

Activity 1

Do You Hear What I Hear

Have the children close their eyes as you remove one item at a time from the brown bag and make noise with it. After making the noise, place the item back into the bag and let the kids open their eyes. Ask them if they know what the item was by the sound they heard. Let them know if they were right or wrong before going to the next item.

The point: Sometimes we can tell what something is just by the sound it makes. At other times, just hearing the sound isn't enough. We need to see it, too. But when we pray, we don't need to worry about how we sound or if God will hear us. We can pray and be sure that God will hear and answer our prayers. The Bible says, "And we are confident that he hears us whenever we ask for anything that pleases him. And since we know he hears us when we make our requests, we also know that he will give us what we ask for." 1 John 5:14-15

Supplies: brown bag with whistle, harmonica, stapler, bell, baby rattle, and other objects that make familiar noises/sounds

Armor - Prayer

Activity 2

Prayer Flag Craft

Have the children draw or write something they would like to pray for on the verse side of their flags. Try to help them think outside of themselves (family, friends). Go over the verse a few times as they decorate the flags, then help them glue the flags to the sticks or stirrers so they can carry their prayer flags around.

Supplies: flag cutout with verse, craft stick or coffee stirrer, things to decorate (stickers, sequins, etc.)

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Activity 3

The Lord's Prayer Stack

Do you ever have difficulty knowing how to pray? We all struggle with this sometimes, but Jesus taught us exactly how to pray. In Matthew 6, the disciples asked Jesus to teach them how to pray and he responded with the Lord's Prayer. In this activity, we will break down the Lord's Prayer into 5 parts to help us know how to pray.

1. Praise (honoring God): "Our Father in heaven, may your name be kept holy,"
2. Purpose (wanting God's will, not our own): "May your Kingdom come soon. May your will be done on earth as it is in heaven."
3. Provision (trusting God to take care of us): "Give us today the food we need,"
4. Pardon (forgiveness from God and for others): "and forgive us our sins, as we have forgiven those who sin against us."
5. Protection (from temptation and evil): "And don't let us yield to temptation but rescue us from the evil one."

As you read the Lord's Prayer explaining each section, use the blocks to help illustrate the 5 parts.

Supplies: 5 large blocks with labels

Armor Prayer

Activity 4

Blindfold Race

Have children pair up – one child will have a blindfold, the other will not. Set up two chairs on the other side of the room to act as a "gate." The pairs will race to and through the gate, with the non-blindfolded child guiding his/her teammate along the way, without touching (vocal guidance only). The first team to make it through the gate wins. (If there are a lot of children, you may need to have two pair race at a time.) It may be helpful for the blindfolded child to crawl on their hands and knees to avoid running and running into things.

God can offer us direction even though we cannot see Him or where we need to go. Just as your teammate was helping you while you couldn't see, God wants to do the same with us. He can offer us the best direction, and lead us through life WHEN we communicate with him through prayer and also when we read His word, the Bible.

Supplies: blindfolds, 2 chairs

Armor – Prayer