

**LMC KIDS  
MARCH 24, 2024**

**PRAY**

**WELCOME**

Welcome kids into the class. Ask them about their day, week, family, etc. Try to connect with each kid in some way.

- A. Pray that the Lord would help your kids to have faith and understand what He wants to teach from the lesson.
- B. Ask the kids if they have anything that they want to thank God for or pray for.

**REVIEW**

- A. Who remembers what we talked about last week?
  - 1. We talked about how we have two choices in how we can use our words; to encourage and build others up or to tear them down.
  - 2. We talked about how the tongue (even though it is so small) can cause a lot of damage by what we say.
  - 3. We read a verse that said “let everything you say be good and helpful and encourage those who hear them.” How can we do this? By asking God to put a guard or a filter over our mouths so that all of the words that come out can build others up.

**INTRODUCTION**

Today is the last day that we are going to be talking about spiritual disciplines! I am so proud of you guys! You have learned so much and hopefully you guys have been able to start practicing some of these to help you grow up and grow closer to God. Today we are going to do a review of all that we have talked about! Grab your Bible and turn with me to Ephesians.

**READ**

- A. Have the kids grab their Bibles if they are old enough to read
- B. Read Eph 4:13-16

This will continue until we all come to such unity in our faith and knowledge of God’s Son that we will be mature in the Lord, measuring up to the full and complete standard of Christ. 14 Then we will no longer be immature like children. We won’t be tossed and blown about by every wind of new teaching. We will not be influenced when people try to trick us with lies so clever they sound like the truth. 15 Instead, we will speak the truth in love, growing in every way more and more like Christ, who is the head of his body, the church. 16 He makes the whole body fit together perfectly. As each part does its own special work, it helps the other parts grow, so that the whole body is healthy and growing and full of love.

**MAIN IDEA**

**Our goal is to grow up and grow closer to God.**

## EXPLAIN

- A. As you guys know, we have been talking about spiritual disciplines - things we can do to help us grow closer to God.
- B. They are called disciplines because they are things that we need to remember to do and choose to do - they won't just happen on their own. But when we choose over and over to take the time to grow our relationship with God, we will see how amazing He is and the more we will realize how much we need Him and how much He loves us.
- C. Today we are going to do a little recap where we talk about all of the spiritual disciplines that we have learned about the past 9 weeks.
- D. I want you to think really really hard. Does anyone remember the first spiritual discipline we talked about?
- E. The first of the 9 was meditating on scripture. Do you guys remember what that means?
1. It means thinking about what God's word (the Bible) says.
  2. This can be memorizing the Bible, thinking about something you read, or even listening to worship music.
  3. What you think about it how you act. If you are thinking about Jesus, you will act more like Jesus.
- F. What is the second one we talked about? Prayer!
1. We talked about how the Bible tells us to never stop praying!
  2. Prayer is asking God for His will to be done, thanking Him, asking for help, spending time talking with Him and listening to what He has to say, etc.
  3. Prayer keeps us connected to God.
  4. Sometimes it feels hard, but the more you do it, the more you will love it!
- G. Next we talked about fasting.
1. We talked about how the Bible teaches us that prayer and fasting go together. Fasting doesn't just mean not eating food. It means not eating food so you can prayer with more focus.
  2. As kids, what are some ways we can fast? Giving up a type of food, giving up something that we enjoy doing (ie. TV, movies, etc.), or even giving up a snack.
- H. Then we talked about studying the Bible.
1. When we study the Bible we really get to understand what it is saying to us. The more we learn about God, the more there is to love about Him and the easier it is for us to act more like Him.
  2. We can study the Bible by asking a few questions; who is talking? Who are they talking to? What do these words mean? What can we learn about God from this?
- I. Next we talked about generosity and contentment.
1. We learned that generosity is holding everything we have with an open hand - ready to give. And contentment means that we are happy with what we have, not looking for something more or better.
  2. We learned that we can be generous and content with what we have because God always takes care of His people. We don't need to worry! We can trust God instead.
- J. After that, we talked about solitude and reflection.
1. We talked about how solitude means time away from others on purpose and reflection means thinking back on something.
  2. Solitude is taking some time to be alone with God so that you can think about how you have been acting. Are you doing things His way or are you doing things your own way?
- K. Then we talked about Sabbath.
1. A special gift from God. The sabbath is where you take on day a week and don't do any work, but instead focus on the goodness of God by doing things that give you rest.
- L. And lastly, we talked about encouragement.
1. We talked about how we have two choices with our words; to build others up or to tear them down.
  2. We can ask God to be like a filter or a guard over our mouths so that we only say things that are helpful and encouraging.

To Remember: Our relationship with God doesn't just happen, we need to put time and care into growing closer to Him. These spiritual disciplines are some of the ways that we can put in time and effort to growing closer to God.

