

Lesson 14: I Should Ask for Help!

Objectives: Students will...

- 1) Discuss that because God is our protector we should ask for help and find verses that talk about the benefit of asking God for guidance.
- 2) Do activities that remind us of our need to ask God for help such as a craft, questions, and activity sheets.

Supplies:

Teacher Materials (provided in classroom)

- Bible(s)
- Markers/Pencil Crayons
- Pens/Pencils
- Attendance Chart (See Template from previous week)
- Stickers for Attendance
- Connect the Dot Activity Page – one per child
- Bible Answers to Help Activity Page – one per child
- God is Our Help Craft Template – one per child on cardstock or construction paper
- Scissors
- Chenille or thin wire 12 inch lengths – one per child
- Blue Craft Foam 4 ½ Inch x 2 ½ Inch pieces – one per child
- Yellow Craft Foam 4 x 3 ½ inch pieces – one per child
- Glue

Optional:

Snack:

- Your choice of snack (ex: Rice Krispie Squares) enough so every child gets some
- Napkins for snack one per child
- Juice or water and cup one per child

Lesson:

1) Introduction to lesson

2 minutes

As students enter, welcome them and help find a chair to sit at. Thank them for coming.

Take attendance and let each child put a sticker beside their name for this week. Once children are seated say, **“Last week we learned another characteristic about God – can anyone raise their hand and tell me what we learned so far about God?”** (Have children raise hands and answer – God is love, worthy of praise, faithful, fair and just, our provider, merciful, righteous, Holy, in control and is Spirit, is our protector.)

Last week we learned that God is our protector, the last characteristic we are going to look at about God in this series. This week to finish we are going to learn that because God is our protector we should ask for help. We will look at verses from the Bible and study them to see the importance of turning to God to find answers to our concerns and problems.

What do you think it means to turn to God and ask for help? Allow for answers.

To turn to God means to trust in him and know that He has the ability to help you. We can ask for help by praying to God and studying His Word the Bible for answers to our questions and problems and do what it says!

2) Bible Verse Questions on The Importance of Prayer

5 minutes

Ask children who brought their bibles and thank them if they remembered. Hand out bibles to other children who forgot and encourage them to bring their bible next week.

Say: We are going to look at verses that talk about the importance of asking God for help. Today we will learn that prayer is communicating or talking with God. We may not be able to call God on the telephone or send Him a letter, but prayer is just as real as e-mail or newspapers. Why should we pray - Because it makes our relationship with God stronger. Could you imagine trying to have a best friend without communicating with them? Prayer is seeking God and His direction for our lives. Praying also helps keep us out of trouble. Jesus told his disciples to pray, "Watch and pray so that you will not fall into temptation." (Matthew 26:41)

Have the kids find James 5:13-16 in their Bibles. Ask for a volunteer to read the passage, or if you prefer, read the passage to the children yourself. Then ask the following questions.

Discussion Questions:

- 1. What is prayer?** (Prayer is spiritual communication between us and God.)
- 2. Can you pray when you are in trouble?** (Yes.)
- 3. Can you pray when you are happy?** (Yes.)
- 4. What are some of the examples of why to pray mentioned in James 5:13-16?** (When you are in trouble, when you are happy, when you are sick, to show faith, for confession of sin, and to pray for others.)
- 5. What else can we pray for?** (Some examples include: Guidance, Protection, Strength, Wisdom.)
- 6. Is the prayer of a righteous man powerful? Is it effective?** (Yes the Bible tells us in James 5:16b that the prayers of the righteous are both powerful and effective.)

3) Hannah and Answered Prayer

10 minutes

We are going to read a story from the bible on the importance of prayer. The story today takes place a long time ago, even before Jesus was born. It is about a woman named Hannah. She was one of two wives to a man named Elkanah. Hannah was very sad, because she was getting old, and still did not have any children. The other wife, named Peninnah, had both sons and daughters. To make matters even worse, whenever Hannah would go to the temple to worship God, Peninnah would tease her about having no children. It even made Hannah cry. Then one day, she decided to pray.

Open your Bible, and Read **1 Samuel 1:10-17, 20** to the children (repeated below).

"In bitterness of soul, Hannah wept much and prayed to the lord. And she made a vow, saying, "O Lord almighty, if you will only look upon your servant's misery and remember me, and not forget your servant but give her a son, then I will give him to the Lord for all the days of his life, and no razor will ever be used on his head." As she kept on praying to the Lord, Eli observed her mouth. Hannah was praying in her heart, and her lips were moving

but her voice was not heard. Eli thought she was drunk and said to her, "How long will you keep on getting drunk, Get rid of your wine." "Not so, my lord," Hannah replied, "I am a woman who is deeply troubled. I have not been drinking wine or beer; I was pouring out my soul to the Lord. Do not take your servant for a wicked woman; I have been praying here out of my great anguish and grief." Eli answered, "Go in peace, and may the God of Israel grant you what you have asked of him."

So in the course of time Hannah conceived and gave birth to a son. She named him Samuel, saying, "Because I asked the Lord for him."

Discussion Questions:

1. Why was Hannah so sad? (Because she did not have any children.)
2. How did Hannah ask for God's help? (She prayed.)
3. What did Hannah pray for? (A son.)
4. Do you think Hannah was happy that she prayed to God? (Yes, because God gave her a son.)
5. Can you share a time that God answered a prayer for you? (Allow for answers.)

4) I Should Worship God in Spirit with a Willing Heart Craft

10-15 minutes

Print copies of template page on light colored construction paper or white cardstock paper before class.

