

WEEK 4 LESSON GUIDE

HOW TO...

BIG IDEA

Jesus taught us
how to pray.

BIBLE

The Lord's Prayer:
Matthew 6:5-15

WELCOME TIME

MUSIC | How To Worship

- **INSTRUCTIONS:** To fit the theme, consider putting out [some DIY instruments](#) (or make them with your kids) that they can use during worship this month. You can lead kids in worship with any songs of your choice, but here are some suggestions that go along with this month's theme. Make sure you have purchased any licenses required to play or perform these songs. For more information, [read this!](#)
 - "Let Your Light Shine" (Hillsong Kids Jr.)
 - "This Little Light of Mine" (VeggieTales)
 - "The Opposite Song" (Yancy & Little Praise Party)
 - "The Lord's Prayer" (Summit Kids)

ACTIVITY | How to Play Telephone

- This activity is going to be all about talking and listening and you're going to have to be really good at both in order to do well at this!
- **INSTRUCTIONS:** Prepare a bunch of [string telephones](#) in advance, then place them end to end in a circle. Position one kid in every empty space between two unattached cups. Pick one kid to start and whisper a word or simple phrase to them (Jesus, God loves you, How are you, or something silly!). They will pass it down the circle by speaking into their cup, and the recipient will hear it on the other end, then pass it down using the other cup they are holding. Keep going until the last person in the circle receives the message. Play again by picking a new kid to start or sending the message in the opposite direction.
 - ✂ **TODDLER HACK:** Have toddlers practice speaking and listening with a string telephone in a more free play fashion. You can also experiment with different lengths of string to see how far kids can be from each other.
- Spending time with someone means both talking to them and listening to them. Jesus teaches us today that talking with God is no different!

ACTIVITY | How to Act Natural

- **INSTRUCTIONS:** Ask for a volunteer to come to the front, and whisper the name of an animal to them. Have them get the audience to guess what animal they are with only one clue: using the animal's sound! They cannot perform animal walks or say any actual words. The first person to guess correctly can be the next person up!
- Knowing an animal just by the way it sounds is a neat skill! You know who knows each and every animal just by their sound, too? God!
- But God doesn't only know what each animal's voice sounds like . . . God knows what each of our voices sounds like, and God always listens to us when pray!

STORY TIME

SCRIPTURE | Matthew 6:5-15 (The Lord's Prayer)

- **INSTRUCTIONS:** Before diving into the Bible story, ask one of your preschoolers to pray for the group or show a video of [this 3-year-old kid's prayer](#). Prepare to read the Bible passage in an easy-to-understand translation like ESV or NIV.
- Jesus was a wonderful teacher. He taught people how to do all sorts of things, especially how to follow God. Let's learn about one of those things right now!
- I'm going to describe something to you that has to do with our Bible story today.
 - It's something you usually do with your eyes closed and hands folded. You might do this as a family before you eat meals or go to bed. You can do this out loud or just in your head. **What do you think it is?**
 - Yes! What I'm describing is prayer! What do you think prayer is? **Who wants to show us how to pray?** [Or, "Let's watch this video of a kid just like you praying for his food."]]
 - Prayer is an important way we talk with God. We can pray when we feel thankful, when we feel scared, or when we feel sad.
- [Read Matthew 6:5-8 then have everyone fold their hands together.]
 - Some people pray because they want attention. But God knows our hearts and why we pray.
 - Jesus invites us to care about prayer and to make it a part of our lives every day . . . not just when we eat or go to church but at other times too when other people aren't looking!
- [Read Matthew 6:9-15.]
 - Jesus shares a special prayer here with us often called "The Lord's Prayer." The Lord's Prayer helps us remember how to talk to God.
 - In this prayer, we learn how we can praise God for being wonderful, how to ask God for the things we need, how to ask God to protect us, and how to ask God to forgive us when we do something wrong.
- Sometimes when we pray, we don't always know where to start. But I'm so glad Jesus showed us how to do it!

BIG IDEA | Jesus taught us how to pray!

- **INSTRUCTIONS:** Use the piñata from Week 1 and hang it up in your ministry space. Write the Big Idea on a piece of paper and fold it up as usual, but this week, add it inside the piñata along with some bulk candy or other small treats (avoid items with small parts that could pose a choking hazard). Invite kids to come up one at a time to pull on a single string. Keep going until the piñata bursts open. Have kids collect the prizes and allow whoever finds the Big Idea paper to hand it to you so you can read it aloud.
- Today's Big Idea is: **Jesus taught us how to pray!**

- **Can we say it together with some hand motions?**
 - **Jesus** (*point pointer fingers to heaven*)
 - **taught us** (*point thumbs to self*)
 - **how to** (*spread hands out to side with palms up*)
 - **pray** (*drop to knees and fold hands in prayer*).

VIDEO | How To . . . , Episode 4

- **INSTRUCTIONS:** Play this week's episode of [Cali's World](#).

