



We Know God More Through Prayer



THE MISSION AIM

Prayer is talking to and listening to God.



KEY VERSE

Matthew 6:9-13: "Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as it is in heaven. Give us today our daily bread. Forgive us our debts as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one."



Pre-Mission Activity



Supplies Needed

- Two copies of the Lord's Prayer divided up into segments equally for two teams
- Optional: Supplies for the booklet suggested in mission assignment #2

Directions

DO: (Optional) Have recruits prepare booklets for Mission #2 if you didn't prepare them ahead of time.

DO: Feel free to do either of the following activities or both of them.

SAY: Have you ever tried communicating with someone who wasn't listening? Or you thought they were and they weren't? Of course, we've probably all been guilty of not listening very well ourselves. Well today, we are going to be talking about prayer, a conversation with God. So, to start with, we are going to see how easy or maybe not so easy it is to have a conversation. Please sit in a circle. We're going to start out playing a game of broken telephone. I'm going to start a message by whispering it in _____ (name's) ear. He/she will pass it on to the next person by whispering it in his/her ear. Now be careful and speak as clearly as possible because you only get one chance to hear the message.

DO: Have the recruits pass the message around the circle and at the end have the last person share what the original message was. Repeat the original message.

SAY: It's not always easy to hear and to share in a conversation but you worked really hard at it.

DO: Repeat if desired.

AND/OR

SAY: Today we are going to be learning to communicate with God through prayer. At the end of today we will be discussing the Lord's Prayer. So, we thought we'd give you a head start. We're

going to put you into two teams. By sending one person at a time, your team needs to go and get one part of the words in the Lord's Prayer on the other side of the room. When your team has all of the pieces, put all of the pieces together to create the Lord's Prayer. Let's see which team is the fastest.



Mission Uplink 1



Have ready YouTube playlist: "Season 1 – Basic Training Episode 2: We Know God More Through Prayer"

Play "Basic Training (S1) Episode 2 (1/4)". Episode begins with the *Ready to Serve* theme song, followed automatically by the MISSION # 1 VIDEO. Pause the video when the MISSION # 1 CARD appears on screen and remains as you and your recruits complete Mission # 1.

If using PPT for video, have BT-Episode_2-Know_God_Thru_Prayer.pptx ready and play slide one. Pause on the MISSION # 1 CARD so you and your recruits can complete Mission # 1.



Mission #1



Supplies Needed

- Bibles for each recruit or pair of recruits
- The following references in four separate gift bags on the other side of the room (a separate sheet of paper for each) – just write out the reference(s)

Mark 1:35 /Luke 4:42/Luke 5:16 (these three can be on one sheet of paper)

Luke 22:39-46

John 17 (you may want to emphasize the sub headings with this one if it is too long for your recruits)

Hebrews 5:7

- Large sheet of paper to write responses as to why Jesus prayed
- Markers
- Tape



Mission Assignment

SAY: That was a great introduction to prayer. It is really hard to make a focused effort to pray and yet it really helps us to be close to God. If Jesus prayed then this is definitely something we should be doing. Let's get started then and find out what mission one is for today. Let's do a drum roll as loudly as we can... (Reading mission card from satellite uplink) "Recruits, gather Intel on why Jesus prayed when He was here on earth." Sounds like we'll need our Bibles for this one.

SAY: The Bible tells us that Jesus often went up to the Mount of Olives to pray. That would be a bit of a hike. So just like Jesus worked hard getting to where He would really focus and pray we are going to make you work to find out why He prayed. I also know from personal



experience that being able to pray is a true gift from God, so our work is actually stored over in that gift bag across the room.

DO: Make sure your gift bags of references are on the other side of the room. Divide the recruits into four groups with a leader or older recruit in each group.

SAY: As I said, you are going to have to do some work to learn more about Jesus' prayers. Now that you are in your groups, you will need to wait for your leader to tell you which gift bag you are running to and when he/she says "go" you'll need to run to your gift bag. When you get there; freeze like a statue. Your group leader will choose one of you to take out the piece of paper from the bag.

DO: (small groups) Once the reference has been brought back to the individual group, have the recruits look it up either with a partner or by themselves. Have a recruit with developed reading skills or an adult read the passage.