Ask kids to turn to their bibles and read from Romans 15:4. Say, **This is the verse that our craft is based on.**

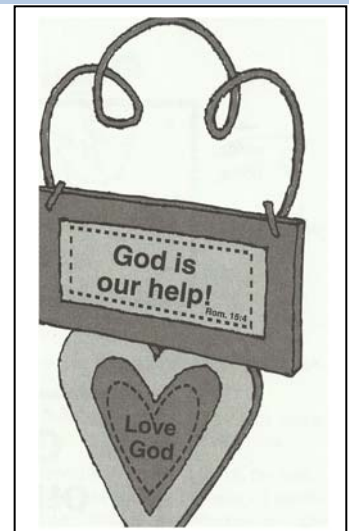
1. Hand out one template to each child along with scissors and glue and ask them to cut out the small rectangle and small heart. Hand out crayons and have them color them.

2. Next, cut out the large heart and rectangle and trace these on the two foam pieces – the large rectangle on the blue foam and the heart on the yellow. Then cut out the foam pieces.

3. Have students then glue the small rectangle to the blue foam and the small heart to the yellow foam. As shown in the picture.

4. Show how to apply glue to the very top of the yellow heart to stick it to the bottom of the blue rectangle foam (See Picture) Allow time to dry.

5. Help the children curl their wires and insert the ends into the top corners of the blue foam pieces.

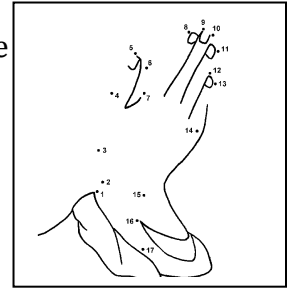


Say, "Enduring bad times can be difficult! That is why we need to encourage each other to look at the Scriptures (the Bible) this will give us hope and help! This craft will remind us that God is our help and we should depend on Him.

5) Connect the Dots Prayer Sheet and Color Page

5-10 minutes

Hand out the sheets and pencil crayons to each child and ask children to put their name on the front of the page. Read the instructions and then have kids read the verse at the bottom aloud. When children have connected the dots to reveal praying hands, allow children to color the page if time.



6) Bible Answers to Help Activity Page

10-15 minutes

Hand out one sheet along with bibles and pencils. Read the brief instructions at the top of the page. If you have students that have trouble reading, do the activity in pairs or as a group ensuring an able reader is paired with a weaker reader. Or if preferred you can do it all as a group and read the questions aloud along with the verses.

When all of the children are finished, discuss their answers. (See answers below.)

The purpose of this activity is to show the children that there are verses in the Bible that speak to every situation we face, every fear, difficulty, problem or burden in our life. Explain to the children that if they spend time reading and studying the Bible, they will have better understanding of what God's Word says whenever they are faced with difficult situations. God's Word may be comforting or distressing, but it is always there to guide us.

Answers:

Ephesians 6:1-3 4

John 8:12 3

Matthew 11:29-30 6

Matthew 5:10 1

Psalm 55:22 2

Luke 18:14 5

So should we ask God for help? Yes.

Why? Because He is able to help us and give us answers to our problems.

Does God answer prayers? Yes.

Let's read one more verse it is found in John 14:14

"You may ask me for anything in my name, and I will do it." John 14:14

Here is assurance that God hears our prayers and answers them when they are in accordance with His Will. It means you can ask for something in Jesus' name meaning under His authority and He will do it. But under His authority means it would be something Jesus would approve of.

Do you think if you ask for a fancy car – let's say a Porsche or a Ferrari – will Jesus give you that?

No, because you don't need it to live a Godly life, you could have any car that works once you are old enough and if you use it to glorify God by giving people rides, going to church, and being responsible. A Porsche or Ferrari is nice but not needed. But praying for a car that will work and help you serve God when you are old enough is a prayer you can pray.

Do you think you could ask God for help in stealing money from a store? No, because that is against what He says in the Bible, He will only help you with things that are in agreement with His will. But you could pray that God give you the things you need so that you do not have to steal.

Do you think you can ask God for peace and good focus as you prepare for an exam? Yes, but you have to study as well, you can't just pray for a good mark and not do your part – that is not God's will to let you be lazy!

So you see, we can pray to God and receive help for friends, parents, family, pets, ourselves, anyone, but it has to be something that will help others, or be approved by God. Does that make sense?

Allow for questions or comments.

7) Optional – Snack : Your choice

5 minutes

Hand out snack along with a glass of water or juice to each child. Explain that **this is another reason we can pray to say thank you for how God provides and protects us. – He provides for our every need – including snacks and drinks!** Have a napkin for children to clean their hands. Discuss questions and examples of how we should worship God in spirit while snacking!

8) Optional – Song

5 minutes

I Will Call Upon the Lord

I Will Call upon The LORD
Who Is Worthy to Be Praised
So Shall I Be Safe from My Enemies

The LORD Liveth
And Blessed Be My Rock
And Let The GOD Of My Salvation be Exalted (REPEAT)

Repeat these two verses two more times each

9) Close in prayer

Thank you God that You have shown us again in the Bible what You want from us and that Your will for us is good. We pray that You will help us to know and understand how to pray and read Your word properly so that it brings joy to You and is pleasing to You. We pray that we will always worship You in spirit and in truth as You want us to. We pray also that we can help others learn about You as we grow. We pray for our families, friends, pets, health, and ourselves. We pray You will help us, guide us, and help anyone who is sick today and unable to make it to church. Be with us and help us to always study your word, and it is in Jesus' name that we pray this, Amen.

Thank you for serving Christ in this way!