

Can I Learn Too?

UPPER ELEMENTARY LESSON PLAN

Theme: Prayer

Scripture: Luke 11:1

Memory Verse: Lord, teach us to pray, just as John taught his disciples. - Luke 11:1

The Children's Sermon

Hey kids! Today, we're going to talk about something really special: how to talk to God. Yes, I mean prayer! You might wonder, "How do I talk to someone I can't see?" Well, it's like talking to a friend who's always there, listening. And guess what? Jesus taught us exactly how to do it. He gave us a guide, like a treasure map, to show us the way. So, let's dive in and learn together. Our lesson today is "Teach us to pray."

First off, let's remember something important. When we talk to God, we're talking to the King of everything! The whole universe! So, we start by showing Him respect. It's like saying "hello" in the most polite way. Jesus showed us to start our prayers with praise. We can say something like, "Dear God, You are amazing and so good to us." This is our way of saying "thank you" for all the wonderful things He does.

Jesus also taught us to say, "Hallowed be thy name." That's a fancy way of saying, "God, Your name is super special and holy." It's like giving God a big, respectful high-five because He's just that awesome.

Now, let's add some new ideas to our prayer adventure. After we say hello and give God a high-five with our words, we can talk to Him about His big plans for the world. We can

say, "God, please let Your good plans happen everywhere, just like they do in heaven." It's like asking for the whole world to be a happy, peaceful place where everyone is kind and loving.

Next, we can talk to God about what we need. It's okay to ask for things like food, help with homework, or even for courage when we're feeling scared. Jesus told us to ask for our "daily bread," which means asking for what we need every day. God loves to take care of us, and He wants us to trust Him with our needs.

After asking for what we need, it's super important to talk about forgiveness. Forgiveness is when we stop being mad at someone for hurting us and decide to be kind instead. Jesus teaches us to ask God to forgive us for the times we mess up, just like we forgive others. It's like cleaning up our hearts so we can be happy and free.

Now, here's a cool part. We can ask God to keep us safe from making bad choices. It's like asking for a superhero shield that protects us from doing things that would make us or others sad. Jesus knew we'd sometimes find it hard to choose what's right, so He told us to ask for help.

Let's not forget to say "thank you" at the end of our prayers. It's important to be grateful and tell God how much we appreciate all He does for us. We can thank Him for our family, friends, pets, and so many other things. Being thankful makes our hearts feel good and reminds us of how much we're loved.

Now, you might be thinking, "But what if I don't know what to say?" That's totally okay! Remember, God knows your heart. Even when words are hard to find, He understands what you're feeling. Just talking to Him, even without words, is a beautiful prayer.

So, kids, let's remember our lesson today: "Teach us to pray." Jesus gave us a simple map to follow, but it's okay to add your own words and feelings. God loves hearing from you, no matter what. You can talk to Him anytime, anywhere, about anything. He's the best friend you'll ever have, always ready to listen and help.

Before we finish, let's practice what we learned. Close your eyes, and we'll say a little prayer together. "Dear God, thank You for being so awesome. Please help everyone to be happy and safe, and help us to always do what's right. Thank you for our food, our families, and our friends. Please forgive us when we make mistakes, and help us to forgive others too. Thank you for loving us so much. Amen."

Great job, everyone! Remember, praying is something we can keep learning about every day. God is always ready to listen, so don't be shy. Talk to Him like the amazing friend He is. Keep practicing, and you'll see how special and powerful prayer can be in your life. Thanks for being such wonderful listeners today. Keep shining bright and talking to God!

Bible Memory Verse

Lord, teach us to pray, just as John taught his disciples. - Luke 11:1

You Will Need:

- Blank prayer journals or notebooks for each child
- Colored pencils or markers
- Stickers with religious themes

Get Ready:

- Gather all materials and set up a table where children can comfortably sit and work.
- Create a sample prayer journal page as an example for the children to follow.

Do This:

1. Start the activity by discussing the memory verse. Explain that just like the disciples, we can ask God to teach us how to pray. Share that keeping a prayer journal is one way to help us focus on our conversations with God.
2. Give each child a blank journal or notebook, and encourage them to decorate the cover with the colored pencils, markers, and stickers. While they work, encourage them to think about what they might want to pray about.
3. After decorating, help the children start their first journal entry. Prompt them to write a prayer asking God to teach them to pray, inspired by the memory verse. Encourage them to write their own prayers in their journals every day.

Bible Interactive Experience

You'll Need:

- Paper
- Pens or pencils
- A Bible or printed copies of Luke 11:1
- A small box or container
- Decorative materials (stickers, markers, etc.)

Get Ready:

- Print or write out Luke 11:1 on a large piece of paper for display.
- Prepare the small box to be a "Prayer Box" with decorations and a slot big enough to insert slips of paper.

