

PRAYER NO WORRIES

A stylized illustration of two hands raised in prayer, palms facing up. The hands are dark grey with white outlines. They are positioned symmetrically on either side of the central text. The background behind the hands is a light grey semi-circle, and below them is a darker grey semi-circle, creating a sense of depth and focus on the hands.

Philippians
4:6
[2020]

2020 Theme: Leaders Resource Booklet

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Prayer - No Worries

Introduction

Theme Topic

God is sovereign, all-knowing and all-foreseeing. In His infinite wisdom and boundless love, He gives repeated instruction in His Word that we must pray. Understanding that God knows all things - even what we'll pray before we pray it - why should we pray? We pray in obedience to God who tells us to pray about everything with thanksgiving and to worry about nothing. We pray to tell God what we need and through prayer God gives us exactly what we need - a deeper relationship with Himself. How amazing that God desires us to bring our requests to Him in every situation, by prayer and petition, with thanksgiving.

Theme Verse

Do not be anxious about anything but in everything by prayer and petition, with thanksgiving present your requests to God (Philippians 4:6).

Theme Background

Worry can rob us of sleep, initiate stress headaches and stomach troubles and consume our thoughts. When we think about our fears and failures, health and wealth, tests and trials, family and foes, problems and pressures, responsibilities and realities, it seems an almost justifiable worry list-until we look at the truth of God's Word.

In Scripture, not only does God call worry by its name – sin (Matthew 6:34) - He provides a way to eliminate it from our lives- prayer (Philippians 4:6)! Prayer is a two-way process: speaking and listening. God invites us to speak or talk to Him about anything, at anytime, in any place. He also desires that we listen to Him as He speaks to us through His Word and His Spirit.

How do you and I learn to pray? By praying. If prayer is a struggle in your life, you may wonder how you can possibly teach children to pray. One thing is certain: Don't worry about it - pray!

Theme Aims

- To teach children that they should not worry, but instead should turn each concern, worry, and care into a prayer to God who hears and responds to their cries.
- To teach children that God tells them in His Word to pray about all things, at all times and in all places. Girls/boys will understand what prayer is and why it is essential for their lives.
- To teach children that to commune with God requires speaking (or talking to God) and listening (God talking to us through His Word and His Spirit).
- To have children practice different forms of prayer and to experience the depth and joy of communicating with God in prayer.
- To teach the children a simple structure for prayer (Praise, Admit, Request and Thanksgiving)

Theme Presentation Overview

The theme is introduced using a short skit involving 2 people at the gym. One is worrying about everything and the other one explains the theme verse.

After this, the GEMS/Cadets move around 4 workout stations in small groups of 6-8. Each workout station covers one of four important elements of prayer: Praise, Admit, Request and Thanksgiving. Leaders of the groups need to be dressed in fitness gear for each workout station.

In the workout stations the GEMS/Cadets will be looking up Bible verses, answering questions in their 'Training Log' and taking part in short prayer times which focus on different parts of prayer. Other activities in the workout stations include acting out the story of the Prodigal son, making a group praise poster or Creation Collage and 'building' a Thanksgiving wall.

Part 1: Worried and out of Shape

Theme Verse

Do not be anxious about anything but in everything by prayer and petition, with thanksgiving present your requests to God (Philippians 4:6).

Aim

- Introduce the main points of the theme
 - That we do not need to be anxious about anything
 - Instead of worrying about things we should pray to God
 - We should present our requests to God with thanksgiving
- Introduce the 4 workstations (Praise, Admit, Request and Thanksgiving)

Overview

Introduction of what the Theme is all about through a skit.

Resources Needed

- Two Leaders (Jules N. Prayer [Jewels in Prayer] and Jayden Worry [Jaded and Worried]) dressed in workout/fitness clothes.
- Room set up with chairs for GEMS/Cadets decorated to look like a change room at a Gym (with items such as gym bags, training shoes, other items found in a gym).
- Large letters: P, A, R, T on separate A4 size paper/cardboard (see Resource Section)
- Large cardboard poster of the Theme Verse
- Training Log
- Texta for underlining words on Poster
- Bible

Skit: Worried Sick and out of Shape

(Jayden Worry is on centre stage, sitting on a bench in the gym, facing the GEMS/Cadets, elbows on his/her knees, and his/her face cupped in her hands. Jules N Prayer is holding a clipboard (you can have your skit on the clipboard to help you remember your lines) with the words "Workout Schedule" in big print on the back of the clipboard.)

Jules N. Prayer:

(Jules N Prayer walks on stage, stops, and says...) Hello, my name is Jules N. Prayer (Point to Jayden.) and that's my friend Jayden Worry. My heart hurts for him/her. Jayden worries himself/herself sick about everything. (Walk towards Jayden) Look at him/her sitting in the gym... I wonder what is worrying him/her today?

Jayden Worry:

(Stands and says ...) Oh! Hi, Jules. I've been thinking about a lot of things.

Jules N. Prayer:

You've been thinking or you've been worrying?

Jayden Worry:

Worrying? Me worry? I'm just concerned. Really, really concerned.

Jules N. Prayer:

(Gives her a look of "Tell me the truth!")

Jayden Worry:

(Start quietly and build up with drama!) OK. So I've been worrying myself sick. What if my dad loses his job, what if I fail my maths test tomorrow, what if I don't get playing time in Saturday's basketball game, what if the sun doesn't come out tomorrow?

Jules N. Prayer:

Jayden, stop worrying!

Jayden Worry:

Every time you tell me not to worry, I worry about how much I worry!

Jules N. Prayer:

You need to get in shape! Getting in shape changes everything. When I joined the fitness challenge and got in shape, it changed my life!

Jayden Worry:

(Flexes muscles and says...) Get in shape? I come to the gym five days a week. I run, do sit-ups, and lift weights until my arms feel like they're going to fall off. How much better shape do I need to be in?

Jules N. Prayer:

That's not the kind of shape I'm talking about, Jayden. Pull up a bench and I'll tell you and the GEMS/Cadets all about it. *(Jayden sits on the bench and faces the cardboard poster with the Theme verse)*

The shape-up plan that eliminates worry from our lives is prayer! God tells us in His Book, the Bible *(Hold up your Bible)*, that we shouldn't worry about anything and that with thanksgiving we should pray about everything.

Let's read God's Word aloud together.

(Display Philippians 4:6 on cardboard poster. Jules, Jayden and the girls/boys read aloud together...)

Do not be anxious about anything but in everything by prayer and petition, with thanksgiving present your requests to God (Philippians 4:6).

God knows that prayer is essential to our lives so He gives us a two-step shape-up plan in this verse:

Number 1: Do not be anxious. *(Underline "do not be anxious")* Do not be anxious means don't worry. Is there anything that's OK to worry about? *(Listen to responses)* Did you know that God doesn't give us permission to worry about anything!

Jayden Worry:

(Raises her hand and says...) Just to make sure I'm following you. I'm not supposed to worry about one single, tiny little detail of my life? Not even one?

Jules N. Prayer:

That's right. God's Word tells us that we are to have no worries.

Jayden Worry:

Impossible!

Jules N. Prayer:

It's not impossible, Jayden. Keep listening!

Number 2: With thanksgiving, present your requests to God. *(Underline "with thanksgiving, present your requests to God.")* Prayer is speaking to God. With thanksgiving, present your requests to God means that we should tell God the things that we're thankful for and speak to Him about the things we need. Whether we speak to God out loud, in a whisper, or quietly in our thoughts, He will hear us. When we speak, give thanks, and tell God our troubles, we'll have no worries!

Jayden Worry:

Wow! If I pray to God, I'll have no worries.

Jules N. Prayer:

You got it!

Jayden Worry:

I'm guessing I'll have less stomach pains, too... Tell me more!

Jules N. Prayer:

Our all-knowing and all-powerful God invites us to talk or pray to Him about anything. *(Circle "in everything")* What are some things that we can pray about? *(Listen to responses.)*

Jules N. Prayer:

That's right. It doesn't matter what it is, we can pray about it because God tells us to pray about every situation.