SAY: (small groups) **This is a really tough task, but from the passage that was read, can you figure out why Jesus went to pray?** (This may be difficult for some of the passages so please be prepared to share or have a leader share their thoughts. See the references and comments below for each of the verses.)

DO: (small group) Once a reference has been read, write down the purpose of Jesus' praying and post the response on the large sheet of paper on the wall.

Mark 1:35 /Luke 4:42/Luke 5:16 (these 3 can be on one sheet of paper) – *Jesus went to find a place by Himself, a quiet place to talk to His Father away from the crowds*

Luke 22:39-46 – *Jesus went to pray and share with His Father; He wanted to let His Father know that if it was possible He'd rather not have to die but that He would do what His Father wanted; He was crying out to His Father.*

John 17 (you may want to emphasize the sub headings with this one if it is too long for your recruits) – *Jesus has a chat with God and then prayed for His disciples and even for us; He prayed for others so that they could do what God the Father wanted them to do.*

Hebrews 5:7 – *Jesus prayed because he knows God hears Him and He is submissive or obedient to God's will for Him.*

SAY: Wow! That was hard work! Let's look at the list that we've created to find out why Jesus went to pray. He went to pray to refocus, to find some quiet time in a busy life, to pray for others, to just talk to His Father, God and to find out what His Father, God wanted Him to do. Those sound like great reasons to pray. I'm sure you could do with some quiet time in your busy lives, that you would want to pray for others and that you might just want someone that you can share your concerns and joys with and of course, to help you know and understand what God wants you to do. It looks like we have quite a list...let's send it back to the team. On the count of three we'll point to our chart and say "Whoosh". That should get it there. Ready... ONE-TWO-THREE.

SAY: Great work. Let's get back to the team and find out what other exciting missions they have for us today.





Mission Uplink 2



YouTube: Play "Basic Training (S1) Episode 2 (2/4)". Pause the video when the MISSION # 2 CARD appears on screen and remains as you and your recruits complete Mission # 2.

PPT: Click to advance to next slide. Pause video when MISSION #2 CARD appears on screen and remains as you and your recruits complete Mission #2.



Mission #2



Supplies Needed

- Large sheet of paper
- Markers



Mission Assignment

SAY: The team sure had some great ideas to share with us today. Ways to have a conversation with God: prayer picture books, prayer journals, writing songs. What great ways to pray to God. So what is our mission? Let's find out! Drum roll please. (Reading mission card from satellite uplink) "Recruits, take some time to focus on ways that you can have a conversation with God in prayer and learn how you can use the RECON prayer method." We've heard from the team and the Commander about ways that they listen to God. Do any of you have ideas? (Prayer walking, writing poems, sitting still out in nature, reading the Bible as a prayer)

DO: Write any ideas down on a large sheet of paper, including those listed above from the team.



Prayer Huddle



YouTube: Play "Basic Training (S1) Episode 2 (3/4)". Pause the video when the PRAYER HUDDLE CARD appears on screen and remains as you and your recruits complete the prayer huddle.

PPT: Click to advance to next slide. Pause video when PRAYER HUDDLE CARD appears on screen and remains as you and your recruits complete the prayer huddle.



Supplies Needed

- Small pieces of paper (about 5 x 10 cm) with each of the following phrases on them (one per recruit) – leaving space for recruits to add some information AND a copy of the Lord's Prayer for the last page; put these individual pages into a mini-booklet for the recruits (See attachment page 9)
 - R – Recognize how awesome God is and tell Him.
 - E – Enjoy gifts or blessings and thank Him.
 - C – Confess your sins to God – tell Him you're sorry and ask for His forgiveness.
 - O – O is for others & ourselves – praying for our needs and theirs.
 - N - No (more) talking! Just listening and waiting or looking for God's direction.



- Pencils,
- Pencil crayons
- Letter-size piece of paper for brainstorming awesome qualities of God
- Marker
- Ball
- Music player (and speakers if necessary)
- Quiet music
- Paper

Directions

SAY: Michael had a great idea to remind us of the many different parts that can be involved in our prayers. We're going to use his idea to learn how to pray today. Here is a mini booklet that we will use to help us. First, I need all of you to say 'R' in your loudest voice...

