

# Talking To God

## LOWER ELEMENTARY LESSON PLAN

**Theme:** Prayer is talking to God

**Scripture:** Romans 8:26-27

**Memory Verse:** Romans 8:26 - 'In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans.'

## The Children's Sermon

Today, we're going to talk about a special way we talk to God, and that's through prayer. Prayer is like a phone call to God. It's how we share our thoughts, ask for help, and listen to what God has to tell us. But have you ever wondered, is prayer just us talking to God, or can God talk back to us? Well, prayer is actually a two-way communication. That means not only do we talk to God, but God talks to us too!

Now, you might think, "How do I know when God is talking to me?" That's a great question! God talks to us in many ways. One big way is through the Bible. In the Bible, there are lots of stories and teachings from Jesus that help guide us. It's like God's special book of answers for us. When we have questions or need help deciding what to do, we can find answers in the Bible.

God also talks to us through the people around us and the good things that happen. Have you ever seen someone do something really kind for someone else? Or maybe someone has helped you when you were feeling down or needed help. Those moments

are ways God is speaking to us. It's like God is saying, "Look! This is how I want you to act. Be kind and help others."

Now, let's talk about a special part of the Bible that mentions prayer in Romans 8. In Romans 8, it talks about how the Holy Spirit helps us pray. Sometimes, we might not know what to say to God, or we might feel too sad or confused. But the Holy Spirit helps us by carrying our feelings and thoughts to God, even when we can't find the words. It's like having a best friend who knows exactly what you're feeling and helps you talk about it.

Romans 8 also tells us that God knows our hearts. That means God understands us better than anyone else, even better than we understand ourselves! So, when we pray, we can share everything with God - our happy moments, our sad moments, and even our worries. And the best part? God listens to every word.

But how do we listen to God? Well, listening to God takes practice. It's like learning to hear a whisper in a noisy room. We need to make quiet time to pray and read the Bible. That quiet time is like turning down the noise of the world so we can hear God's whisper in our hearts. Sometimes, God's answers come to us as a feeling of peace, an idea, or through the words of someone else.

Remember, prayer isn't just for asking for things. It's also for saying thank you to God for all the good things in our lives. It's like when you get a gift and you say thank you to the person who gave it to you. God loves hearing our thanks and sharing in our joy.

And don't worry if you're not sure how to start praying. You can talk to God just like you talk to a friend. You can tell God about your day, ask for help with something you're

struggling with, or even share a joke! God loves hearing from you, no matter what you have to say.

Romans 8 also reminds us that nothing can separate us from God's love. That means no matter what happens, God is always there for us, listening and ready to help. So, we can always feel safe and loved when we talk to God through prayer.

So, let's remember, prayer is a two-way communication with God. We talk to God, and God talks back to us through the Bible, the people around us, and the Holy Spirit. It's a special way to stay connected to God and feel God's love in our lives.

Let's try to make prayer a part of our everyday life. Maybe we can start or end our day with a little prayer, or find a quiet moment during the day to talk to God. And remember, there's no wrong way to pray. God is always happy to hear from us.

So, next time you pray, remember it's not just about talking to God. It's also about listening and feeling God's presence in your life. And always keep in mind the lessons from Romans 8 - that the Holy Spirit helps us pray, God understands our hearts, and nothing can separate us from God's love.

Let's pray together now. Dear God, thank you for always listening to us and talking to us. Help us to hear your voice in our lives and to follow your guidance. Thank you for the love and care you give us every day. Amen.

And that's our special talk about prayer. Remember, God is always just a prayer away, ready to listen and talk back to us. Keep talking to God every day, and keep listening for God's answers. You'll be amazed at how much closer you'll feel to God.

## Bible Memory Verse

**Romans 8:26 - 'In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans.'**

You Will Need:

- Colored construction paper
- Scissors
- Markers or crayons
- Glue sticks
- Stickers (optional)

Get Ready:

- Cut the construction paper into large, simple shapes that can represent different prayers (heart for love, cross for faith, etc.)
- Set up a crafting area with all materials easily accessible for the children.

Do This:

1. Start by reciting the memory verse together as a group. Discuss what it means to have the Holy Spirit help us when we pray.
2. Ask each child to choose a shape of construction paper and use the markers or crayons to write or draw something they want to pray for. They can also decorate their prayer shape with stickers if they wish.
3. Once everyone has finished, gather the shapes and glue them onto a larger piece of poster board to create a 'Prayer Collage.' Hang the collage in your classroom as a reminder that the Holy Spirit helps us pray, even when we don't have the words.

# Bible Interactive Experience

## You'll Need:

- A large, clear jar or bottle
- Cotton balls
- Blue food coloring
- Small pieces of paper
- Pens or pencils
- A Bible

## Get Ready:

1. Fill the jar about three-quarters full with water.
2. Add a few drops of blue food coloring to the water and stir gently to create a "sky" look.
3. Place the cotton balls, small pieces of paper, and pens or pencils on a table where children can easily access them.