Jayden Worry:

This is great! Instead of worrying about my dad's job, and my maths test, and playing in Saturday's game, I can talk to God.

Jules N. Prayer:

Right again, Jayden! Speaking to God in prayer is important. Did you know that it's also important that you listen to what God says to you?

Jayden Worry:

How can I listen to God?

Jules N. Prayer:

Everyday you can experience God personally speaking to you! Sometimes God the Holy Spirit uses words; sometimes God the Holy Spirit speaks to us through our feelings.

Jayden Worry:

What do you mean, sometimes "words" sometimes "feelings"?

Jules N. Prayer:

Have you ever done something wrong and felt really guilty about it? That sick feeling in your gut could be the Holy Spirit telling you to say you're sorry or reminding you not to do that again. Did you ever feel a strong urge to go talk to someone who is having a bad day? That tender feeling in your heart could be the Holy Spirit telling you to go be a friend.

Jayden Worry:

OK, so that's the Holy Spirit using "feelings" right?

Jules N. Prayer:

Yes, and very often, God speaks to us using words from His book, the Bible. When you read your Bible and listen carefully, you'll hear God speaking to you about what you are reading! God is always speaking to us; we just need to have big ears that are listening to His voice.

Jayden Worry:

Right, so we need to pray and listen to God... But what's this got to do with keeping fit again?

Jules N. Prayer

(Each time you say the word "part" emphasise it). Well, you and all the GEMS/Cadets are going to take PART in "The Prayer Fitness Challenge!" Prayer is such an important PART of being a Christian that you can't stay fit as a Christian if you live aPART from prayer. It's this PART of being a Christian that this year's Theme is all about. Are you ready to take PART?

Jayden Worry:

Part, Part, Part. You keep saying the word "Part".

Jules N Prayer:

Well, P - A - R - T spells "PART" and P - A - R - T stands for Praise, Admit, Request and Thanks, four important elements in Prayers. During The Prayer Fitness Challenge you will receive a Training Log *(Hold up a Theme Badge Booklet)* and will travel with your Fitness Trainer to four workout stations *(Choose 4 girls/boys to come out and hold up a letter as you introduce each workout station):*

- Workout Station # 1: P is for Praise.
- Workout Station #2: A is for Admit.
- Workout Station #3: R is for Request.
- Workout Station #4: T is for Thanks.

Jayden Worry:

(Jumps off the bench and faces the girls/boys.) OK! I'm definitely ready to get in shape. How about you girls/boys? *(Listen to girls'/boys' responses).*

Jules N Prayer:

Before we begin The Prayer Fitness Challenge, let's pray together.

Prayer:

Heavenly Father, thank You that Your Word tells us that we should pray about everything and worry about nothing Use these prayer workout stations to teach us how to speak and listen to You. Thank You that You hear and delight in the prayers of all Your children. In the name of Jesus, Amen.

Part 2: Getting In Shape

(This section will involve the girls/boys moving around 4 different workout stations that focus on different aspects of our prayer life. The girls/boys need to be in groups of 6-8. Larger clubs need to have these workout stations setup in different rooms, so that several groups can be at workout stations at the same time. You may choose to do 1 or 2 workout stations a night. They can be done in a different order if necessary. Note: The time required to complete Workstation 3 is a little longer than the other Workstations)

Workstation 1: P is for Praise

Lesson Verses:

***Praise the LORD, all you nations; extol him, all you peoples. For great is his love toward us, and the faithfulness of the LORD endures forever. Praise the LORD.
Psalm 117***

***Great is the LORD and most worthy of praise; his greatness no one can fathom.
Psalm 145:3***

The LORD has done great things for us, and we are filled with joy. Psalm 126:3

Aim:

To teach the Cadets/GEMS that, in our prayers we should praise God for who He is - a great and awesome God. When we are reminded of God's character and what He has done it should lead us to respond in praise.

Overview:

- Introduction through an interactive "praise" activity
- Group Discussion Time:
 - Finding out what the Bible says about why we should praise God
 - Circle prayer of praise • Making a Praise Poster (optional) • Making a Creation Collage (optional)

Resources Needed:

- Leader dressed as Fitness Instructor
- Note paper and small container
- Training Log
- Coloured pieces of paper (optional activity 1)
- Textas (optional activity 1)
- Sheet of cardboard (optional activity 1)
- Pictures of God's Creation (optional activity 2)
- Glue and scissors (optional activity 1&2)

Introductory activity:

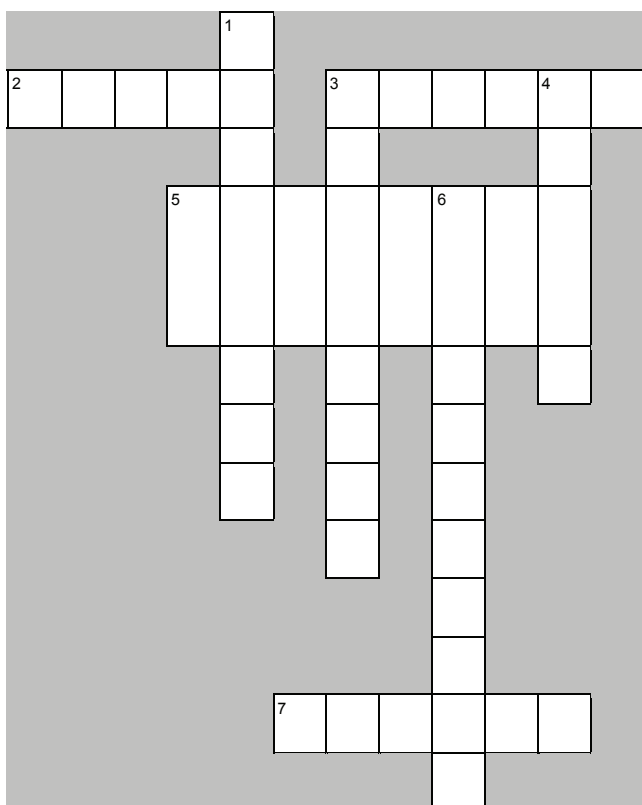
(Write the names of each member of the group on separate pieces of paper and fold them over. The papers are collected in a small container. Each person in the group needs to take a piece of paper and write something that the person on the paper is good at doing.

Suggestions are sport, craft, music, drawing.....For example He is good at playing cricket, She is good at making cards, After a few minutes all the papers are collected and the leader reads out the good points. The group members can call out who they think is being described or the answers can be written down to see who can guess the most correct.)

Group Discussion Time

(Answers are shown below in bold print. Some answers do not need to be written in the Training Log. W indicates written answer D indicates discussion question)

1. (W) What is a word starting with 'p' to describe what we were doing? (**Praise**)
2. (D) Who should get the best praise? (**God**). Why? (*listen to responses*)
3. (W) Let's do this crossword which will help us find out what the Bible says about why we can praise God.



ACROSS

2. God is the of heaven and earth. (Psalm 146:6)

Maker

3. We praise God because He is (Psalm 145:3)

Worthy

5. The ways of the Lord are loving and (Psalm 25:10)

Faithful

7. We praise God because He has done great(Psalm 126:3)

Things

DOWN

1. Another word for Maker.

Creator

3. God over us. (Psalm 121:5)

Watches

4. God gives us in times of trouble. (Psalm 46:1)

Help

6. God is and good (Psalm 86:5)

Forgiving

4. (W) Finish the sentences:

(Leaders please note: These answers are meant to be personal responses, so there are no right or wrong answers. We have only given you some suggested responses. After allowing a few minutes for the children to write the answers children can be asked to volunteer to read their answers.)

- a. One great thing God has done for us is... **(creating the world, sending Jesus to die for our sins)**
- b. In times of trouble I know that... **(I can pray to God, God will be with me, God can help me and give me peace)**
- c. It's good to know that God is watching over me because I... **(don't have to be worried or anxious)**
- d. God is 'faithful' means that God will never ... **(leave me and will always keep His promises)**

5. (W) Draw the part of God's creation that you especially enjoy.