SAY: 'R' – Recognize how awesome God is – and tell Him!

SAY: Now, repeat after me, "Recognize how awesome God is—and tell Him". Let's pray a list of all of the amazing qualities of God in one minute. Let's see if we can fill this piece of paper with your ideas. You give your suggestions and I'll write away. When you have an idea, say "God you are _____".

SAY: Now, in your booklet, draw or write at least five of those qualities that are important to you.

DO: Give the recruits a chance to write.

SAY: Okay, now yell out the letter 'E'. 'E' – Enjoy gifts or blessings and thank Him. Take one minute to draw a gift on the 'E' page.

SAY: – Let's pray and thank God for his gifts and blessings. Think of at least three things that you want to thank God for. Let's make a circle. When I toss the ball to you, say 'Thank you God for _____' and fill in the blank. Then, pass the ball to someone else.

SAY: This one is a tough one but it's so important. 'C' – Confess your sins to God – tell Him you're sorry and ask for His forgiveness. Draw a cross on your 'C' page. Confession is usually a pretty private thing. We're not going to have you tell people your sins, you are going to tell them straight to God. Please kneel down. That's a way to remind us that we are not perfect. In your head repeat the following prayer after me. "Dear Jesus... please forgive me for... (Now you fill in the blank). I'm so sorry... please help me to obey you."

SAY: Okay, recruits, whisper the letter 'O'. O is for others and ourselves – praying for our needs and theirs. Others can be anyone, our family, our friends, our community, the world. On your 'O' page, write down the names of at least two people you'd like to pray for. Then write or draw something that our world needs prayer for (i.e. peace, food, clean water). Finally, draw a mini sketch of yourself to remind yourself that you should also pray for your needs.



SAY: Come and make a circle. Put your hand on the shoulder of the person next to you. In the quiet, say a prayer for the people on both sides of you. You might say, "Dear Lord, please be with _____ this week and help him/her to do well at school." Now stretch your hand into the middle of the circle and silently pray for someone in your community, your house or in the world. Finally, put your hand on your heart and pray silently for something for yourself. For example, "Dear Lord, I have a test tomorrow and I'm nervous. Can you please help me to remember what I've studied?"

SAY: And finally, we're at the last letter, 'N' so let's give a yell for letter 'N'. 'N' - No (more) talking! Just listening and waiting or looking for God's direction. Wow! And we thought confession was hard! You'll notice your 'N' page is going to be left blank except for the text that's already on it. We're not putting anything on this one! Hopefully that will remind us to be quiet. I know that this can be a really hard one. Being quiet. Some of you may want to listen to some nice quiet music at home while you listen to God, some of you may lie down, some may kneel, some may sit with a journal and write or draw. Whatever is comfortable to you, is what you should do. Since this is a really tough one today, we will only be quiet for two minutes. Please find a space in the room by yourself. If you want, pick up a piece of paper and a pencil or some crayons on the way that way if something comes to your mind you can write or draw it. Now, I will play some quiet music but other than that, you need to be completely quiet and try to listen to what God says to you.

SAY: (in a whisper) Okay recruits, let's come back to the group. Would anyone like to share your thoughts on what you heard, what was hard, what was easy?

DO: Allow a chance to share.

SAY: The more you practice being quiet the easier it will be in the future but it sure is tough. You have prayed hard today.

SAY: Way to go team. Let's get back to the Recon Team now and find out what they are up to.



Mission Uplink 3



YouTube: Play "Basic Training (S1) Episode 2 (4/4)". Pause the video when the FIELD MISSION CARD appears on screen and remains as you and your recruits complete the Field Mission Project.

PPT: Click to advance to next slide. Pause video when FIELD MISSION CARD appears on screen and remains as you and your recruits complete the Field Mission Project.



