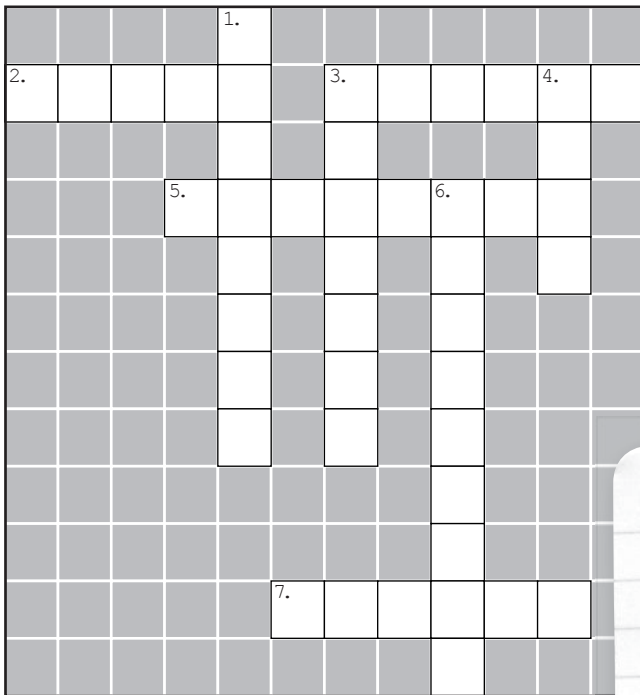




# Workstation 1: P is for Praise

[W indicates written answer D indicates discussion question]

- [W] What is a word starting with 'p' to describe what we were doing? \_\_\_\_\_
- [D] Who should get the best praise? Why?
- [W] Let's do this crossword which will help us find out what the Bible says about why we can praise God.



- [W] Finish the sentences:
  - One great thing God has done for us is \_\_\_\_\_
  - In times of trouble I know that \_\_\_\_\_
  - It's good to know that God is watching over me because I \_\_\_\_\_
  - God is 'faithful' means that God will never \_\_\_\_\_

5. [W] Draw the part of God's creation that you especially enjoy.



## ACROSS

- God is the \_\_\_\_\_ of heaven and earth. [Psalm 146:6]
- We praise God because He is \_\_\_\_\_ [Psalm 145:3]
- The ways of the Lord are loving and \_\_\_\_\_ [Psalm 25:10]
- We praise God because He has done great \_\_\_\_\_ [Psalm 126:3]

## DOWN

- Another word for Maker.
- God \_\_\_\_\_ over us. [Psalm 121:5]
- God gives us \_\_\_\_\_ in times of trouble. [Psalm 46:1]
- God is \_\_\_\_\_ and good [Psalm 86:5]

- [D] Read the Lord's Prayer printed on the back of your Training Log. a. What does Jesus teach us to praise God for in the Lord's Prayer? b. [D] What does it mean to say God's name is to be hallowed?
- [D - Optional] How else can we Praise God? What does it say in Psalm 146:2?

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

Philippians 4:6

**WS1**

# Workout Station 2: A is for Admit your sins



[W indicates written answer D indicates discussion question]

1. [W] What does A stand for? \_\_\_\_\_
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?
3. [D] What did the son do when he came home?
4. [D] Did the father forgive the son?
5. [D] How did the father show the son that he had forgiven him?
6. [W] On the next page 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.



7. [W] Who is like God in the parable?  
\_\_\_\_\_

8. [W] Who is the son in the parable like?  
\_\_\_\_\_

9. [D] How can we be like the son when we haven't done anything really bad like wasting money or robbing someone?

**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?  
\_\_\_\_\_  
\_\_\_\_\_

11. [W] What should we say to God when we do things that are wrong? Please \_\_\_\_\_ me God for what I have done wrong. I am truly \_\_\_\_\_.

12. [W] What does God promise to do when we admit our sins?

**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 \_\_\_\_\_ our sins. Just as we can be cleaned of dirt, our sins will be washed away when we \_\_\_\_\_ 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. What does it mean?

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

Philippians 4:6

**WS2**



The sons meets his father.

The father speaks to the son.

The father shows he has forgiven his son.