6. (D) Read the Lord's Prayer printed on the back of your Training Log. **(Leaders please note: This version of the Lord's prayer is the version used by the Reformed Churches and printed in the green Book of Forms. It is slightly different from the NIV version found in Matthew 6:9-13)**

- a. What does Jesus teach us to praise God for in the Lord's Prayer? **(This is how you should pray: "Our Father in heaven, Hallowed be your name")**
- b. (Ask:) What does it mean to say God's name is to be hallowed? **(That God's name is holy because God is perfect)**

7. (D - Optional) How else can we Praise God? *(listen to responses)*. What does it say in Psalm 146 :2?

We can sing praises to God. Many songs of praise have been written over the years so that we can all praise God in song.

Circle prayer of praise.

Let us praise God now as we pray together. Finish the sentence "I praise you God ...because....."

"If you don't wish to pray just say Amen and the next person will pray."

Group Activity

Option 1: Praise Poster

Let's make a praise poster by writing words of praise about God on different colour paper and displaying them on a poster.

(GEMS/Cadets write up words on different coloured strips of paper and arrange on cardboard to display. eg God is mighty, God cares for us. The heading 'Praise God' can be done by a leader or the GEMS/Cadets.)

Option 2: Creation Collage

(Make a collage poster of God's creation by gluing pictures on a sheet of cardboard. Pictures can come from the internet or magazines (e.g. National Geographic).)

(Note: Each group can add to these Posters as they complete each workstation.)

Workout Station 2: A is for Admit your sins

Lesson Verse:

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. 1 John 1:9

Aim:

Teach the GEMS/Cadets that our sins separate us from God. We need to admit our sins to God and ask Him for forgiveness

Overview:

- Act out the Story of the Prodigal Son as found in Luke 15:11-32
- Discussion questions
- Prayer time

Resources Needed:

- Leader dressed as Fitness Instructor
- Simple costumes for the actors in the story (father, older son, younger son, friends, servants).
- Coloured pencils for drawing in Training Log
- Training Log.

Introductory Activity:

We're going to find out about another part of prayer. To help us do this we will read a story that Jesus told of a man who had 2 sons. Then we will act out the story. (You will find the story below . You may choose to leave out the last 3 paragraphs)

(Leader assigns parts and narrates the story as the girls/boys act it out. Try to include the whole group in the drama. It may work best if the leader is the narrator.)

The Parable of the Lost Son

Jesus continued: "There was a man who had two sons. The younger one said to his father, 'Father, give me my share of the estate.' So he divided his property between them.

Not long after that, the younger son got together all he had, set off for a distant country and there squandered his wealth in wild living. After he had spent everything, there was a severe famine in that whole country, and he began to be in need. So he went and hired himself out to a citizen of that country, who sent him to his fields to feed pigs. He longed to fill his stomach with the pods that the pigs were eating, but no one gave him anything. . When he came to his senses, he said, 'How many of my father's hired men have food to spare, and here I am starving to death! I will set out and go back to my father and say to him: Father, I have sinned against heaven and against you. I am no longer worthy to be called your son; make me like one of your hired men.' So he got up and went to his father.

But while he was still a long way off, his father saw him and was filled with compassion for him; he ran to his son, threw his arms around him and kissed him.

The son said to him, 'Father, I have sinned against heaven and against you. I am no longer worthy to be called your son.'

But the father said to his servants, 'Quick! Bring the best robe and put it on him. Put a ring on his finger and sandals on his feet. Bring the fattened calf and kill it. Let's have a feast and celebrate. For this son of mine was dead and is alive again; he was lost and is found.' So they began to celebrate.

Meanwhile, the older son was in the field. When he came near the house, he heard music and dancing. So he called one of the servants and asked him what was going on. 'Your brother has come,' he replied, 'and your father has killed the fattened calf because he has him back safe and sound.'

The older brother became angry and refused to go in. So his father went out and pleaded with him. But he answered his father, 'Look! All these years I've been slaving for you and never disobeyed your orders. Yet you never gave me even a young goat so I could celebrate with my friends. But when this son of yours who has squandered your property with prostitutes comes home, you kill the fattened calf for him!'

'My son,' the father said, 'you are always with me, and everything I have is yours. But we had to celebrate and be glad, because this brother of yours was dead and is alive again; he was lost and is found.' "

Group Discussion Time

(Answers are shown below in bold print. Some answers do not need to be written in the Training Log. W indicates written answer D indicates discussion question)

1. *(W)* What does A stand for? **(Admit) Write this in your Training Log.**
2. *(D - optional)* When the son asked his father for his share of the Estate, he was only thinking of himself. When he asked for his inheritance, he was treating his father as if he was dead. Did having lots of money, and selfishly doing what he wanted, make the younger son happy? *(Listen to responses).*
3. *(D)* What did the son do when he came home? **(He admitted his sins and said: Father I have sinned against heaven and against you)**
4. *(D)* Did the father forgive the son? **(Yes)**

5. (D) How did the father show the son that he had forgiven him? **(The father gave him the best robe, a ring and sandals. Then he put on a feast)**
6. (W) In your Training Log make a cartoon showing what happened when the son returned home to the father. Add speech bubbles to show what they said.

The sons meets his father.	The fatherspeaks to the son.	The father shows he has forgiven his son.

7. (W) Who is like God in the parable? **(The father)**
8. (W) Who is the son in the parable like? **(All of us)**
9. (D) How can we be like the son when we haven't done anything really bad like wasting money or robbing someone? **(Jesus said that even our thoughts can be sinful if they are not loving. No one can keep the greatest commandment to love God with all our heart, soul, mind and strength.)**

(Read) 1 John 1: 8 "If we claim to be without sin, we deceive ourselves and the truth is not in us."

10. (D/W) Can you think of something you have said or done this past week which breaks God's commandment to love Him and love others? *Don't feel you need to answer this aloud but think about it and feel free to jot a few things down in your Training Log or share it with us now. Later, we'll have a chance to pray and admit silently to God our sins (Listen to responses).*
11. (W) What should we say to God when we do things that are wrong? Please **forgive** me God for what I have done wrong. I am truly **sorry**.
12. (W) What does God promise to do when we admit our sins?

(Read) If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness; 1 John 1:9.

God promises to **forgive** our sins. Just as we can be cleaned of dirt, our sins will be washed away when we **admit** them to God in prayer.

13. (D) Turn to the back page of your Training Log to read the Lord's Prayer. What part of the prayer is about admitting your sin? Let's read it together (**"Forgive us our sins as we forgive those who sin against us"**) What does it mean? **(Please forgive me God for what I have done wrong as you also ask me to forgive others I am truly sorry)**

Sin separates us from God who is holy and cannot ignore our sin. When we do wrong things it causes a split between God and us. It's as if a soundproof wall goes up between us and God. When we admit our sins, God promises to forgive us and the wall between us and God is taken away.

We will finish with a short prayer time when we will have a time when you all can silently say sorry to God for the wrong you have said or done this past week. At the end of this time, I will finish the prayer by saying; "Please forgive all our sins..."

Let's pray:

Holy God, we admit that we do wrong things. Please listen to all of us silently confess to you the things that we know we've done wrong.

(Wait for 2 minutes, then pray...)

Please forgive all of our sins. Thank you that you do not reject the prayers of those who ask for forgiveness. Thank you God that you do forgive all our sins in Jesus Name we pray. Amen

Workout Station 3: R is for Request

Lesson Verses:

Do not be anxious about anything, but in everything, by prayer and petition with thanksgiving, present your requests to God (Philippians 4:6).

And my God will meet all your needs according to his glorious riches in Christ Jesus (Philippians 4:19).

Aim:

To teach the girls/boys that we should bring our requests to God when we pray and that we should pray for specific needs.

