



# A Letter About Prayer —Part 1

**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

### **Challenge Verse for older children:**

"Ask and it will be given to you; seek and you will find;  
 knock and the door will be opened to you." Matthew 7:7

<b>Unit 5: The Promise of Guidance</b>			
	<b>Bible Story</b>	<b>What He Has Done</b>	<b>Lesson Aim</b>
22	A Letter About Love—Part 1, 1 John 4:7a, 12	God led John to write about love.	To learn to love one another.
23	A Letter About Love—Part 2, 1 John 4:7a, 12	God led John to write about love.	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—Part 1, 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 Prayer—Part 2, Philippians 4:4-6	God led Paul to write about having peace of mind.	To know we can pray about everything.

## 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 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 symbol and the envelope with the printed letter in a mailbag or tote bag known as the "Special Delivery Mailbag."



**THE WORSHIP  
THE WORD &  
THE WAY**

Segment	Minutes	Activity	Supplies
THE WELCOME	Up to 15	<b>Picture Schedule Cards</b>	Cards with picture illustrating the activities: WELCOME, WORSHIP, BIBLE, CRAFT, PRAYER, SNACK, GAMES, COLORING, GOING HOME. Envelope labeled FINISHED. Optional: To display schedule, use Velcro to attach laminated Picture Schedule cards to a felt board.
		<b>Mailbox</b>	Stamp or sticker of praying hands
		<b>Whisper Verse</b>	Sign language for "Do not worry."
THE WORSHIP	Up to 20	<b>Worship</b> Sheet music and recordings for Bible Memory Verse Songs available at ResourceWell.org.	<b>Unit 5 Bible Memory Verse Song:</b> "With God All Things Are Possible" or "Yahweh Every Day: Ask, Seek, Knock" <b>Other Bible Memory Verse Song Suggestions:</b> "Do Not Let Your Hearts Be Troubled," "Guide Me," "I Will Listen," "Love One Another," "The New Testament Overture," "We Love" <b>Additional Hymn Suggestions:</b> "How Great Is Our God," "Jesus Loves Me"
		<b>Offering</b>	Baskets
		<b>Worship Illustration</b>	Prophets & Promises Lesson 26 Delbert & Lello or Mail Call script or storybook
THE WORD	Up to 10	<b>Special Delivery:</b> Philippians 4:4-6	Visuals: New Testament letter (available at ResourceWell.org), Bible, mailbag or tote bag, "Prayer Pillow" craft sample Flannel board/figures: 2 adults and 2 children Clay or play-dough option: Praying hands
THE WAY	Up to 25	<b>Craft:</b> Prayer Pillow	Felt rectangle (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
		<b>Circle of Prayer or Lord's Prayer</b>	Lord's Prayer word and picture book
		<b>Snack:</b> No Worries Snack	Any favorite snack
		<b>Unit 5 Games:</b> Sand Search	Bin or container of clean sand, pen, heart-shaped item, cross, eraser, plastic model of praying hands or picture of praying hands
		Hearts From God	Two red paper heart shapes per child
		Blanket Ball	Blanket or tablecloth, inflatable ball or balloon
		Freeze Dance	Unit 5 Bible Memory Verse Song, CD player
		Scenes from Mail Call (older children only)	Mail Call scripts for Lessons 22, 24, 25, 26
		Musical Chairs	Chairs, Unit 5 Bible Memory Verse Song, CD player
		Bean Bag Toss	Several beanbags, one hula-hoop (or rope or floor tape)
	Make A Story	4 stick puppets of children	
Final 5	<b>Final Five</b>	Daily Way (Adaptation): Unit 5, Lesson 26 Color This Story: "A Letter from Paul About Prayer" (Picture of hands folded in prayer)	

**RESOURCES:** Supplemental materials are available at ResourceWell.org.



Do not worry

# THE WELCOME

## PICTURE SCHEDULE: WELCOME TIME

WELCOME > WORSHIP > BIBLE > CRAFT > PRAYER > SNACK > GAMES > COLORING > GOING HOME

Welcome each child as they arrive. **Hello \_\_\_\_\_.** I'm glad you are here! Come and see what we are going to do today. Point to each card on the Picture Schedule board. Today, we will WELCOME everyone. We will read the BIBLE story and make a CRAFT. We will have PRAYER time and eat a SNACK. We will play GAMES and enjoy COLORING a picture about today's story.

**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 that 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](http://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

## PICTURE SCHEDULE: WORSHIP TIME

WELCOME > WORSHIP > BIBLE > CRAFT > PRAYER > SNACK > GAMES > COLORING > GOING HOME

Choose a child to remove the WELCOME picture card and place it in the FINISHED envelope. **We have finished our Welcome Time. Now, we will have our Worship Time.**

Children may worship in a large group with other classes or in a quiet room with a worship CD or DVD.