Field Mission Project



Supplies Needed

- Large chart of Lord's Prayer
- Tape
- Copies of the Lord's Prayer with bracketed reflections for each recruit (see attachment page 10)



Mission Project

SAY: One final mission for today...you have worked hard! Let's just keep moving though so that we can be prayer experts. Drum roll please... (Reading mission card from satellite uplink) "Your final mission for today is to learn the Lord's Prayer." Wow! That's no easy task but I'm sure you're up for the challenge. The neat thing is that once we've learned the Lord's Prayer, we've learned a whole passage from the Bible. Did you know that this prayer is from Matthew 6?

SAY: You will see the Lord's Prayer posted on the wall. We're going to put you in small groups to learn the Lord's Prayer and to help you understand what it means.

DO: Divide the recruits into as many small groups as you can where they will have a leader with them. Have individual groups continue with the following script.

SAY: (small group) I have a copy here of the Lord's Prayer for each of you. Let's read the bold print and then pause when we get to the parts in brackets.

DO: (small group) Read through the entire prayer explaining each of the sections as indicated in brackets for the recruits.

SAY: (small group) Now we are going to pray through the Lord's Prayer again. This time, we will add some actions as we pray it. This is called a 'Body Prayer' and is another way that we can worship God in prayer. For each section we will create an action that will help us to remember the prayer.

DO: (small group) Read through the prayer together stopping at each phrase to have recruits come up with an action that will match it. For example: Our Father which art in heaven (raise your hands up to heaven), Hallowed be thy name (kneel down in worship), Thy Kingdom come (raise hands again while kneeling), Thy will be done on earth as it is in heaven (lie flat on the floor), Give us this day our daily bread (sit up and show the action of giving), And forgive us our debts as we forgive our debtors (make the symbol of the cross and then point outward), Lead us not into temptation (pull another recruit gently by the arm) but deliver us from evil (let go of fellow recruits). For thine is the kingdom (hands raised to God) and the power (show muscles) and the glory (roll hands toward heaven) forever. Amen

SAY: (small group) To help you remember this prayer, we have a small copy of it typed out for you and in your booklet. Try to memorize it this week if you don't already know it.

DO: Gather the recruits back together as a large group.

SAY: (large group) Well recruits you have worked your missions very well today. I am so impressed! Once you head out today, we'll be sure to send through all of your Intel to the Recon Team. Before you leave, let's gather together and pray.

DO: Pray for your recruits.

SAY: Have a great week. We look forward to seeing you next week and discovering what the team is learning.



NOTES

Additional Resource: Kate's Prayer Journal

Supplies Needed:

- Pencils
- Copy of Prayer Journal (see attachment page 11)

Directions:

E-mail or print a copy of the Prayer Journal for each student. Encourage them to use it at home over the next couple of weeks and beyond to record their prayers for others, to write down what they are thankful for, and to record what God says to them. They can choose how to use the last column or they could use it to record prayers that God has answered.



R

Recognize how awesome God is and tell Him.

E

Enjoy gifts or blessings and thank Him.

C

Confess your sins to God - tell Him you're sorry and ask for His forgiveness.

O

O is for others & ourselves - praying for our needs and theirs.

N

No (more) talking! Just listening and waiting or looking for God's direction.

The Lord's Prayer

"Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as it is in heaven. Give us today our daily bread. Forgive us our debts as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one."

Matthew 6:9-13

Our Father which art in heaven,
(Father – my Father, the one who loves me)

hallowed be your name,
*(Your name is holy, I can tell you how awesome you are,
I can thank you)*

thy kingdom come, thy will be done on earth as it is in heaven.
*(I will pray for others and myself, that we would obey you and help to
show the world what you are like by the way we love each other)*

Give us this day our daily bread.
*(I will pray and trust that you will take care of me,
that you will provide for my every need)*

Forgive us our sins, as we forgive those who sin against us
*(I know that I do things to hurt you, I'm sorry. Please help me to say
sorry and to forgive those who hurt me too)*

And lead us not into temptation, but deliver us from evil.
(God please help me to make good choices.)

**For thine is the kingdom and the power and the glory,
forever and ever.**
(You are in charge)

Amen



PRAYER JOURNAL

Here's a copy of Kate's Prayer Journal that you can make your own.
You can even add another topic in the last column.

Remember prayer is both talking and listening to God.

Prayer for Others	God, I Am Thankful For...	What God Says to Me	