Overview:

- "Simon Says" Introductory Activity (Option 1)
- Vague Instruction Introductory Activity (Option 2)
- Message
- "Needs/Wants" Sorting Activity (2 Options)
- Group Discussion Time
- Prayer time

Resources Needed:

- Leader dressed as Fitness Instructor
- Training Log
- Materials for Vague instruction activity
- Pictures for need/wants activity
- Cadet /GEM ready to read Phil 4:6&19 (both verses are in the Training Log)

Introductory Activity

Simon Says Activity (Option 1)

(Ask the boys/girls to line up against one of the walls in the room to play a game of Simon Says.)

We're going to begin with the game Simon Says. If I say, "Simon says jump," then you must jump. But if I simply say Jump, without first saying "Simon says," then do not jump. If you do, you're out of the game. Let's begin.

(Note: Be specific when you're not saying "Simon Says," but keep the directions vague when you say, "Simon says" so they don't know what to do. Here are some examples:)

- Move your right hand.
- "Simon says" take three. *(Give general, non-descript instructions when you say, "Simon says," The boys/girls will wonder, "Take three what?" But just repeat yourself, "Take three.")*
- "Simon says" move your.
- Take four steps forward.
- "Simon says" turn your.
- "Simon says" wiggle your.

(After two or three minutes of play, say...) "Simon says" sit down on the floor.

Girls/boys, what did you notice about the instructions I was giving you? (Listen to responses.)

When I was giving "Simon says," instructions I was very vague, wasn't I? You wanted to know the specifics of what I was asking you to do, but my directions were unclear. Sometimes our prayers can be like that because we don't make prayer requests specific enough.

Vague Instruction Activity (Option 2)

(Ask the boys/girls to give you instructions to: build something, mix up something (cake mix, recipe), put on makeup or draw an object such as a car or elephant (you decide which one suits your group best). Tell them they are to take it in turns in giving the instructions and that only one instruction is to be given at a time.)

(When they give the instructions, only do what they say - if more than one instruction is given, do only one of them. When insufficient information is given in the instruction, follow it in such a way as to mess up what they are trying to get you to do (e.g. add way too much sugar, or add a Lego block that is completely wrong, or use lipstick for eye shadow).)

(As the activity progresses, they'll probably work out that they need to make their instructions very specific. End the activity by discussing how it was important to be specific.)

Message:

God specifically tells us what we should pray for and how He'll respond to those prayers in the book of Philippians 4:6 & 19. Let's read those verses.

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And my God will meet all your needs according to his glorious riches in Christ Jesus. Phil 4:6 & 19

What do you need God to do in your life or in the life of a friend, family member, or a situation going on in our world? Go ahead and make that request of God, and, be specific. Tell Him exactly what is on your heart; pray with direct and detailed requests.

For example, maybe your friend Jenny is in the hospital receiving cancer treatments. Rather than praying God's blessings on Jenny, get direct and detailed:

Father God, please use these treatments to remove every cancer cell from Jenny's body. Jenny needs your encouragement. Please let there be a time today when Jenny laughs so hard that her sides hurt. And, please let her be back home by her birthday. The doctors don't think that's possible, but everything is possible with You. Please let Your best plan be worked out in Jenny's life today. In Jesus' name, Amen.

What does God promise to give us? (Listen to responses.) Let's read Phil 4:19 again to see what the Bible says.

And my God will meet all your needs according to his glorious riches in Christ Jesus. Phil 4:19

God promises to take care of everything that we need, not everything that we want. And, if we're honest, sometimes our prayer requests can be more of a Christmas wish list, than a request for our daily needs. God doesn't always answer our prayers in the way we want, or even the way that we think we need, but He does stay true to His promise: He will generously supply everything needed in Jesus Christ. So tell God your needs and then trust Him to meet those needs according to His best plan.

First we need to work out what our needs really are. Otherwise, you may mix up needs with wants.

Needs/Wants Sorting activity:

(Option 1: Cut out pictures from magazines (remember to choose magazines with enough pictures of both "Needs" and "Wants") and paste them under the "Needs" or "Wants" heading that best describes them.)

(Option 2: In their Training Log ask the Cadets/GEMS to categorise the following items into "Needs" and "Wants". Nintendo DS, God's Forgiveness, Wisdom, Fruits of the Spirit (love, joy, peace, patience, kindness, goodness, faithfulness), Digital Camera, an iPod, Trust in God, Great holidays, Food, Riches.)

Needs	Wants
God's Forgiveness	Nintendo DS
Wisdom	Digital Camera
Fruits of the Spirit	iPod
Trust in God	Great Holidays
Food	Riches

So as you can see from this activity there are many things we want, but God only promises to supply all our needs. In Jesus, we have what we need – His love, His comfort. His forgiveness, His peace, His joy, and His plan for our good.

Let's pray:

Father God, thank You that we can bring our requests to You. Teach us to pray specifically and to fully trust You to take care of everything we need. We praise You that You generously supply everything we need in Jesus. In His name, Amen.

Group Discussion Time:

Let's find out what the Bible teaches us about what prayer requests we should make:

(Answers are shown below in bold print. Some answers do not need to be written in the Training Log. W indicates written answer D indicates discussion question.)

1. (W) What does R stand for? **(Request)** Write this in your Training Log.
2. 1 Peter 5:7 says; **Cast all your anxiety on Him because He cares for you.**
 - i. (D) What does this verse mean?

(Give all your worries and troubles to God because He is looking after you)

- ii. (W) Can you think of something you are worried about? If you can then write down your prayer request in your Training Log.

Prayer request:

Dear God...Please help me not to worry about

3. Ephesians 6:1-2 says; **Children obey your parents in the Lord, for this is right. "Honour your father and mother"**. (W) Try to think about some things that you struggle to obey when your mother or father asks you and write it down in your Training Log.

Prayer Request:

Dear God, help me to

4. Galations 5:22,23 says; **But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.**

- i. (D) Can we show all of these things in our lives by trying very hard? **(No)**
- ii. (W) We need to ask for God's help to have these fruits in our lives. Choose 2 fruits you need help with and write a prayer request.

Prayer Request

Dear God: Please help me to show.....

5. Ephesians 1:17 (a prayer of Paul) says; **I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better.**

- i. (D) What does Paul pray for? **(Wisdom and revelation and to know God better)**
- ii. (D) Why do we need to pray for wisdom? **(So that we make good choices, and so that we choose to follow God's ways and not our own)**
- c. (W) Write down a prayer request to God to help you know Him better

Prayer request:

Dear God, Please

6. Turn to the back of your Training Log and read the Lord's Prayer.

- i. (D) Who first prayed this prayer? **(Jesus)**
- ii. (D) What does Jesus teach us to pray for in this prayer? **(our daily bread, that our sins would be forgiven, and that we would not be tempted to sin)**
- c. (W) Choose one of these things for your prayer request.

Prayer request:

Dear God, Please.....

Let's Pray

Let's Pray together by praying about some of the specific prayer requests you wrote in your Training Log (Finish the prayer with the words below).

Father God, thank you that we can bring our requests for you. Teach us to pray specifically and to fully trust you to take care of everything we need. We praise you that you generously supply everything we need. In Jesus name. Amen

(Remember to tell the boys/girls that if they don't wish to pray aloud, just to say amen).

Workout Station 4: T is for Thanksgiving

Lesson Verses:

*Give thanks in all circumstances, for this is God's will for you in Christ Jesus.
1 Thessalonians 5:18*

*Give thanks to the LORD, for he is good; His love endures forever.
1 Chronicles 16:34*

Aim:

To teach the Cadets/GEMS that we should fill our hearts and prayers with thanksgiving to God for who He is and what He has done.

Overview:

- Introductory activity (2 options)
- Group Discussion Time
- Prayer time
- Thanksgiving wall (optional activity)

Resources Needed:

- Leader dressed as Fitness Instructor
- Cardboard and Textas (Optional) • Coloured pencils for drawing in Training Log • Training Log
- Pieces of paper (preferably coloured) in the shape of a brick, roughly of an A4 sheet of paper (optional activity)
- Small box filled with pieces of paper with the following words: God love, God's forgiveness, God's creation, God's word, God's help, Food, Parents, Jesus and Bible verses for matching activity (See Resource Section)

Introductory Activity:

Option 1: Healing of the Ten Lepers

(In this Introduction Activity, the boys/girls are going to act out the story of the Ten Lepers as it is being read from Luke 17:11-19. Choose a good reader to be the narrator and specifically choose someone to be Jesus and the Leper that comes back. The rest of the group can be the other Lepers. Before acting out the story, ask the girls/boys to think about how you and I are like the Lepers that Jesus healed.)