ACTIVITY | How to Play Marco Polo

- **INSTRUCTIONS:** Use the Big Idea to play a version of "Marco Polo." Choose one kid to start as "it" and blindfold them. Then, have the kids scatter around the room and freeze. When you say begin, the kid who is it can shout "Jesus taught us" and all the other kids yell "how to pray". The goal is for the "it" person to do call and response until they find a friend and then the game starts over with someone else being it.
 - ✂ **TODDLER HACK:** Replace this activity with "Magical Sound Box". Put different objects, such as keys, paper, beans in a bottle, into a covered box, and then manipulate one of the objects asking the kids to tell you what they heard. You might need to introduce the child to different objects and sounds before playing this game.
- Sometimes, prayer can be tricky because we don't always know if God can hear us. We might feel like we're fumbling around, like we did in this game, searching for God.
- But we need to keep talking to God because God is always there and always listening. When we pray, it brings us closer to God.
- That's why **Jesus taught us how to pray!**

PRAYER

- Thank you Jesus for teaching us how to pray. You know everything we need but you listen to us anyway. We love you for always being near to us. Amen.

SHARING TIME

SNACK | DIY Prayer Mix

- **INSTRUCTIONS:** This week you can serve "prayer mix" consisting of pretzels, raisins, animal crackers, and yellow M & M's. You can either pre-package servings into bags or give each kid a scoop on a napkin. Chat with kids while they munch using conversation starters like the ones we've provided below.
- Pretzels begin with the letter "P." **What are some other things that start with "P"?**
- Raisins start with the letter "R." **Can you think of something else that starts with R?**
- The first letter of animal crackers is "A." **What else begins with "A"?**
- The yellow M&M starts with the letter "Y." This is a hard one. **Do you know anything else that starts with "Y"?**
- P. R. A. Y. When you put these letters together, it spells the word "pray!"
- **Jesus taught us how to pray.**

ACTIVITY | Circle Time

- **INSTRUCTIONS:** Have kids seated in a circle. Have them put their palms together like prayer hands and close their eyes. Quietly place an object in front of one of the kids. Have everyone open their eyes. Whoever has the object in front of them answers the first question. For the next question, have that kid place the object in front

of someone while everyone is “praying.”

- **What is it called when we talk to God?** (Praying.)
- **Who remembers the name of the special prayer Jesus taught everyone?** (The Lord’s Prayer.)
- **Name one thing you can talk to God about.**
- **Does God hear us when we pray?**
- **When can we pray?** (All the time!)

ACTIVITY | Prayer Pail Craft

- **INSTRUCTIONS:** Provide each kid with the supplies they need to decorate their own prayer pails. Help kids write down their prayer topics if needed. Spend a few minutes to pray with each kid or as a group afterward they finish making the craft.
 - ✂ **TODDLER HACK:** Revise this activity by pre-wrapping the jars in construction paper and writing “Prayer Pail” on each one ahead of time. Toddlers can use their time just to decorate!
- Write or draw something that you want to pray to God about. You can add more than one, if you’d like.
- Let’s spend some time praying together for what you just added to your prayer pail.
- These prayer pails are going to be a great reminder to put in your kitchen or in your room that God is always listening when we pray.

MEMORY VERSE | John 13:15 (NIV)

- **“I have set you an example that you should do as I have done for you.”**
- **INSTRUCTIONS:** Write out all of the words for the verse on a dry erase board and have the kids all say the verse together as a group as you point to each word. Then, each round, have a kid erase one or two words from the verse until all the words are erased and they are repeating from memory.
 - ✂ **TODDLER HACK:** Replace the activity with something a bit simpler. Have all of the kids sit in a circle and pat their hands on their knees to create a beat. Then, as a group repeat the memory verse. As they are able, try to speed up the beat and say it faster.

PLAY TIME

ACTIVITY | Coloring Page

- **INSTRUCTIONS:** Print and distribute the coloring page along with crayons or markers. As the kids color, you can review today’s Bible story, Big Idea, and memory verse.

ACTIVITY | How to Paint with Anything!

- **INSTRUCTIONS:** Cover the table with tarp or newspaper. Set out cupcake trays with a different color of washable paint on each slot. Provide smocks for kids to cover their clothes (or improvise using plastic trash bags). Set out clothespins and an assortment of items (pom poms, feathers, sponge pieces, and fabric squares). Have kids use a clothespin to pick up any item, dip it in paint, then “paint” with it on a piece of art paper. Provide a bin for the used tips.

ACTIVITY | How to Wow Your Friends

- **INSTRUCTIONS:** Check out a video like [this one](#) for easy illusions even preschoolers can do! Every week, demonstrate one simple sleight of hand trick and then teach kids how to do it themselves! Prepare the props needed in advance (plates, coins, and toothpicks) so it’s easy for kids to try it out. They can perform the trick they learn for each other and wow their friends and family when they go home!