

New Life And Prayer

By Christy Olson



Spring is a time of new life. We will answer the question of how we can bring newness to our prayer life. We'll explore new prayer practices and how those prayers ripple into the world.

For
Young Families

Season
Spring/Lent

Needed

- A shallow glass bowl or glass pie plate
- A smooth river rock about 2 inches in diameter
- Bible turned to Mark 14:32-42, or a story bible with the story of Jesus Prays in Gethsemane (*Jesus Story Bible* page 294, *Spark Story Bible* page 468, *Usborne Children's Bible* page 122, *Beginner's Bible* page 482)
- 3 pieces of plain paper
- Coloring materials

Prepare in Advance

- Fill the glass bowl or pie plate $\frac{3}{4}$ full with water
- Open the Story Bible to the correct page for the story about The Garden of Gethsemane
- Label the three pieces of paper with these words. "Now" "Jesus" "New Prayer Life"

Activity Plan

1. Stand together and hold hands above your head as you pray together. Echo the prayer with one leader.

We love God. We love others. We pray new ways together. Amen.

2. Use the paper labeled "Now". Talk about when your family prays. As you talk, the youngest person will draw a picture of someone in your family praying using these questions.
 - Do you pray at meals?
 - Do you pray before bed?
 - Do you pray blessings for each another?
3. Read the Garden of Gethsemane aloud. Whenever you hear the word "pray" or "praying" stand up. Summarize the story with these questions.
 - How many times did Jesus pray in the story?
 - Why did Jesus go to a garden to pray?
 - With whom did Jesus pray?
 Draw about Jesus and prayer on the paper that says "Jesus".
4. Take the smooth river rock. Jesus taught us to pray for love and daily food and the good of others. Take turns naming one thing for which you would pray. Gently drop the smooth river rock in the water. Watch what happens. Do you see the ripples? They are quietly taking your prayer out into the world.
5. We change our prayer life by changing when, how, what and who we pray about. On the paper labeled "New Prayer Life" draw a picture together that shows how you will change your prayer life as a family. Display this picture on the refrigerator, bathroom mirror or back of the front door.
6. Close your time together by standing and doing this finger play together.

Jesus, we're sure (stamp foot)

That we heard from your Word (open hands as if holding a Bible)

How we can pray (praying hands)

In new fun ways (draw a smile in the air)

Additional Ideas

- Read Matthew 6:5-13 from a New Revised Standard Bible. Learn the Lords Prayer exactly as it comes from the Word of God.
- Use a smooth river rock in the bathtub for kids to further explore how far ripples can travel in water.
- Watch this video. www.youtube.com/watch?v=ET-Mef0M9rc Visit a river or lake and learn to skip stones together.
- Jesus prayed three times in the Garden of Gethsemane. Write a family prayer and say it three times a day together.