(After acting out the story ask:)

How are we like the lepers that Jesus healed?

(We are sinners and "unclean" to Him, Jesus can transform our lives through His forgiveness. We forget to thank Jesus for what He has done for us)

Option 2: Thank you Test

(Without any explanation, hand out a lolly to each girl/boy in the group and see who remembers to say thank you. Acknowledge those who say thank you by a responsive smile or by saying something like "that's OK").

It's easy to forget to say thank you to others when we are given something isn't it? What does your mum or dad say to you if you don't say thank you? (Listen to responses) Who gives us all things? (God). Do we always remember to thank Him? (Listen to responses)

Group Discussion Time:

Let's read what the Bible says about giving thanks to God. (Answers are shown below in bold print. Some answers do not need to be written in the Training Log. W indicates written answer D indicates discussion question.)

1. (W) What does T stand for? (**Thanksgiving**) Write this in your Training Log.
2. (W) John 3:16 says; **For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.**
What is the greatest gift God has given us? (**The gift of His son Jesus**)
3. (W) 1 Chron 16:34 says; **Give thanks to the LORD, for he is good; His love endures forever.**
Why can we give thanks to God? (**God is good to us and will always love us**)
4. (W) 1 Thes 5:18 says; **Give thanks in all circumstances, for this is God's will for you in Christ Jesus.**
When do we give thanks? (**We give thanks in all situations**)

Even when we go through difficult times we can be thankful that God is always with us. God does not want us to give thanks for sickness and other problems we have, but we can give thanks that God is always near to us, surrounding us with His love and care.

Verse Matching Activity

(See Resource section for all the words and verses you will need for this activity)

God has given us lots of different things to say thank you for. Each of you can take one piece of paper from this box which has all different things we can give thanks to God for. Don't let anyone see what is on your paper. When everyone has a paper you will all try to find the Bible verse that is pinned up and matches that thing. Once everyone has found their verse, we will come back together and read out our verse and see if anyone can guess what is on our paper.

(Have a big gift box with pieces of paper inside it with various things we can thank God for in it including: God's love, forgiveness, God's word, food, creation, God's help, parents , The girls/boys in turn pull out one piece of paper. Then they have to find the matching verse, which can be pinned up around the room somewhere. Once everyone has found their matching verse, then they come back together and read out their verse. Then the rest of the group can try and guess what was on their paper)

5. (W - After the Verse Matching activity) Fill in the missing words that match each verse.
 - God's love: **But God demonstrates his own love for us in this: While we were still sinners, Christ died for us. Romans 5:8**
 - God's forgiveness: **If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. 1 John 1:9**
 - God's word: **Your word is a lamp to my feet and a light for my path. Psalm 119:105**
 - Creation: **The sea is His, for He made it, and His hands formed the dry land. Psalm 95:5**
 - God's help: **I lift up my eyes to the hills - where does my help come from? My help comes from the LORD, the Maker of heaven and earth. Psalm 121:1-2**
 - Food: **Jesus then took the loaves, gave thanks, and distributed to those who were seated as much as they wanted. He did the same with the fish. John 6:11**
 - Parents: **Children, obey your parents in the Lord, for this is right. Ephesians 6:1**

- Jesus: ***She will give birth to a son, and you are to give him the name Jesus, because He will save His people from their sins. Matthew 1:21***
6. (W) Yes, God has given us all these things and so much more. When should we thank God for all these things? **(In our prayers)**
 7. (W) Now draw in your Training Log, three things you can thank God for. You might choose to thank God for a person, God's creation or what God has done for you.

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A Person

God's Creation

What God Has Done For Us

Let's Pray

(Gather together in a circle and encourage each girl/boy to read out something they can thank God for. Then close the prayer with the following:)

Father in heaven, we give thanks to You for You are good, Your love for us never ends! Thank you for all that You have done and have given to these girls/boys. Please help us in all our circumstances and prayers to always give You thanks. Thank you for sending Jesus your son into this world to die on the cross for us. In Jesus Name. Amen

Optional activity: Thanksgiving Wall

Let's make a Thanksgiving Wall to remind ourselves of some of the things we can thank God for. Each of you will get 3 bricks that you can write on with something you are thankful to God for. You may want to thank God for a person, for part of His creation, for what He does for us, or for your daily needs which He provides. Then we will build our "Thanksgiving Wall" with these bricks. (Hand out different coloured paper bricks for the girls/boys to write on. They can have more bricks if they want. Display them on the wall with the heading 'Thanksgiving Wall' As each group does this activity, they will build onto the Thanksgiving Wall of the previous group.)

Part 3: Staying In Shape

Lesson Verses:

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. John 3:16

For all have sinned and fall short of the glory of God. Romans 3:23

Aim:

That the boys/girls will know what it means to be a child of God

Overview:

- Skit
- Theme in Action activities

Resources Needed:

- Chart with Phil 4:6 written in large print
- Cadet/GEM ready to read John 3:16 and Romans 3:23
- Large red heart (See Resources Section)
- A cross that is slightly taller than the heart with double sided sticky tape on the back of it. (See Resources Section)
- Two leaders (Jules N. Prayer and Jayden Worry) dressed in fitness gear
- Another Leader or older GEMS/Cadet to help with holding Heart and Cross, etc.
- Room set up with chairs for GEMS/Cadets decorated to look like a change room at a Gym (with items such as gym bags, training shoes, other items found in a gym).
- Training Log
- Bible

Skit: Keeping In Shape

(Jules N Prayer and Jayden Worry enter the locker room.)

Jayden Worry:

Jules, what a great workout! You were right. Praying will eliminate worry from my life. After talking and listening to God, I don't feel worried sick any more.

Jules N. Prayer:

(Hold up your Bible.) God is true to His Word. When we pray we have no worries. Let's read Philippians 4:6 together one more time.

(Display Philippians 4:6 on chart and the boys/girls read aloud together)

Do not be anxious about anything, but in everything, by prayer and petition with thanksgiving, present your requests to God (Philippians 4:6).

Jayden Worry:

This is what I want for my life. How do I stay in shape, Jules?

Jules N. Prayer:

Good question. Pull up a bench, Jayden, and I'll tell you and the boys/girls all about it. Prayer is a two way conversation between God and His children. To talk to God and listen to God, we must first be certain that we belong to God.

Maybe you're not sure if you are God's child. We can know for certain by focusing on four truths.

Helper:

(Hold up a large, red paper heart.)

Jules N. Prayer:

Truth # 1 is that God loves you and He has an amazing plan for your life. The Bible says that God so loved the world (John 3: 16) and that includes you, too!

(Ask a Cadet/GEM to read:)

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. John 3:16

Helper:

(Tear the large, red paper heart in half from top to bottom.)

Jules N. Prayer:

Truth #2 is that all of us have done wrong or bad things. God calls those wrong and bad things that we do sin. The Bible says that all have sinned (Romans 3:23).

(Ask a Cadet/GEM to read:)

For all have sinned and fall short of the glory of God. Romans 3:23

Helper:

(Hold the two halves of the heart far apart from one another.)

Jules N. Prayer:

It's our sin that keeps us separated from God who is holy and perfect. To be God's child, you must admit that you have sin in your life and tell God how sorry you are for the wrong things you have done.

Helper:

(Set the heart down and hold up the paper cross.)

Jules N. Prayer:

Truth #3 is that God's Son Jesus died on the cross. Three days later, God, in His amazing power and love, brought Jesus back to life. Jesus died to take away all the sin that separates us from God.

Helper:

(Use the double sided sticky tape on the back of the cross to make the heart whole again. Hold up the heart with a cross in the middle of it.)

Jules N. Prayer:

When you believe or trust that Jesus is God's Son and that He died to take away your sins, God will forgive those sins and give you a new life that begins the day you first believe and continues forever.

