

## CITY LG – May 11-12, 2024

**Today's Bible Story:** You Say (The Lord's Prayer) • *Matthew 6:9-13*

**Today's Bottom Line:** Practice praying to God.

**Monthly 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)

**Monthly Virtue:** Commitment—Making a plan and putting it into practice

### WORSHIP

One in a Million

As the World Shakes

**Have kids get into their small groups Before you start Large Group**

**SLIDE: Theme**

Hi, friends! I'm so glad you're here. We've got a lot of fun planned as we continue our training plan together. This month we're talking about what it means to live with commitment.

**SLIDE: Virtue**

Commitment is about **making a plan and putting it into practice.**

**SLIDE: Theme**

When you do your math homework, you're putting a plan into practice so you can become a good student. When you go to basketball practice, you're working hard so you'll be able to do your best out on the court. You also need commitment in order to grow stronger in your relationship with God. That's what we're talking about this month here in the CITY.

Speaking of building our strength, I've got a fun way for us to do that together. It'll be fun and maybe just a little bit silly. Everybody get up on your feet so I can teach you some of the best, most impressive workout moves you'll ever see!

***\*Watch the time, if this is taking a while, you don't need to do all of the moves. You want to make sure there is time at the end for small group.***

First up: the sprinkler.

**SLIDE: Workout Move 1: Sprinkler**

Put one hand behind your head and the other arm straight out in front of you as you move around to water the grass! (*Demonstrate.*)

Now let's do the squirrel.

**SLIDE: Workout Move 2: Squirrel**

Grab an acorn and munch it—you know, like a squirrel does. (*Demonstrate.*)

Up next is the shopping cart.

**SLIDE: Workout Move 3: Shopping cart**

You're pushing your cart through the supermarket, grabbing things from the shelves and putting them into your cart. (*Demonstrate.*)

Now let's do the side-to-side.

**SLIDE: Workout Move 4: Side-to-side**

It's a simple side step you might do if you're playing football and someone's trying to tackle you. (*Demonstrate.*)

Now, another football move—the quarterback toss.

**SLIDE: Workout Move 5: Quarterback toss**

Lean back and throw that football down the field! (*Demonstrate.*)

Let's all do the disco dancer!

**SLIDE: Workout Move 6: Disco dancer**

Hold up one finger and point it to the sky. Then point it to the ground on the opposite side of your body. (*Demonstrate.*)

Up next is the giant leap.

**SLIDE: Workout Move 7: Giant leap**

It's easy—you just do a giant leap. (*Demonstrate.*)

And now, the chicken strut!

**SLIDE: Workout Move 8: Chicken strut**

Fold your arms like chicken wings and flap them by your side as you walk around, sticking out your beak. (*Demonstrate.*)

Next: the high jump!

**SLIDE: Workout Move 9: High jump**

Squat down and touch the floor, then jump up as high as you can with your hands in the air. (*Demonstrate.*)

Okay, we all know summer's coming, so let's dig into the swimming pool!

**SLIDE: Workout Move 10: Dig the swimming pool**

Use that shovel and put some muscle into it! (*Demonstrate.*)

That's it! You've got all the moves! Now, let's put it all together. Let's all follow the screen for a workout to remember!

**AUDIO: Fun instrumental workout music**

**SLIDES: Rotate through various Workout Move Slides, gradually speeding up**

*Lead the audience through the workout. As things speed up, it's okay to mess up. Just have fun with it!*

**SLIDE: Theme**

Whoa. That was an amazing workout, friends! Give a friend a high five!

This month, we're making a plan and putting it into practice so we can grow in our relationship with God. We're setting up good habits that we can do every day . . . because if we can put in our best effort and commitment, then we'll grow stronger in our faith!

Last week we talked about an important one—HEARING from God, which we can do by reading the Bible. Today we'll talk about another important part of our training plan, and that's PRAYING to God.

Jesus actually talked about prayer, and He gave us an amazing example of how we can pray. We can find what He said in the book of Matthew (*hold up Bible*) . . . which is one of the four Gospels that tell about the life of Jesus.

In the book of Matthew, we read about a time when Jesus went up on a mountainside and sat down to teach His followers. The things that Jesus talked about and taught there have come to be known as the Sermon on the Mount. As Jesus talked to the people who had gathered that day, He explained what it means to be part of God's kingdom. He explained what it means to show love to God and to others. And He talked about one of the best ways that we can show love to God: by talking with God in prayer.

Let's check it out.

**VIDEO: Bible Story**

**SLIDE: Theme**

When you practice talking to God, your faith grows! You can follow the example of the Lord's Prayer that Jesus shared with His followers, because it helps us remember to do some really important things.

Jesus' prayer reminds us to thank God for the good things in our lives.

It helps us to notice what God is doing in the world around us.

It reminds us to ask God for the things we need . . . because we can trust God no matter what!

And Jesus' prayer also reminds us how much God LOVES us and forgives us—even when we've messed up.

So, let's make prayer part of our training plan. Stand up for our bottom line.

**VIDEO: Bottom Line**

**SLIDE: Bottom Line**

### **Practice praying to God.**

Remember that you can be completely honest when you talk to God. You can talk to God anytime . . . anywhere . . . about anything!

You might be in the habit of talking to God when you get up in the morning or before you go to sleep at night. You might be in the habit of praying before meals, or when you're riding in the car. Or maybe you're just getting started and learning how to talk to God. Just remember that you can ALWAYS pray to God and know that God is there to help you.

Let's pray and talk to God now.

**SLIDE: Theme Background**

Dear God, thank You for loving us and caring about all our needs. Thank You for being there to listen anytime we want to talk to You! Thank You for the way Jesus gave us an example of how we can pray. Help us practice talking to You about whatever is going on in our lives. Help us get in the habit of praying, and help us stay committed to put that plan in practice. We love You, and we pray these things in Jesus' name. Amen.

### **OFFERING:**

There's a ministry that we are supporting with our offering until the summer. It's called Morning Star Mission and it's located right near here, in Joliet, IL.

**SLIDES: Morningstar pictures** (*scroll through as the leader talks about the mission*)

Since its beginning in 1909, Morning Star Mission has had one main goal — to help people in need. Morning Star Mission helps people who are struggling to have enough money to live. They have a shelter that gives them a place to live if they don't have a home. People in the community can go to the mission to get clothes and food if they need it too. AND they tell people about Jesus and his love for them while they are helping them, how cool is that?

Morning Star doesn't just stop there. They have many programs that they offer people to help them get in a better financial place so that they don't need the help anymore. Morning Star is a mission that is changing lives in our area!

**SLIDE: Theme**