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

Philippians 4:6

**WS2**

## Workout Station 3: R is for Request

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

[W indicates written answer D indicates discussion question.]

1. [W] What does R stand for?

2. *1 Peter 5:7 says; Cast all your anxiety on Him because He cares for you.*

i. [D] What does this verse mean?

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?

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

***And my God will meet all your needs according to his glorious riches in Christ Jesus***

Philippians 4:19

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:

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?

ii. (D) Why do we need to pray for wisdom?

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?

ii. (D) What does Jesus teach us to pray for in this prayer?

c. (W) Choose one of these things for your prayer request.

**Prayer Request:** Dear God, Please

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

Philippians 4:6

**WSB**

# Workout Station 4:

## T is for Thanksgiving

[W indicates written answer D indicates discussion question.]

1. [W] What does T stand for?

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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?

---

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?

---

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?

---

5. What can we give thanks for?

[W] Fill in the missing words that match each verse.

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

n \_\_\_\_\_ *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*

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

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

n \_\_\_\_\_ *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*

n \_\_\_\_\_ *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*

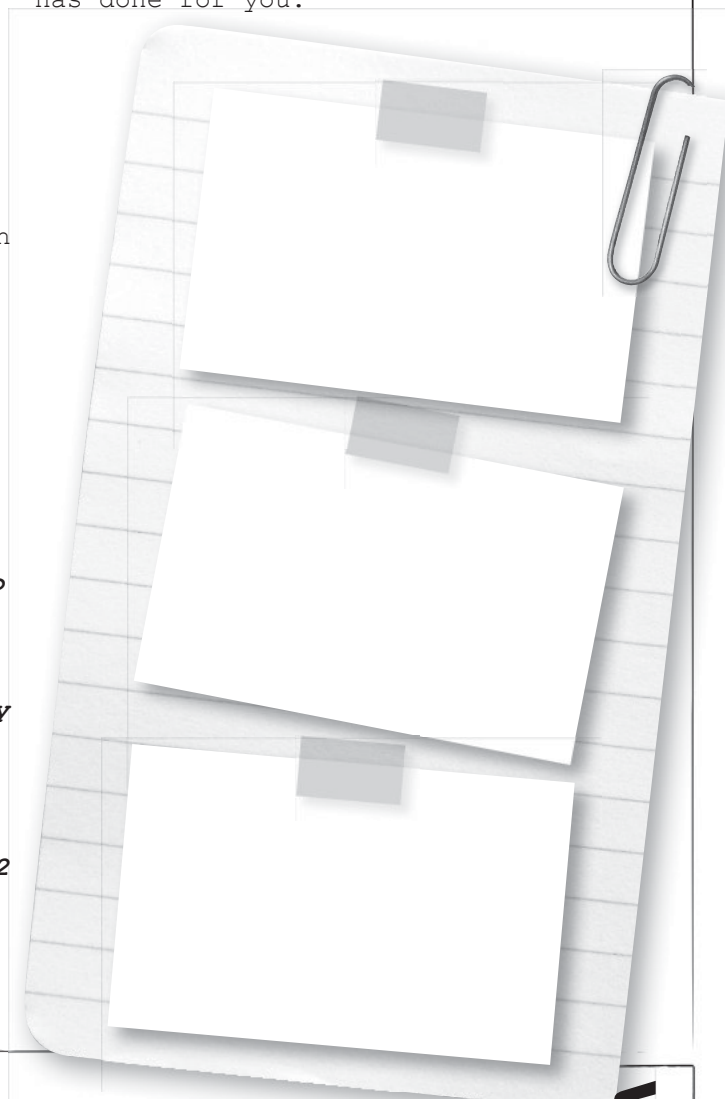
n \_\_\_\_\_  
*Children, obey your parents in the Lord, for this is right. Ephesians 6:1*

n \_\_\_\_\_  
*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] When should we thank God for all these things?

---

7. [W] 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.



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

Philippians 4:6

**WS4**

# 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

P

A

R

T

**P** is for \_\_\_\_\_

**A** is for \_\_\_\_\_

**R** is for \_\_\_\_\_

**T** is for \_\_\_\_\_

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

Philippians 4:6

**TIP**