Helper:

(Press the paper heart/cross to your heart.)

Jules N. Prayer:

Truth #4 is that you must come to Jesus and ask Him to live in your heart. If you ask Jesus to come and live in your heart, to walk with you every day and to make you His child, you can know for certain that He will do that and that you will belong to Him. You will be God's child!

I'm going to ask all of you to please bow your heads and close your eyes right now. If you'd like to become a follower of Jesus and you've never prayed this prayer before, please picture yourself sitting in front of Jesus and pray these words in your heart to Him.

(Jules N. Prayer praying - be sure to pause after saying each phrase below)

Dear Jesus, thank You that You love me and have an amazing plan for my life. I admit that I've done wrong things. I'm sorry.

Please forgive me. I believe that You are God's Son and that You died to take away the sin that separates me from You.

Please come and live in my heart.

Thank You that I am now God's child and will belong to Him forever.

In Your name I pray. Amen.

If you prayed that prayer in your heart, you can know for certain that you are God's child, you are a follower of Jesus; you belong to God's family forever!

If you were unsure about what you prayed, or you didn't feel ready to pray that prayer, or you're not certain what it really means to be a follower of Jesus, please feel free to talk to one of the Leaders or myself at any time. We want to answer your questions in the best way that we can. We care about you.

We will be especially praying for each of you in the next few weeks to ask God to help you understand what it means to be one of His children. *(Remember to be ready to talk to children who want to find out more or ask questions. Also remember to pray for your Cadets/GEMS each day for the next few weeks).*

Jayden Worry:

It sounds like the first step to getting in shape is making sure you're God's child.

Jules N. Prayer:

That's right and prayer is so important for staying in shape. I want you to think about some things in the past that may have kept you from praying.

Jayden Worry:

Hmmm. I guess I didn't really know how to pray

Jules N. Prayer:

OK, well we've talked about how God is always ready to hear our prayers - no matter where we are, or what we're doing. Just talk to God and remember P-A-R-T. Let's see if you can all remember what each letter stands for. So tell me P stands for..., A stands for.... R stands for..... T stands for *(Let the GEMS/Cadets respond with Praise, Admit, Request and Thanksgiving).*

Jayden Worry:

Well, the other thing that kept me from praying was that I sometimes don't seem to have time to pray.

Jules N. Prayer:

Oh... That's interesting. God the creator of all things - including time - knows that we need to make time to talk to Him. Someone smart once said: "I'm too busy to miss praying". Try setting a special time aside to pray and talk to God. Maybe before you get out of bed, maybe before you go to sleep, maybe some other specific times. But remember, God is always ready to hear our prayers so pray anytime.

Jayden Worry:

But what if I forget to pray.

Jules N. Prayer:

Try getting into a habit of praying at a regular time. Try writing a note that you stick on your bedroom door or somewhere else to remind you to pray. The more you pray, the less you'll forget.

Jayden Worry:

Well if I'm really honest, I think sometimes I'd rather do other things than pray.

Jules N. Prayer:

It's good to be honest. God knows our hearts so it's no use trying to kid Him. Remember, God wants us to pray to Him about all things, at all times and in all places. God doesn't want us to worry but instead, we should turn each concern, worry, and care into a prayer. God hears and responds to our prayers.

Jayden Worry:

Is there anything else I can do to stay in shape, Jules?

Jules N. Prayer:

The best way to stay in shape is to pray, pray, pray and pray some more. So, before you leave the locker room I have three questions for you:

Are we supposed to worry? (*Listen to responses.*) **No!**

What does the Bible tell us to do instead of worrying? (*Listen to responses.*) That's right - we should pray with thanksgiving.

Are you ready to stay in shape through prayer today and always? (*Listen to responses.*)

Jayden Worry:

Jules, thank you for all that you taught me today/tonight about prayer. I'm ready to get in shape right now. Will everyone please stand, join hands, and pray with me?

Jules N. Prayer:

I would love to pray with you, Jayden.

Jayden Worry:

Father God, thank You for all that we learned about prayer and all the ways that we experienced speaking and listening to You during The Prayer Fitness Challenge. Please help us to say no to worry and yes to praying to You with thanksgiving about anything, anytime, anywhere. In Jesus' name, Amen.

Jules N. Prayer:

Amen!

Put the Theme into Action

Group Activities/Individual Activities

(Choose one or more of the following activities to help the Cadets/GEMS "Stay in Shape":)

- Learn the Lord's Prayer from memory
- Recite the theme verse from memory (Philippians 4:6)
- Make a personal prayer journal with headings on each page Praise, Admit, Request and Thanksgiving. See Craft section for ideas on making a prayer journal
- Display a map of the world and mark different countries where you are praying for specific people's needs (e.g. missionaries, persecuted Christians, people living in war torn countries)
- Keep a prayer journal at GEMS/Cadets and record Prayer requests and Thanksgiving points. Use this for your group prayer times.
- Make bookmarks with the theme verse and hand them out on Cadet/GEMS Sunday. See Resource Section.
- Make and decorate the theme banner
- Send cards to people in the church that are sick or lonely and let them know you are praying for them. Write some encouraging verses from the Psalms on the cards.
- Make a praise rap about God, using the Psalms for ideas. e.g. Psalm 96, 100, 117, 148 This could be done in groups of 3-5 girls/boys
- Decorate a small box and fill it with some of the Bible verses from the Theme material that will help the girls/boys in their prayer times. They will need small cardboard pieces to write the verses on or you could print them out and they could be cut and glued onto cardboard.
- Select a specific missionary (e.g. Kevin and Machi Rietveld in the Solomon Islands or Belinda and Craig Thompson in Indonesia) to pray for and find out their needs and what they want you to be praying about.
- In small groups, work out a cheer leader style chant to remind everyone of the 4 parts of prayer you have learnt. Eg Give me a P, Give me an A, Give me an R , Give me a T, What does it spell? P- A- R- T PART.

The Lord's Prayer

Our Father in heaven,

Hallowed be Your name,

Your Kingdom come, Your

will be done

on earth as in Heaven

Give us today our daily bread.

Forgive us our sins

as we forgive those who sin against us.

Lead us not into temptation

but deliver us from the evil one.

