



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.

THE WAY

Whisper Verse: "Do not worry."

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 Tips: Prophets & Promises Lessons 22-31 (Units 5-6) feature 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 symbol and the envelope with the printed letter in a mailbag or tote bag known as the "Special Delivery Mailbag."

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**THE WORSHIP
THE WORD &
THE WAY**

Segment	Minutes	Activity	Supplies
THE WELCOME	Up to 15	Mailbox	Treasure chest, stamp or sticker of praying hands
		Whisper Verse	Sign language for "Do not worry."
THE WORSHIP	Up to 20	Worship Sheet music and recordings for Bible Memory Verse Songs available at ResourceWell.org.	Unit 5 Bible Memory Verse Song: "With God All Things Are Possible" Other Bible Memory Verse Song Suggestions: "Do Not Let Your Hearts Be Troubled" "Everyone Who Calls" "Guide Me" "He Is Mighty to Save" "Love One Another" "Praise Time: Love the Lord Your God" "Sing Praises" "The New Testament Overture" (Ages 6-12 BMVS) "We Love" Additional Hymn Suggestions: "How Great Is Our God" "Jesus Loves Me"
		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	Special Delivery: Philippians 4:4-6	Visuals: New Testament letter (available at ResourceWell.org), Bible, mailbag or tote bag, "Prayer Pillow" craft sample
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	Soft ball for rolling (or tossing)
		Snack: No Worries Snack	Any favorite snack
	Final 5	Circle of Prayer	None
Final Five		Ponder, Pray & Play: Unit 5, Lesson 26 Color This Story: "A Letter from Paul About Prayer" (Picture of hands folded in prayer)	
GOT TIME?	Up to 10	Game: Letter Games	Today's New Testament letter in an envelope
	Up to 10	Game: Collect the Letters	"The New Testament Overture" Song, 27 sheets of paper or sealed envelopes, Bible
	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.



Do not worry

THE 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 unlocks 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. Today's Whisper Verse is "Do not worry."** Teach the Whisper Verse in spoken language and in sign language below. **We call it the Whisper Verse so you can whisper it to others.***

SIGN LANGUAGE: "Do not worry."

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

Each time we say today's Whisper Verse, let's say it with two hand motions:

- "Do not"** Both hands are crossed, palms down, in front of chest and then thrust forward and uncrossed to indicate a stopping motion.
- "worry."** Both hands create the letter "B" hand shape by placing the fingers together and folding the thumb into the palm. Rotate both letter "B" hand shapes in opposite, inward circles in front of the face.

Allow children to enjoy free play until everyone has arrived. **Let's sing the "Clean Up Song" as we put toys away before Praise Time.** Praise any child who helps. Allow several minutes for clean up.

**"Clean Up Song": Clean up! Clean up! Everybody, everywhere!
Clean up! Clean up! Everybody do your share!**

Gather and seat children in Praise Time area.

***Today's Whisper Verse:** "Do not worry," Matthew 6:31. The Whisper Verse is a tool to help the children learn a major point in the lesson. It is coupled with sign language or hand motions as a memory aid. The verse is not necessarily chosen from today's Bible story.



The Spirit who guides us

THE WORSHIP

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.



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.

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



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.



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."



Paul's letter about prayer

THE WORD

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.

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

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 and a small pillow in a mailbag or tote bag (Special Delivery Mailbag).

Let's open the **Special Delivery Mailbag** to read this week's letter from the Bible. Choose a child to open the mailbag, remove the Bible, and hand it to the leader or teacher. 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 answer from today's New Testament 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 today's symbol ("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.** Ask the question below and give the pillow to a child whose hand is raised. The child kneels on the pillow, gives his or her answer, and then gives the pillow to another child whose hand is raised.

- **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."**



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. Use 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: Soft ball for rolling (or tossing)

Did you know there are many ways to pray? (Children respond.) Listen carefully as I share a few of my favorite ways to pray.

