

Alley Rundown – January 13-14, 2018

Bible Story: Living on a Prayer (Model Prayer) • Luke 11:1-4

Key Question: How do you pray to God?

Bottom Line: Practice praying to God.

Memory Verse: “Training the body has some value. But being godly has value in every way. It promises help for the life you are now living and the life to come.” 1 Timothy 4:8 (NIV)

NOTE for Worship Experience: Students will be given a list of prayer requests of things they can pray for. Encourage them to hold onto their sheets, take them home, and pray for them throughout the week.

Items Needed: “Prayer Requests” Sheet (handout after Connect Time)

Connect Time: 3 Minute Workout (Interactive Video)

Begin Rundown...

“What’s up Alley! How’s your 2018 going so far? Well today, we begin a brand new series called “Work it Out!” Give me a show of hands of who loves to exercise! (Allow response.) Yeah, a few of you. The rest of you just might not like it, or you haven’t found your favorite kind of exercise yet. My favorite kind of exercise is definitely not Zumba or dancing. I don’t have any rhythm...”

Optional: Share about a personal skill you have acquired over the years. Example below.

“However, if you give me a snowboard, it’s on like a snowy Donkey Kong! In my defense, I haven’t really practiced dancing like I have trained in snowboarding. I’ve spent many long hours working out what gear I need for a day on the slopes. I know the perfect weather conditions to find the powder for smooth turns. My stance has been perfected after years of preparation. It’s through *practice* that I’ve been able to work it out and improve my skills. Now, I can ‘shred the slopes’—as they say—with the best of them! Do any of you have something you love doing? What activity have you spent time learning and practicing in order to become better at it? Take a minute to circle up in your small groups and explain what activity you have spent hours learning through practice and hard work.”

Allow groups about a minute to discuss activities they play and practice. Once groups finish, allow a couple of groups to share what they discussed.

“Those sound like awesome activities! And for most people, if they want to get better at something, it takes practice. With the help of a coach or teacher and steady practice, we get better. We can improve our art skills, cheer jumps, and baseball pitches. And if we don’t practice, we won’t have what it takes to keep up with the rest of our team.”

“This is also true when it comes to building our faith skills—like prayer, for example. For many of us in the room, prayer is NOT a something new to us. You know that prayer is talking to God. You’ve heard prayer is important at home and church. Before meals, you have seen people bow their heads to thank God for their food. Some of you have been encouraged to pray before you go to bed.”

“Maybe there are some in this room who go to God before the big game or the really hard test or when you’re really angry. Some really brave kids in this room are willing to not only pray at home or church

. . . but they pray to God at school or on the bus or at a friend’s house. Those are all great times and places to talk to God. In fact, God wants to hear from us all the time. And that sounds good at a place like church, but the thought can be a little intimidating.”

“What about the times when you just don’t know what to say? What do you pray for when there isn’t anything major happening? If you’re being honest, some may have never been taught how to pray. Are you supposed to kneel by your bed? Bow your head? Close your eyes? What does God want to hear from us? Are there certain words we are supposed to use?”

“Rest assured. Nobody is born with his or her faith skills mastered. It takes learning and practice to work it out. Not even Jesus’ disciples had mastered prayer. This morning, I want us to look at a time when Jesus’ closest friends asked Him to teach them to pray. It’s pretty cool. Let’s check it out.”

CG: Week 2 Lesson Video (Runtime: 12:00)

“Prayer is an important faith skill to work on. I love how Jesus took a few minutes to teach the disciples the best way to talk to God. And remember something: these were Jesus’ closest friends. They traveled great distances by His side. Even they wanted to be taught to pray. All that to say: nobody is a natural talent when it comes to faith skills. All of us are working it out with the goal of understanding who God is and growing in our faith. That means that as we talk about prayer and read about prayer and . . . well . . . actually pray, our faith skill begins to grow.”

“Let’s brainstorm together. I am going to ask you a series of questions. As you raise your hands and answer the questions, I will write them down. Make sense? Great! Answer me this: When your day is wrapping up, what do you thank God for?”

Take several responses.

“Thanks for those answers. What ways can you have a God-focus—a kingdom-focus—during your day?”

Take several responses.

“Those are great responses. Think about this question: What do we need to ask God for in the day to come? This could be a need you have or a need someone else has.”

Take several responses.

“Great answers to the question. It’s important we acknowledge what we’ve done wrong. He already knows, but He will forgive us. What are ways people disobey God during the day?”

Take several responses.

“Yeah, nobody is perfect, which is all the more reason for us to go to God for forgiveness. Last question: Who are people in your life you may need to forgive? Don’t say specific names but speak generally, like a bully in school, that sort of thing.”

Take several responses.

“Now, I realize we just spent some time talking about how to talk to God. But what does it look like—in your life and with your schedule—to talk to God? Let’s continue this conversation in Small Groups. And while you head to your groups, ask yourself this question . . .”

CG: Key Question Slide

“How do you pray to God?” As with most faith skills, it may not always be easy or convenient to pray, but that doesn’t make it any less important. Let’s work it out right now...”

CG: Worship Experience Video (Runtime: 5:00)

NOTE: Students will be given a list of prayer requests of things they can pray for. Encourage them to hold onto their sheets, take them home, and pray for them throughout the week.

Items Needed: Prayer Requests Sheet

(DISMISS TO SMALL GROUPS)