Do this:

1. **Introduction to Luke 11:1:** Start by reading Luke 11:1 aloud together. Discuss what it means to ask Jesus to teach us to pray. Emphasize the importance of prayer in our daily lives.
2. **Create Your Own Prayer:** Each child writes their own prayer on a piece of paper, inspired by the request of the disciple to Jesus in Luke 11:1. They can write a prayer asking for guidance, help, or expressing thanks.
3. **Decorate the Prayer Box:** Allow the children to decorate the Prayer Box with stickers, markers, and other decorative materials. As they work, encourage them to think about what prayer means to them and how they can make prayer a part of their daily routine.
4. **Share and Collect Prayers:** Invite each child to share their prayer with the group if they feel comfortable. After sharing, they can fold their prayer and place it in the Prayer Box. Explain that this box will serve as a reminder of their commitment to learning to pray and growing closer to God, just as the disciples did.
5. **Closing Prayer:** Conclude the activity with a group prayer, possibly incorporating some of the prayers written by the children. Encourage them to pray together and to continue asking Jesus to teach them to pray, just like the disciple in Luke 11:1.

Snack Activity: Prayer Pretzels

You'll Need:

- 1 package of ready-to-bake breadstick dough
- 1/4 cup of melted butter
- Cinnamon sugar mixture (1/2 cup sugar mixed with 2 teaspoons cinnamon)
- Parchment paper
- Baking sheets

Get Ready: Preheat your oven according to the breadstick dough package instructions. Line your baking sheets with parchment paper.

Do this:

1. Explain to the children that in Luke 11:1, one of Jesus' disciples asked Him, 'Lord, teach us to pray.' This shows us the importance of prayer and being open to learning how to pray. As we make our Prayer Pretzels, let's think about how we can be open to learning about prayer in our lives.
2. Take the breadstick dough and have each child roll a piece into a long rope, about 12 inches long. Teach them to form a pretzel shape by crossing the ends of the rope to make a loop that looks like praying hands. This shape will help remind us of prayer and the story we are focusing on.
3. Place the shaped pretzels on the prepared baking sheets. Brush each pretzel with melted butter and then sprinkle the cinnamon sugar mixture over them. Bake according to the package instructions until golden brown. While the pretzels are baking, encourage the children to discuss what they learned about prayer from Luke 11:1 and share personal experiences or thoughts about prayer.
4. Once the pretzels are done, allow them to cool slightly. Then, gather the children to share their Prayer Pretzels while reflecting on the importance of prayer in their lives, just like the disciples learning from Jesus.

Game Activity: Prayer Path Challenge

You'll Need:

- Sidewalk chalk
- Bean bags
- A printed or written copy of Luke 11:1

Get Ready: Use the sidewalk chalk to draw a large spiral on the ground, with each twist of the spiral large enough for a child to stand in. Write a word from Luke 11:1 in each section of the spiral, making sure the entire verse is covered by the time you reach the center. Leave a space in the center of the spiral for the final activity.

Do this:

1. Have the children line up at the start of the spiral. Each child takes a turn tossing a bean bag onto the spiral. Wherever it lands, they must hop to that spot, following the path of the spiral.
2. When they land on a section, they must read the word or phrase aloud. If they miss a word or skip a section, they must go back to the start and try again on their next turn.
3. Once a child successfully reaches the center of the spiral, they are asked to say a prayer inspired by Luke 11:1, focusing on the theme of asking Jesus to teach them to pray. The game continues until all children have had a chance to complete the challenge.

Craft Activity: Prayer Hands Bookmark

You'll Need:

- Construction paper (various colors)
- Scissors
- Markers or crayons
- Glue stick
- Hole punch
- Ribbon or yarn

Get Ready: Cut the construction paper into strips about 2 inches wide and 6 inches long. These will be the base for the bookmarks.

Do this:

1. Have each student trace their hand on a piece of construction paper. Encourage them to spread their fingers slightly apart. Then, cut out the handprint.
2. On the strip of construction paper (bookmark base), write the verse Luke 11:1 at the top: 'One day Jesus was praying in a certain place. When he finished, one of his disciples said to him, 'Lord, teach us to pray, just as John taught his disciples.'"
3. Glue the handprint onto the bottom of the bookmark strip, making sure the fingers are pointing downwards. This symbolizes lifting our prayers up to God.
4. Use the hole punch to make a hole at the top of the bookmark. Thread a piece of ribbon or yarn through the hole and tie it off to create a tassel.
5. Encourage the children to decorate their bookmarks with markers or crayons, adding designs, patterns, or more Bible verses about prayer.

Prayer Activity: Prayer Pathways

You'll Need:

- A Bible or printed verse of Luke 11:1
- Blank paper (several sheets per student)
- Colored pencils, markers, or crayons

Get Ready: Set up a comfortable space with all materials easily accessible to each child. Have the verse Luke 11:1 displayed prominently at the front or on each table.

Do this:

1. Begin with reading Luke 11:1 aloud together, focusing on the moment when a disciple asked Jesus, 'Lord, teach us to pray, as John taught his disciples.' Discuss the importance of asking for guidance in prayer.
2. Hand out sheets of paper and ask each child to draw or write their own prayer pathway. This could include steps they think are important in prayer, inspired by the disciple's request to Jesus. Encourage creativity and personal expression.
3. Once everyone has had time to create their prayer pathway, invite volunteers to share their pathways with the group. Discuss the different elements they included and how it reflects their personal connection to prayer.