



Armor of God

Lesson 8 – Prayer

“Pray in the Spirit at all times and on every occasion.” Ephesians 6:18

Circle Time

Intro: Have the children pair up (girls with girls and boys with boys, if possible). Have the partners face each other, extend their arms and join hands as if they were forming a bridge. Tell partners to lean toward each other and to balance by pushing against the hands of their partner. Have the children take one or two steps away from each other while still leaning in, to see if they can still stand by holding each other up. (You and a volunteer may need to do an example for the children to see.) We will talk about how we are called to pray at all times and for all things and how friends can help us when using the armor of God.

Hey friends! Do you all remember what we have been learning about the past several weeks? That's right, we have been learning about the armor of God. Do you remember the pieces of armor?

We are strong in the Lord and His mighty power when we put on the following pieces of armor:

- belt of truth. We know that the Bible is true and we remember what God says to help us battle against Satan and his temptations.
- breastplate of righteousness to protect our hearts with the righteousness that we have through accepting Jesus as our Savior.
- shoes of peace help us spread the good news of God's love and peace as we tell people about Jesus, as well as keep us rooted in the truth of the Gospel.
- shield of faith helps shield us from the temptations that are thrown at us by Satan. Our faith in the Lord helps us to stop the attempts of Satan.
- sword of the spirit acts as an offensive weapon; it helps us attack the lies of Satan using God's living word, the Bible.

We have yet another way that God gives us to stand strong against Satan. We can talk to God by praying! God gives us prayer to help us stay connected to Him and His good and perfect way. We can

pray to God at any time and anywhere and He hears all that is said. The Bible says, "Pray in the Spirit at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere." Ephesians 6:18. Sometimes when we pray we may not get an answer that we like, but God is good and He knows best what we need. He will protect and provide for us at ALL times! Isn't that awesome that we can talk to God at anytime and He hears us?

We can also pray for others! Have you ever prayed for a friend when he or she was having a hard time? We can pray for (and with) other believers and encourage them with God's word. Remember how we leaned into each other in the opening activity? We can help our Christian friends stay standing strong in the Lord and His mighty power by praying for them and encouraging them.

Prayer Time

Activity Time

The goal of this time is to utilize a variety of engaging activities –passive and active play, crafts, application, and more – to reinforce what was taught in the lesson. While you may not get to every activity, we encourage you to complete the "Take-Home" activity so children leave with a tangible reminder of what was discussed today.

If numbers are high and/or time and space allow, you may want to use a center format: divide the class into groups (one for each activity) and rotate through the centers after an allotted time.



Do You Hear What I Hear?

Supplies:

Brown bag with a whistle

Harmonica

Stapler

Bell

Baby rattle and any other objects that make familiar noises/sounds

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 LT



Prayer Flag Craft

Supplies:

Flag cutout with verse

Stick

Things with which to decorate (stickers, sequins, etc)

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 so they can carry their prayer flags around.



The Lord's Prayer Stack

Supplies:

5 large blocks with labels

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 p's. After you are finished, let the kids stack the blocks as you remind them what each means.



Blindfold Race

Supplies:

Blindfolds

2 chairs

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 pairs 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.



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