**Teacher Tip:** To help children identify time set aside for worship, play “It’s Praise Time!” as children move to a designated place for praise songs, offering, and the worship illustration. Children who are nonverbal may enjoy participating in the music by playing children’s percussion instruments such as maracas, jingle bells, wood blocks, or small tambourines. Children who are sensitive to sound may prefer to wear noise reduction headphones.



**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” 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.”



**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.”

\* May substitute Lesson 26 Mail Call script or storybook.



Paul's letter about prayer

## THE WORD

### PICTURE SCHEDULE: BIBLE TIME

WELCOME > WORSHIP > BIBLE > CRAFT > PRAYER > SNACK > GAMES > COLORING > GOING HOME

Choose a child to remove the WORSHIP picture card and place it in the FINISHED envelope. **We have finished our Worship Time. Now, we will have our Bible Time.**

**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). Have children assist by placing Bible Story figures on a flannel board. Other visual options include Color This Story or a related picture. Optional: To help children focus, have them create praying hands from clay or play dough as they listen to the story.

**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

### PICTURE SCHEDULE: CRAFT TIME

WELCOME > WORSHIP > BIBLE > CRAFT > PRAYER > SNACK > GAMES > COLORING > GOING HOME

Choose a child to remove the BIBLE picture card and place it in the FINISHED envelope. **We have finished our Bible Time. Now, it is Craft Time.**

### CRAFT: PRAYER PILLOW

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

**Supplies:** Felt rectangle (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...*



## CIRCLE OF PRAYER/THE LORD'S PRAYER

### PICTURE SCHEDULE: PRAYER TIME

WELCOME > WORSHIP > BIBLE > CRAFT > PRAYER > SNACK > GAMES > COLORING > GOING HOME

Choose a child to remove the CRAFT picture card and place it in the FINISHED envelope. **We have finished our Craft Time. Now, it is Prayer Time.**

**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 every name). We pray for our families and friends. Thank You for teaching us how to love one another. Amen.** You may add the Lord's Prayer with the word picture book.

### PICTURE SCHEDULE: SNACK TIME

WELCOME > WORSHIP > BIBLE > CRAFT > PRAYER > SNACK > GAMES > COLORING > GOING HOME

Choose a child to remove the PRAYER picture card and place it in the FINISHED envelope. **We have finished our Prayer Time. Now, it is Snack Time.**

**Teacher Tip:** It is important to keep a record of all dietary restrictions and allergies accessible. Some parents may prefer to bring their child's snack. Depending on the dietary needs of your classroom, you may determine it is best to omit snack time completely.

### 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 drink.
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.**

# THE WAY (GAME OPTIONS)

## UNIT 5 GAME OPTIONS

Play one or more of the activities below until the last five minutes of class then proceed to Final Five.

### PICTURE SCHEDULE: GAMES TIME

WELCOME > WORSHIP > BIBLE > CRAFT > PRAYER > SNACK > GAMES > COLORING > GOING HOME

Choose a child to remove the SNACK picture card and place it in the FINISHED envelope. **We have finished our Snack Time. Now, is our time to play Games.**

### GAME: SAND SEARCH

**Purpose:** This sand sifting activity soothes children. The items in the bin can be used to introduce the New Testament Letters or the Unit 5 Worship Attribute: The Spirit Who Guides Us.

**Supplies:** Bin or container of clean sand, pen, heart-shaped item, cross, eraser, plastic model of praying hands or picture of praying hands

**Prepare:** Place all items beneath the surface of the sand.

#### **Directions:**

1. Children take turns reaching into the sand in search of the objects.
2. Teacher and children discuss each object as it is located.
3. When all the objects have been located, display them on a tabletop or on the surface of the sand.
4. Children feel each item as the teacher explains their connection to the Unit 5 New Testament Letters. The pen reminds us of the letters God led people to write to help us as we follow Jesus. The heart-shaped item reminds us to love one another. The cross reminds us that Jesus forgives us and we are to forgive others. The hands remind us to pray when we are worried. We can pray to God about everything!

### GAME: HEARTS FROM GOD

**Purpose:** Children will share hearts dropped from "heaven" to show how they can love each other.

**Supplies:** Two red paper heart shapes per child

**Where does love come from?** (God.)

#### **Directions:**

1. **Imagine the falling hearts are God's love for you!**
2. Drop and scatter hearts from above the children's heads.
3. **Catch two hearts; one for you and one for a friend.**
4. Each child picks up two hearts.
5. **Give one heart to a friend!**
6. Help each child find a partner.
7. Each child keeps one heart to remember God loves him or her.
8. Each child gives the other heart to his or her partner to show love to one another.
9. Play again as time allows.

# THE WAY (GAME OPTIONS) *continued...*

## **GAME: BLANKET BALL**

**Purpose:** Children catch a ball in a blanket to remember the Unit 5 Bible Memory Verse.

**Supplies:** Blanket or tablecloth, inflatable ball or balloon

**Optional:** For a more challenging game, use the Unit 5 Bible Memory Challenge Verse (Matthew 7:7). Phrases may be divided as follows: "Ask/ and it will be given to you/ seek/ and you will find/ knock/ and the door will be opened to you."