**I like to pray in different ways.
I can pray when I’m walking, or kneeling,
I can pray when I’m standing, or singing.
I can bow my head or lay down on my bed.
I can fold my hands, or raise them in the air.
Whatever I do, I know God hears my prayers!**

Directions:

1. Children sit in a circle. Children may stand if you want to toss the ball instead of rolling it.
2. **When the ball is rolled to you, tell us your favorite way to pray.**
3. Roll the ball to one child and ask, **“What is your favorite way to pray?”**
4. Child holds the ball and gives an answer.
5. Have that child roll the ball to another child.
6. Play until each child has a turn.
7. Close by praying aloud to thank God for always hearing our prayers.

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 the snacks and drinks.
2. **Let's sing the "Blessing Song."** Sing to the tune of "Frere Jacques" or other 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. Lead discussion below while children enjoy their snack.
 - **Who remembers our Whisper Verse?** Choose a child to demonstrate the motions to the Whisper Verse: "Do not worry."
 - **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.**



CIRCLE OF PRAYER

God made you and He cares for you. He loves to hear you pray with private words or words you say out loud. Let's fold our hands and close our eyes. As I lift up your name to God in heaven, I will lay my hand on your shoulder. Let's pray together.

Dear God, thank You for making us and loving us. We lift up to You a special prayer for ____, ____, ____ (say each name). We pray for our families and friends. Thank You for teaching us how to love one another. Amen.



When only 5 minutes remain, begin this segment.

FINAL FIVE MINUTES

COMPLETED CRAFT: Take home your "Prayer Pillow" craft. Next time you are worried, take out your "Prayer Pillow" and remember to pray.

PONDER, PRAY & PLAY: Distribute Ponder, Pray & Play cards, if available. **Show this card to your family. Talk about how God is always with you, so you do not need to worry.**

COLOR THIS STORY: "A Letter from Paul About Prayer." For today's Color This Story, use a picture of hands folded in prayer. Discuss the Bible story and play the Unit 5 Bible Memory Verse Song, "With God All Things Are Possible," as the children color.



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

Directions:

1. Choose a child to hide the letter.
2. While the other children close their eyes, assist that child in hiding today's New Testament letter in the play area.
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

Imagine how excited the people were to get a letter from one of Jesus' friends. Isn't it wonderful to know that same letter was delivered to us through the Bible? (Children respond.) To practice delivering special letters, let's play "No Mail, No Mail, Mail!"

Directions:

1. Children sit 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...*

GAME: COLLECT THE LETTERS

Purpose: To familiarize children with the concept that the New Testament contains stories about Jesus and many letters from those who believe in Him.

Supplies: "The New Testament Overture" song, 27 sheets of paper or sealed envelopes, Bible

Prep Steps: Fold each sheet of paper in half to look like a letter. Scatter the letters (or envelopes) around the play area.

Optional: Write the name of one of the New Testament books of the Bible on each of the sheets of paper or envelopes.

Hold up the Bible. **God gave us the Bible. The first part of the Bible is filled with true stories about God and His people. The second part of the Bible is filled with true stories about Jesus and letters from some of His followers. Let's see if we can pick up all the Bible letters before the music stops!**

Directions:

1. Place the Bible on a table or chair in the center of the play area.
2. Play "The New Testament Overture."
3. Children collect the letters as fast as they can and stack them on top of the Bible.
4. After the letters are stacked, have the children hold hands and form a circle around the Bible.
5. Skip or move in a circle until the song is done.



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 hand motions 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" (Point to heaven.)
 "all things" (Stretch arms in a wide circle.)
 "are possible." (Thumbs up motion.)
3. Turn to the child on your left and say the Bible Memory Verse with the hand motions.
4. That child turns to the child on his or her left and says the Bible Memory Verse with the hand motions.
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.

GOT TIME? *continued...*

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.



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! Read Philippians 4:4-6 with your family. In this letter, Paul tells us we do not need to worry about anything. What should we do instead of worrying? Remember, God is always with us and He 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! "Do Not Worry! Pray!" Gather friends and family in a circle to play this version of Duck, Duck, Goose. One person is "Paul" and taps players on the shoulder saying, "Do not worry." When Paul taps a player and says, "Pray," the tapped player chases Paul and tries to tag the person before he or she reaches the seat the tapped player was in. If Paul reaches the seat first, then the tapped player becomes the next Paul.

Unit 5 Bible Memory Verse:

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