## Do this:

1. Start by reading Romans 8:26-27 from the Bible, explaining that sometimes we don't know what to pray for, but the Holy Spirit helps us by speaking to God for us.
2. Explain to the children that the jar represents the world, the water is the sky, and the cotton balls are clouds. Tell them that when we pray, it's like sending our thoughts, worries, and thanks up to God in heaven.
3. Ask each child to think of something they want to talk to God about. It could be something they're thankful for, something they're worried about, or something they need help with. Have them write it down on a piece of paper.

4. Once they've written down their prayer, let them fold the paper around a cotton ball. This represents their prayer being lifted up to God in the clouds.
5. One by one, have the children come up and place their cotton ball "prayers" into the jar. As they do, encourage them to say a silent prayer to God, talking to Him about what they wrote down.
6. After everyone has placed their cotton ball in the jar, lead the children in a short prayer, thanking God for listening to our prayers and for the Holy Spirit who helps us pray even when we don't know what to say.

## Snack Activity: Prayer Pretzel Craft

You'll Need:

- Mini pretzels
- Marshmallows
- Chocolate chips
- Wax paper
- Microwave-safe bowl
- Spoon

Get Ready: Lay out a piece of wax paper on a flat surface.

Do this:

1. Explain that just like we can't always see the air, we can't always see how God helps us with our prayers, but He's always listening. Romans 8:26-27 tells us that even when we don't know what to pray for, the Holy Spirit helps us in our weakness.
2. Place a mini pretzel on the wax paper. Tell the children that the pretzel represents our prayers - sometimes they're twisted and we're not sure what to say.

3. Put a marshmallow on top of each pretzel. This represents the Holy Spirit helping us with our prayers. Microwave the marshmallows for just a few seconds until they're slightly melted but not completely.
4. Quickly, before the marshmallow cools, place a chocolate chip on top of each marshmallow. This represents God listening to our prayers, with the chocolate chip being God's love covering our prayers.
5. Allow the snack to cool. Remind the children that whenever they eat a pretzel, they can remember that prayer is talking to God, and He is always ready to listen, even when we don't have the right words.

## Game Activity: Prayer Path Hopscotch

You'll Need:

- Sidewalk chalk
- A small stone or beanbag
- Index cards
- Marker

Get Ready: Write Romans 8:26-27 on an index card and prepare a brief explanation that 'Prayer is talking to God, and sometimes we don't know what to say, but the Holy Spirit helps us!'

Do this:

1. Draw a hopscotch grid on the ground with the chalk. Number the squares from 1 to 10.
2. On separate index cards, write simple prayer prompts related to talking to God, such as 'Thank God for your family,' 'Ask God to help someone sick,' or 'Tell God about your day.' Place these cards next to the corresponding numbers in the hopscotch grid.

3. Each player takes a turn tossing the stone or beanbag onto the grid to choose their prayer prompt. Before hopping through the grid to pick up their stone or beanbag, they read the prayer prompt aloud and say a short prayer based on it.
4. After each turn, discuss how the Holy Spirit helps us pray, especially when we're not sure what to say, linking back to Romans 8:26-27.

## Craft Activity: Prayer Whisper Wind Chimes

You'll Need:

- Colorful paper cups
- Yarn or string
- Beads
- Markers or crayons
- Hole punch
- Scissors

Get Ready: Read Romans 8:26-27 together and talk about how prayer is like talking to God, even when we don't know what to say.

Do this:

1. Use the hole punch to make a hole in the top of each paper cup. Make as many chimes as you want your wind chime to have.
2. Cut pieces of yarn or string, about 18 inches long for each cup. Thread one end of the string through the hole in the cup and tie a large bead at the end inside the cup to secure it.
3. On the outside of each cup, write or draw prayers, wishes, or thoughts to God. These can be things you're thankful for, things you're sorry for, or things you need help with.



4. Gather all the strings and tie them together at the top, leaving a loop for hanging. You can add beads above the cups on each string for extra decoration.
5. Hang your Prayer Whisper Wind Chimes outside or near a window. Every time the wind blows and you hear the chimes, remember that God is always listening to our prayers, even when we don't have the words to say.

## Prayer Activity: God's Phone Line

You'll Need:

- A toy phone or a paper cutout of a phone
- A simple drawing or printout of Romans 8:26-27
- A prayer box (any small box will do)

Get Ready: Prepare a cozy corner in your classroom with cushions or small chairs. Place the toy phone, the drawing or printout of Romans 8:26-27, and the prayer box in this area.

Do this:

1. Start by reading Romans 8:26-27 together. Explain that sometimes we don't know what to say when we pray, but the Holy Spirit helps us talk to God.
2. Introduce the toy phone as 'God's Phone Line.' Explain that we can talk to God anytime, anywhere, about anything, just like calling a friend.
3. Invite each child to think of something they want to talk to God about. It could be a thank you, a sorry, or asking for help for themselves or someone else.
4. One by one, let the children 'call' God using the toy phone. They can say their prayer out loud or in their heart.
5. After their call, if they wish, they can write or draw their prayer on a piece of paper and place it in the prayer box as a reminder that God is always listening.