



At-A-Glance: Ages 4-5  
Prophets & Promises Part 1: Acts - Revelation  
Unit 5, Lesson 26

## A Letter About Prayer

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

### THE WELCOME

#### TREASURE CHEST

WHISPER VERSE AND SIGN LANGUAGE: "Do not worry."

### THE WORSHIP THE SPIRIT WHO GUIDES US

Sing Bible Memory Verse and other related songs.

It's Praise Time—our time to sing praise to the Holy Spirit who guides us. The Holy Spirit helped Paul write a letter that tells us we don't ever have to worry. Anytime we feel afraid or start to worry, if we pray to God, He will always hear us. Let's thank Him for that by singing to Him and by giving our offering. Sing: "How Great Is Our God" or "Praise Time: Love the Lord Your God" while collecting the offering.

OFFERING: Collect the offering.

The Bible says, "Do not worry." That is our Whisper Verse today. Let's try it together. Review: "Do not worry." Include sign language.

Sing: "Do Not Let Your Hearts Be Troubled."

When we are worried or afraid, we can pray and trust in God because He loves us so much. Sing: "Jesus Loves Me" or "We Love."

WORSHIP ILLUSTRATION: *The Adventures of Delbert & Lello* puppet script or storybook

God can take care of every worry we have. That may seem impossible, but with God all things are possible! Sing Unit 5 Bible Memory Verse Song, "With God All Things Are Possible."

### THE WORD PAUL'S LETTER ABOUT PRAYER

#### CLASSROOM PROMISE

In the Bible, there are special letters which were written by believers to people like you and me. Last time, we learned about forgiving each other. In today's letter, we will learn that we can pray to God instead of worrying.

### SPECIAL DELIVERY: PHILIPPIANS 4:4-6

Let's open the Special Delivery Mailbag to find this week's letter. Child opens mailbag, removes the Bible, and hands it to you. 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.) Our Whisper Verse tells us the answer. Let's say it together: "Do not worry." Include sign language or hand motions.

What should we do instead of worrying? (Pray.) Let's find our answer in today's letter from the Bible. Read the letter.

PASS THE PRAYER PILLOW: Our symbol for Paul's letter about prayer is a prayer pillow. Invite a child to reach into the mailbag to find the "Prayer Pillow" craft sample. Some people kneel on a prayer pillow when they pray. Let's talk about Paul's letter as we play "Pass the Prayer Pillow." If you know the answer to the question I ask, raise your hand. When someone passes you the "Prayer Pillow," I want you to kneel on it and tell us your answer.

- What do you worry about?

Let's pray instead of worrying. Lead this brief prayer: "God, please help us with the things that worry us. Help us to pray instead of worrying. Amen."

### THE WAY PRAY INSTEAD OF WORRYING

CRAFT: Prayer Pillow

GAMES: Do Not Worry! Pray!, Ways to Pray

SNACK: No Worries Snack

CIRCLE OF PRAYER

FINAL FIVE MINUTES

- COMPLETED CRAFT
- PONDER, PRAY & PLAY
- COLOR THIS STORY

### GOT TIME?

GAMES: Letter Games, Collect the Letters

BIBLE MEMORY VERSE ACTIVITIES: Circle Verse, Bible Memory Verse Hop  
STORY TIME