**For the Kingdom, the power and the glory are Yours,
now and for ever.**

Amen

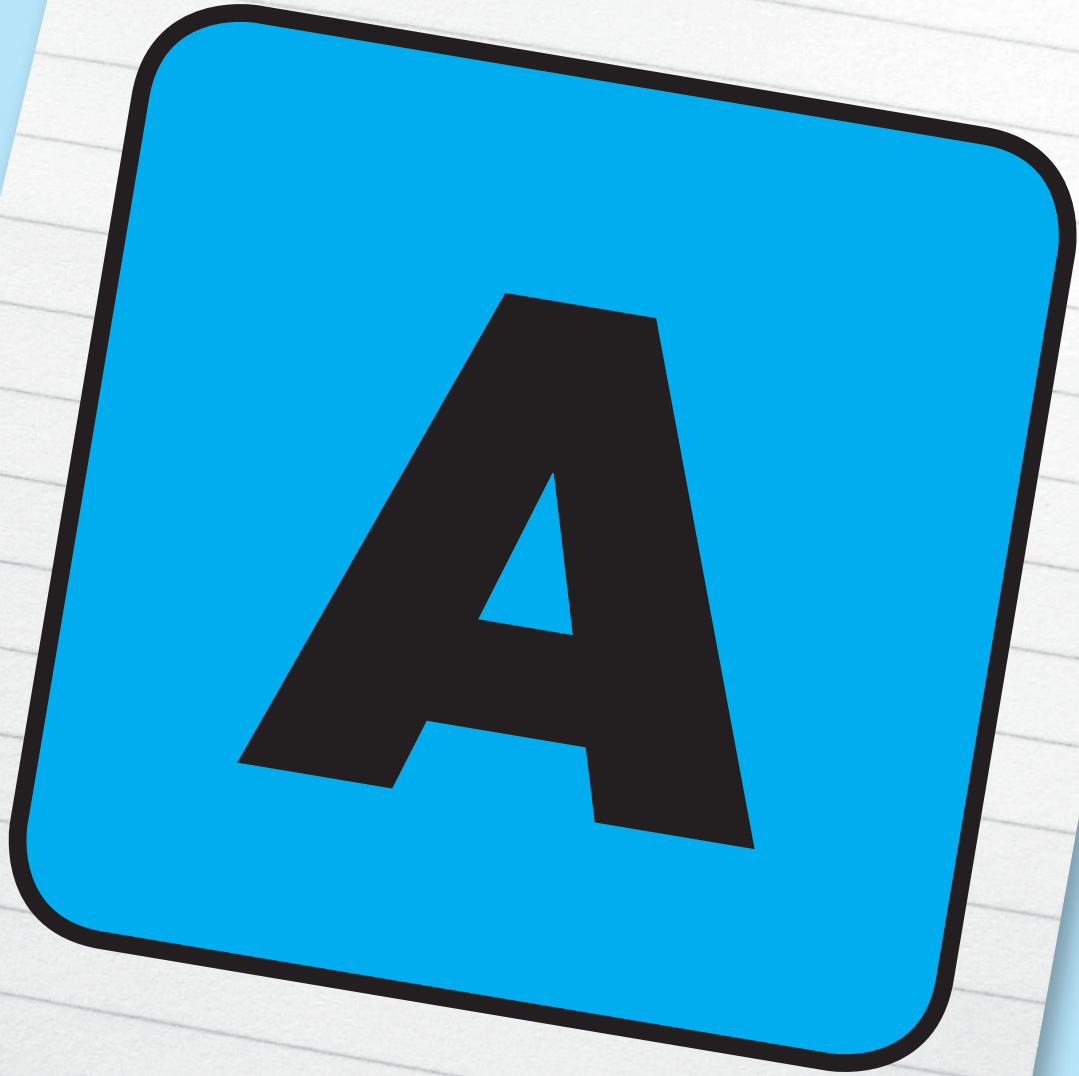
(printed from the Book of Forms of the CRCA)

Theme Presentation Resources

Part 1: Worried and out of Shape.



P





R



Theme Presentation Resources

Workstation 4: T is for Thanksgiving

God's Love

God's Forgiveness

Gods Word

Creation

God's Help

Food

Parents

Jesus

**But God demonstrates his own love for us
in this: While we were still sinners, Christ
died for us. Romans 5:8**

**If we confess our sins, he is faithful and
just and will forgive us our sins and purify
us from all unrighteousness. 1 John 1:9**

**Your word is a lamp to my feet and a light
for my path Psalm 119:105**

**The sea is His, for He made it, and His hands
formed the dry land. Psalm 95:5**

**I lift up my eyes to the hills - where does
my help come from? My help comes from
the LORD, the Maker of heaven and
earth.**

Psalm 121:1-2

**Jesus then took the loaves, gave thanks,
and distributed to those who were seated
as much as they wanted. He did the same
with the fish. John 6:11**

**Children, obey your parents in the Lord, for
this is right. Ephesians 6:1**

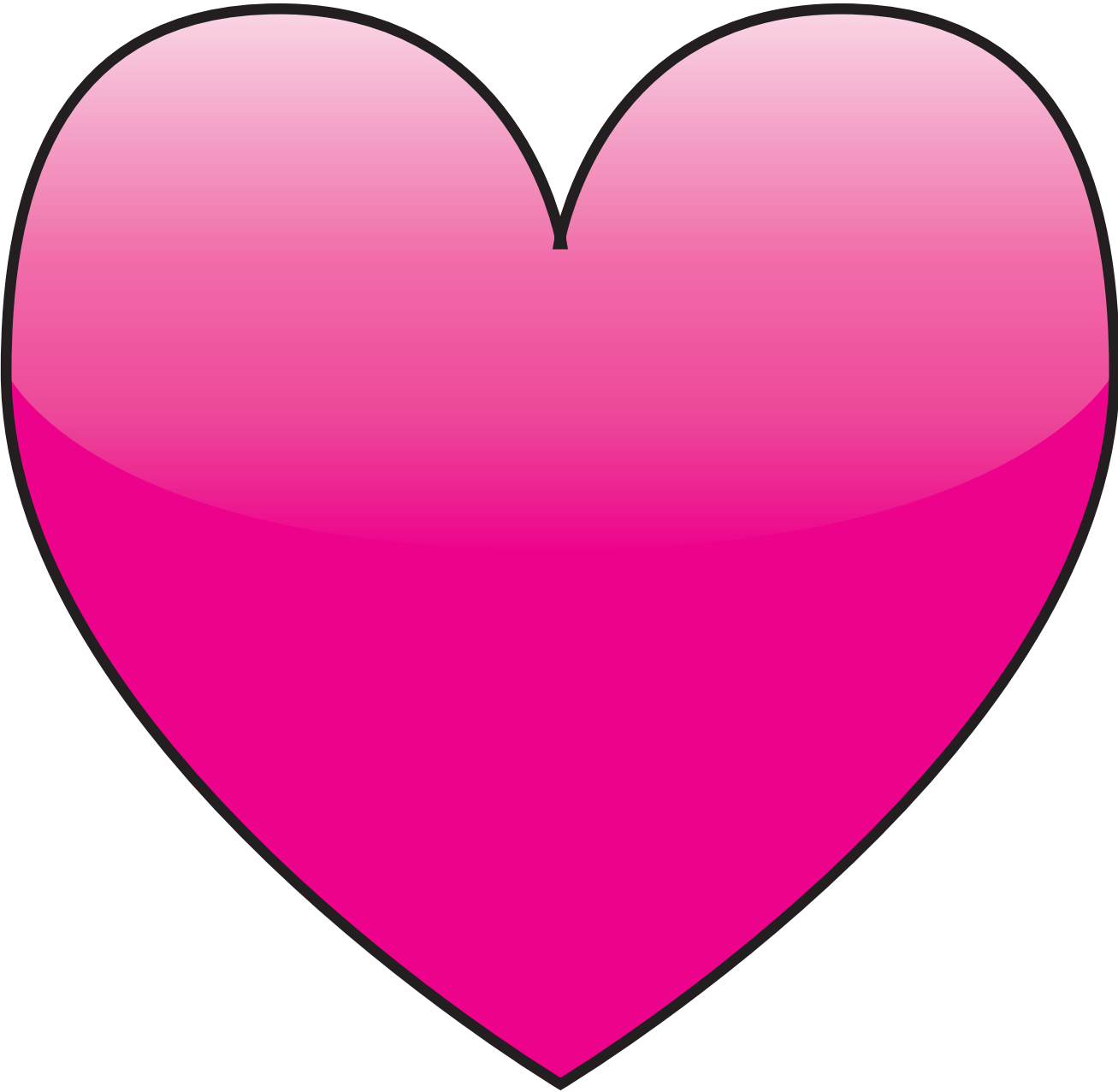
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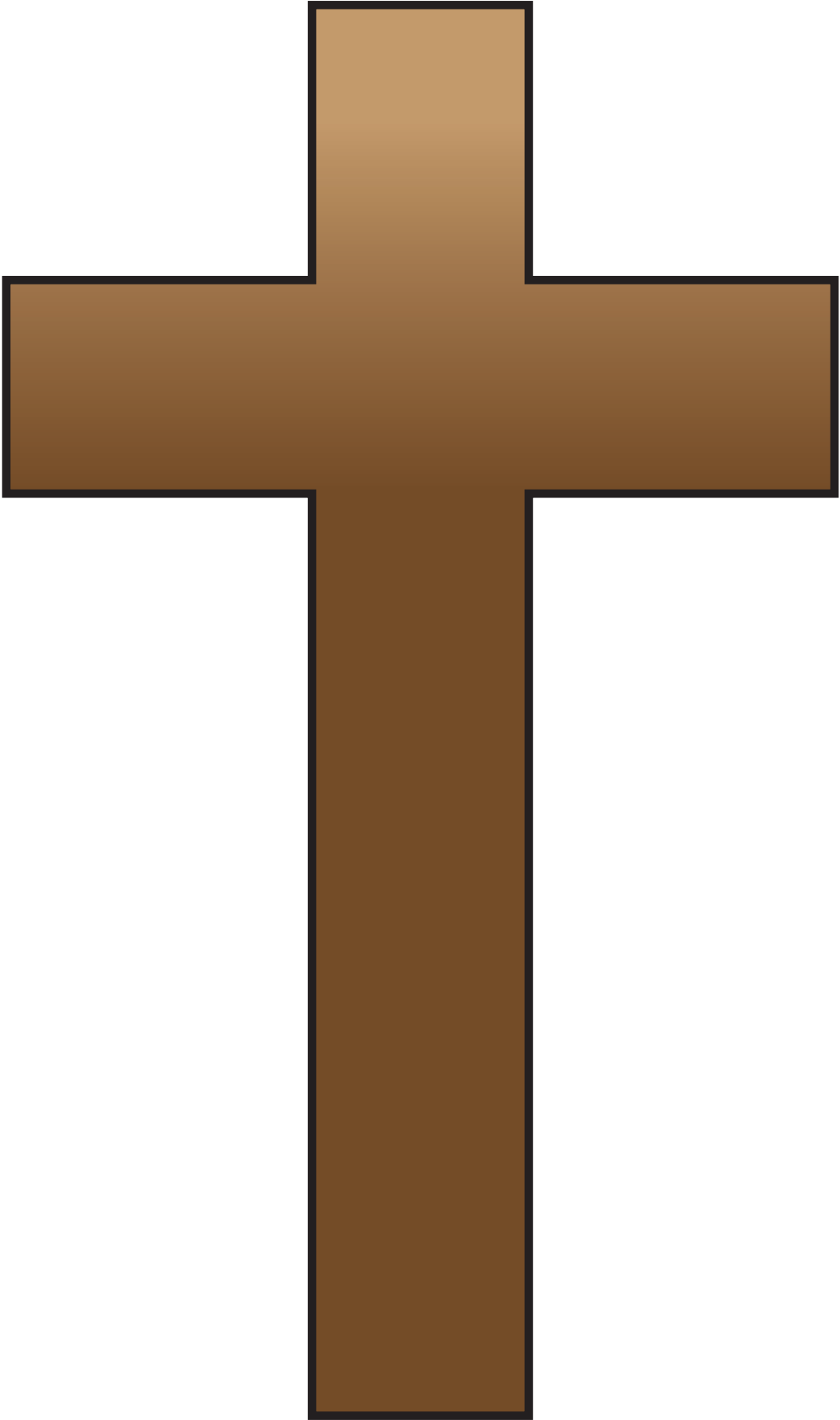
Do not be anxious about anything, but in everything, by prayer and petition with thanksgiving, present your requests to God.

