

Gather children in a circle sitting or standing and practice the words and motions.

"With God	(God) The open right hand, fingers together and palm facing left, moves upward and then down the center of the face with fingers facing up.
all things	(all) Hold one hand, palm open, facing chest. The other hand circles around the first hand, coming back to touch the palm.
are possible."	(possible) Both fists move down in a repeated motion.
Matthew 19:26b	Hold hands open, as if holding a Bible.

PRAY

Let's pray together. Say a closing prayer with the children.

PLAY

Allow children to play with selected toys or centers or choose a book to read to them.

DISMISSAL

Have children take home their coloring page, craft, and a copy of the Ponder, Pray & Play for 2-3's.



If time remains, choose from the connected activities below.

GOT TIME?

GAME: LETTER GAME #1

Purpose: Children play a hiding game using today's New Testament letter.

Supplies: Today's New Testament letter in an envelope, Bible, mailbox

Remove the Bible with today's New Testament letter from the mailbox used in THE WORD. Open the Bible in your lap with the New Testament letter laying on top. **God helped a man named John write a letter about love. We find it in the Bible. The letter guides us in how to love one another. Let's play a game of hiding the letter. When we find it, we will read the letter together.**

Directions:

1. Choose a child to hide the letter in the envelope.
2. While the other children close their eyes, assist that child in hiding the letter.
3. On your signal, the other children open their eyes and search for the letter.
4. The child who finds the letter opens the envelope and hands the letter to you.
5. Read today's letter to the children and put it back in the envelope.
6. Choose a different child to hide the letter and play again.

GAME: LETTER GAME #2

Purpose: Children play a variation of Duck, Duck, Goose using today's New Testament letter.

Supplies: Today's New Testament letter in an envelope, Bible, mailbox

Remove the Bible with today's New Testament letter from the mailbox used in THE WORD. Open the Bible in your lap with the New Testament letter lying on top. **God led John to write a letter to people about love. That special letter was delivered to us through the Bible. Let's practice delivering special letters by playing, "No Mail, No Mail, Mail!"**

Directions:

1. Children stand in a circle.
2. Pick a child to be the Mail Deliverer.
3. The Mail Deliverer walks around the outside of the circle, gently tapping each child once on the shoulder with the letter while repeating **"No Mail"** with each tap.
4. When the Mail Deliverer says **"Mail!"** and drops the letter in a child's lap, that child grabs the letter, jumps up, and runs around the circle chasing the Mail Deliverer.
 - If the Mail Deliverer runs all the way around the circle and sits in the spot where the child with the letter was sitting, then the child with the letter takes a turn as the Mail Deliverer.
 - If the child with the letter tags the Mail Deliverer, then that child returns to his or her place in the circle and the Mail Deliverer tries again to deliver the letter without being tagged.
5. Play until each child has a turn as the Mail Deliverer.

GOT TIME? *continued...*



BIBLE MEMORY VERSE ACTIVITIES

"With God all things are possible." Matthew 19:26b

GAME: CIRCLE VERSE

Purpose: To help children learn the meaning of the Unit 5 Bible Memory Verse.

Supplies: None

"With God all things are possible." That's our Bible Memory Verse. Let's add the sign language and pass the good news around the circle.

Directions:

1. Children stand in a circle.
2. Teach the hand motions as you say the verse:

"With God	(God) The open right hand, fingers together and palm facing left, moves upward and then down the center of the face with fingers facing up.
all things	(all) Hold one hand, palm open, facing chest. The other hand circles around it comes back to touch the palm of the hand.
are possible."	(possible) Both fists move down in a repeated motion.
3. Turn to the child on your left and say the Bible Memory Verse with the sign language.
4. That child turns to the child on his or her left and says the Bible Memory Verse with the sign language.
5. When the message has made its way around the whole circle, lead the children in saying the Bible Memory Verse together with the motions and cheer.

GAME: BIBLE MEMORY VERSE HOP

Purpose: To help children memorize and review the Unit 5 Bible Memory Verse.

Supplies: Bible

Let's review our Bible Memory Verse. After I say each word, repeat it and take one hop toward me. When you get close enough to touch the Bible I'm holding, you may sit.

Directions:

1. Children stand shoulder to shoulder at one end of the room. If you have a large class, divide them into groups, and have the groups take turns playing.
2. Stand at the opposite end of the room, holding an open Bible.
3. Say each word of the Bible Memory Verse, one at a time. As the children repeat each word, they take one hop toward you.
4. When each child is close enough, he or she touches the Bible and sits down.
5. Continue until each child has touched the Bible, repeating the Bible Memory Verse from the beginning as needed.

GOT TIME? *continued...*



STORY TIME

Gather the children and read a favorite story. This can be a Bible story, a chapter from *The Adventures of Delbert & Lello*, or a story about praying to God instead of worrying.

PONDER, PRAY & PLAY

Unit 5, Lesson 26: A Letter About Prayer

PONDER! We can pray to God when we are worried (Philippians 4:4-6). Will God hear our prayers? (Yes! God always hears our prayers.)

PRAY! Pray this prayer each day this week: "We are thankful we can pray to You, Lord. Help us remember to pray instead of worrying. Amen."

PLAY! Family members walk around the room while one person (the caller) says, "Do Not Worry!" over and over. When the caller says, "Pray!" everyone stops where they are and names something they can pray for. Take turns being the caller.

BIBLE MEMORY VERSE

"With God

(God) The open right hand, fingers together and palm facing left, moves upward and then down the center of the face with fingers facing up.

all things

(all) Hold one hand, palm open, facing chest. The other hand circles around the first hand, coming back to touch the palm.

are possible."

(possible) Both fists move down in a repeated motion.

Matthew 19:26b

Hold hands open, as if holding a Bible.