**Let's use this blanket to toss the ball into the air. As soon as the ball lands again on the blanket, we will say a part of the Bible Memory Verse (Matthew 19:26b): "With God/all things/are possible."**

### **Directions:**

1. Children stand in a circle holding the edges of the blanket.
2. Place an inflatable ball or balloon in the center of the blanket.
3. Together, children quickly raise the blanket to toss the ball into the air.
4. When the ball lands back on the blanket, lead children in saying a word or a phrase ("With God/ all things/ are possible.") of the Bible Memory Verse.
5. Play several times.

## **GAME: FREEZE DANCE**

**Purpose:** To practice the Unit 5 Bible Memory Verse Song.

**Supplies:** Unit 5 Bible Memory Verse Song "With God All Things Are Possible" or "Yahweh Every Day: Ask, Seek, Knock," CD player

**To practice our Bible Memory Verse Song, let's play Freeze Dance. Be sure to stop and freeze when you hear the music stop.**

### **Directions:**

1. Children dance as the Bible Memory Verse Song is played.
2. Have a helper periodically pause the music.
3. When the music stops, everyone "freezes" (stops in place and doesn't move). When the helper restarts the music, the children begin dancing again.
4. Play as long as you like.

## **GAME: SCENES FROM MAIL CALL**

**Purpose:** To learn applications of the Unit 5 Bible stories, older children act out today's Mail Call script.

**Supplies:** Mail Call scripts for Lessons 22, 24, 25, 26

### **Directions:**

1. Choose the script that corresponds with today's New Testament Letter.
2. Assign each child a character name and improvise with the script so all the children can be their favorite character, a new character, or just take turns being the same character.
3. Act it out!

# THE WAY (GAME OPTIONS) *continued...*

## **GAME: MUSICAL CHAIRS**

**Purpose:** This version of Musical Chairs familiarizes children with the Unit 5 Bible Memory Verse Song.

**Supplies:** 1 chair per child, Unit 5 Bible Memory Verse Song, CD player

**Prepare:** Set chairs back-to-back in a row.

**Teacher Tip:** In this version of musical chairs, no chair is removed; all children remain in the game. Leave one or more spaces at the end of the row of chairs for any children in wheelchairs. Encourage quick listening and affirm those who are the first to hear the music stop and are seated.

**To practice our Bible Memory Verse Song, let's play Musical Chairs.**

### **Directions:**

1. As the Bible Memory Verse Song plays, children march around the row of chairs and sing.
2. The teacher stops the music at different times during the song.
3. When the music stops, children find the nearest chair and sit immediately.

## **GAME: BEAN BAG TOSS**

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

**Supplies:** Several beanbags, one hula-hoop (or rope or floor tape)

**Prepare:** Use hula-hoop, rope, or floor tape to create a large target area on the floor.

### **Directions:**

1. Give a beanbag to the first child.
2. Stand with the child approximately 6 feet from the target.
3. Before tossing the beanbag, the child says part of the Bible Memory Verse. (The teacher may say it with the child, as needed.)
4. Child tosses the beanbag at the target.
5. Children take turns to see who can reach the target.
6. Play again, as time allows.

## **GAME: MAKE A STORY**

**Purpose:** To express the meaning of the Unit 5 Whisper Verses.

**Supplies:** 4 stick puppets of children

### **Directions:**

1. Ask children if they would like to make up a story about one of the Whisper Verses listed below.  
"Love one another."  
"Do good to all people."  
"Forgive each other."
2. Each child can make up his or her own story or children can make up a story together.
3. Encourage children to use the stick puppets to act out the stories.

# THE WAY (GAME OPTIONS) *continued...*



When only 5 minutes remain, begin this segment.

## FINAL FIVE MINUTES

### **PICTURE SCHEDULE: COLORING TIME**

**WELCOME > WORSHIP > BIBLE > CRAFT > PRAYER > SNACK > GAMES > COLORING > GOING HOME**

Choose a child to remove the GAMES picture card and place it in the FINISHED envelope. **We have finished our Game Time. Now, is our time for coloring the picture of today's story.**

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

**DAILY WAY (ADAPTATION FOR CHILDREN WITH DISABILITIES):** Distribute this version of the Daily Way, if available. **Show the Daily Way 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" or "Yahweh Every Day: Ask, Seek, Knock" as children color.

As coloring is completed or parents arrive:

### **PICTURE SCHEDULE: GOING HOME**

**WELCOME > WORSHIP > BIBLE > CRAFT > PRAYER > SNACK > GAMES > COLORING > GOING HOME**

Choose a child to remove the COLORING picture card and place it in the FINISHED envelope. **We have finished our Coloring Time. Now, it is time for Going Home.**

## THE DAILY WAY

Unit 5, Lesson 26: A Letter About Prayer—Part 1

**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 him or her before Paul 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

### **Unit 5 Bible Memory Challenge Verse:**

"Ask and it will be given to you; seek and you will find; knock and the door will be opened to you."  
Matthew 7:7