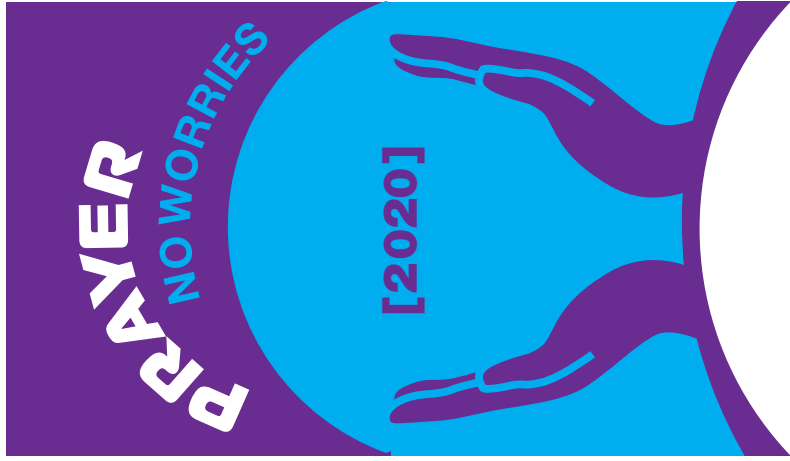
Philippians 4:6

Theme Presentation Resources

Part 3: Staying In Shape [Put the theme into Action]

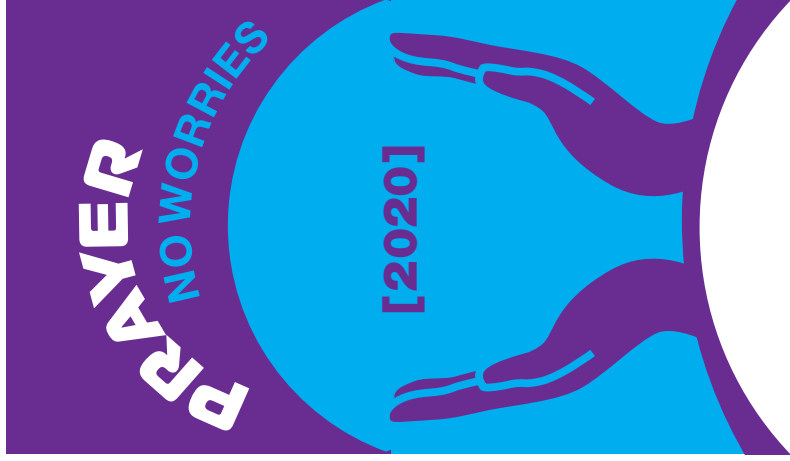






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Philippians 4:6



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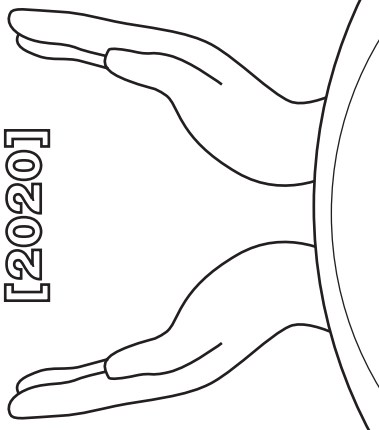


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Philippians 4:6

PRAYER
NO WORRIES

[2020]

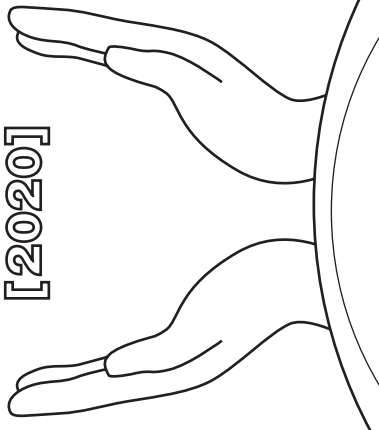


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Philippians 4:6

PRAYER
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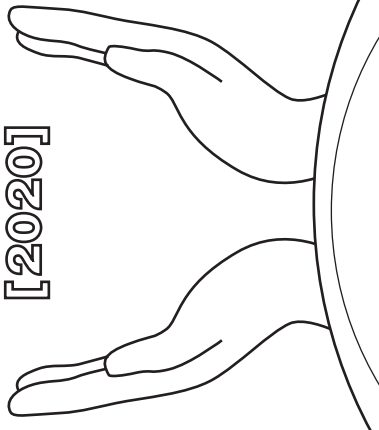


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PRAYER
NO WORRIES

[2020]

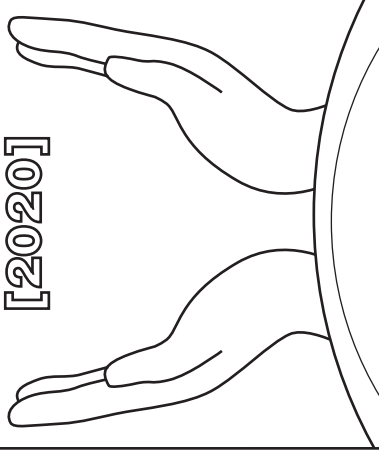


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Philippians 4:6

PRAYER
NO WORRIES

[2020]



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Philippians 4:6