

City LG - January 13-14, 2018

Bible Story: Living on a Prayer (Model prayer) • *Luke 11:1-14*

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*

WORSHIP: Nothing is Impossible and Look at Me

Worship Leader: "Hello City! Happy New Year! I hope you all are having a great 2018 so far. Let's all stand together and sing. Our first song is 'Nothing is Impossible'. This song is about worshipping Jesus for all that He can do. Nothing is Impossible with God!"

"Our next song is all about how we want people to see Jesus when they look at us. This song is a lot of fun! Let's sing together!"

LARGE GROUP WELCOME:

"Gooooood day to you, friends! Welcome, welcome. I could NOT be more thrilled that you all decided to come hang out with me, [your name], here in The City! If it's your first time here, or maybe you're kind of new, or if you haven't been here in a while, we're especially glad to see you guys. If you've been around here a while, look around the room and point like this (*point two fingers and wink*), 'You're gonna love it!'"

KIDS: "You're gonna love it!"

"It's true, The City is the most fun place ever because you people are the most fun people ever. Speaking of fun, let's get this party started by going over our new theme this month together."

CG: Commitment Slide

"There it is! Commitment is making a plan and putting it into practice. Help me out and read that with me."

KIDS: "Commitment is making a plan and putting it into practice."

"Commitment. (*Hold up one finger.*) First, you make a plan. Maybe you want to learn how to play the piano or how to count to 100 in another language. Or maybe you want to be a better friend. Then take that idea and PLAN how you're going to do it. You plan to practice for 30 minutes every night. You plan to download a Spanish app on your tablet. You plan to memorize a few verses in the Bible about friendship. Making a plan is the first part of commitment.

(*Hold up second finger.*) "Second, you put that plan into practice even when it's hard and even when you don't feel like it. Commitment means you never give up on your plan. It's time to crank up the fun level. What do you say?"

CG: Workout Music

"Raise your hand if you're ready to commit to our game today. *(Pause for response.)* That's what I like to see. Everybody stand up! *(Pause.)* Here's how we're going to play. The name of an exercise will come on the screen. Before I show you how to do the actual exercise, I want you to show me what you think the exercise is based on the name.

"Ready, set, let's play!

CG: Donkey Kicks

"Everybody show me what you think a donkey kick exercise would look like. Let's see it! Let's see it!

Allow the kids to try a donkey kick. If you have a lot of kids, you might want to choose one or two kids to demonstrate their version of the exercise.

"Okay, okay. Those are some awesome ideas. But do you want to see a real donkey kick? All right, here we go!

Demonstrate a donkey kick.

"Now it's your turn!

Allow kids to try the actual version of the exercise.

"Raise your hand if you got it right before I showed you. *(Pause for response.)* Oh, yeah. Let's try the next move.

CG: Dead Bug

"Have any of you ever heard of the dead bug? *(Pause for response.)* What do you think? Let's see your best dead bug.

Allow the kids to try a dead bug. If you have a lot of kids, you might want to choose one or two kids to demonstrate their version of the exercise.

"That's great. You guys are awesome. Now here's the real Dead Bug.

Demonstrate the dead bug exercise and invite kids to join.

"Who got it right before I modeled it? *(Pause for response.)* There's more where that came from!

Continue the game in the same way using the following exercises.

CG: Star Jumps

CG: Inchworm

CG: Duck Walk

CG: Ski Jump

“That was awesome, friends! But the awesome doesn’t end there. We’re just getting started! Does anyone in here have some kind of practice you go to? Maybe you play baseball or soccer or some other sport. Some might take piano lessons or go to ballet class. Maybe you just have something you practice on your own like learning your multiplication facts or the capitals of countries from around the world. Yeah, lots of us practice things.”

“If you’ve ever practiced something, you know that it’s not always easy to do. But you also know that practice is helpful. Practice is the only way to learn how to do new things. When we practice something over and over, before too long, we don’t have to practice it anymore. It’s something new that we know how to do without even really thinking about it.”

“Have you ever thought about practicing prayer? It may seem like a weird idea to you, but stay with me. Praying is simple, really. It’s just talking to God. But sometimes prayer can feel hard. Maybe you’re worried God doesn’t really hear you. Maybe you don’t know what to say. And praying out loud? That can make some of us feel really nervous.”

“There’s a group of guys in the Bible who were really close to Jesus. You may have heard them called the disciples. One day, the disciples asked Jesus a really important question. They asked Him how they should pray. Let’s watch what happens next...”

CG: Week 2 Lesson Video (Runtime: 7:11)

“God WANTS to you to talk to Him. He loves it when you take the time to talk to Him and tell Him how you’re feeling about what is going on in your life. This might be something you do all of the time, or it could be something that might take a bit of work for you. But that’s the thing with prayer—it takes practice. Not practice like saying the exact same prayer at the exact same time every day, but the practice of talking to God and telling Him what you’re thinking about. It’s like our Bottom Line says today.

CG: Bottom Line Slide

[Bottom Line] “Practice praying to God. Can you say that with me?”

KIDS: [Bottom Line] “Practice praying to God.”

“Sometimes you’re going to tell God that you’re happy. Sometimes you’re going to tell Him you’re sorry. Sometimes you’ll tell Him that you’re scared. He is with you through it ALL. And the best news is, you can talk to Him about it! Let’s go ahead and talk to Him right now.”

(have children repeat the below prayer along with you)

Pray: “God, You are awesome. You give us everything we need. Thank You that You hear us when we talk to You. Even when we don’t know what to say, and even when we’re not sure You’re listening. We love You. We pray this in Jesus’ name, Amen.”

(DISMISS TO SMALL GROUPS)