

Middle School Sunday School March 29, 2020

Good Morning to all my favorite 6th, 7th, and 8th-grade friends!! Are you ready for week 2 of virtual Sunday School? We pray you can learn and connect with God through this time. Take some time to read the scriptures and try out one of the activities below.

Scripture:

Ephesians 6:18 "And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people."

Jeremiah 29:12 "Then you will call on me and come and pray to me, and I will listen to you."

During this season of Lent, we are reminded of Jesus and the person he was on earth. During Jesus's fasting for 40 days, he did something . . . do you know what that is? Yes, it is PRAYER! He was retreating and renewing himself through prayer to God. During our Lenten season, we should be doing the same. You may say well I don't really remember to pray each day, or I don't know what to pray for?

Prayer is a beautiful way for us to communicate with God. It doesn't have to be formal or anything perfectly thought out. It is just you talking to God and telling God your heart's desires. It is telling God how you are and then thanking God for all God does in your life.

Activity:

So today, we're going to work through some ideas of different ways to pray. Take some of them throughout your week and try it out.

- 1. Breath Prayers-** I love breath prayers! They are a way to pause and be mindful of life around you as well as slowing life down and welcoming God in. It is similar to mediation and as you breathe in you say a name for God you love. (Example: Oh Heavenly Father) Then when you breathe out you say what you need from God. (Example: I need peace to calm my anxiety). This prayer is to slow you down and help you be in the presence of God. Psalm 46:10 says "Be still and know that I am God." When we do breath prayers we are being still and experiencing who God is.

Example:

Inhale: Holy Spirit

Exhale: I need your strength

P.S- Try it out and see how you feel? (I always turn on calming music/light a candle and get in a quiet place to really be still)

2. ART. For those times where you feel creative, this is one of my favorite ways to pray. It seems weird that you can create something that would be prayer, but ultimately, we honor God through our imagination. God designed us to be creative and to use our gifts. So paint, doodle, craft something, watercolor, write with chalk on the street . . . do whatever you feel inspires you. Through the art, you create. You can write bible verses, a hymn, paint a prayer, or color and design a cross. Whatever you want and remember that through these creations God can hear and see your heart's intentions.

3. Prayer Walk! Okay may seem weird but especially being stuck at home this is so easy to do in your neighborhood. A prayer walk is when you take a walk and as you notice people, trees, birds, dogs, or just anything in God's creation you say a prayer over it. Your focusing on God's community around you. This is for you to pray over others while being mindful of the beautiful earth we live in. Prayer walks can be in your neighborhood, at a park, or can be done on a hike. With the beautiful weather, we have had I encourage you to get outside and pray!

Moving Forward

Prayer is important to growing and learning who God is. There is no right or wrong way to do it. You can start small with just a few words a day and see where it takes you. Sometimes it just takes trying new ways to pray to get the hang of it. Thankfully, God will guide you and be with you every step of the way.



Here is some more resources to check out if you need some more guidance.

Prayer for today:

God we ask for comfort, your strength, and your peace during this time of sickness. Would you please be with those who are caretakers, be with those who have lost jobs, be with those who are vulnerable to sickness. God, we ask that you give us the wisdom needed and you would guide our world to safety. God thank you for being ever-present in the midst of all this. Thank you for being never changing and for hearing our prayers. Amen