

# SABBATH SCHOOL

## Preteen Sabbath Instruction Program — Teacher's Outline

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Level 2 • Unit 10 • Week 1

### PRAYER AND PRAYING

**OBJECTIVE:**

To learn about prayer from Christ's teaching in Matthew 6.

**ATTENTION GETTER:**

Supplies: Picture of a telephone (see end of lesson)  
Heavy paper or cardboard  
Crayons or markers  
Scissors

Prepare: Photocopy telephone on heavy paper for each child. (Or mount onto heavy paper or cardboard).

Do: Have the children to color the phone and then cut it out.

**BIBLE LESSON:**

Say: We have learned in previous lessons how the people of God stayed close to Him by talking to Him. Talking to God is called prayer.

Today we are going to talk to God by making a phone call to Him. We will ask to speak to God, our Father in heaven. We will keep in mind that He is holy and His name is holy. Jesus Christ will connect our call to Him. Our conversations with God the Father are made possible through His Son, Jesus Christ.

Ask: How should we begin our conversation with God?

Do: Have the children hold their phones to make a call. Then read the following, pausing at the blank spaces, so that each child can take turns saying out loud the things called for in the blank spaces.

Say: We will make the call together.

Hello God!

I am calling to ask You to bring Your Kingdom to earth soon. There are many troubles here that make Your people sad. If everyone would obey Your Commandments, it would not be so sad.

I want to thank You for: \_\_\_\_\_ [let each child say one thing he or she is thankful for] \_\_\_\_\_ .

You give us everything, even though we sometimes do not do as You say. Please forgive us, as we try to forgive others.

Please God, always give me and all the people of the world our daily food.

Satan the devil is always around and he tries to get me to do bad things. Please help me not to pay attention to him.

\_\_\_\_\_ [Someone from a prepared prayer list] \_\_\_\_\_ needs help. I am concerned about him [or her]. Please be with him [or her].

I know that You know all things and can do all things. Jesus said You would answer me when I ask, so I ask these things in Jesus' name (Matthew 7:7; John 14:14; 16:26).

You are my very best friend. I enjoyed talking with you. This is the truth. Amen.

Ask: Do you think God heard you?

Say: Yes, He did. God always hears and pays attention to His people when they talk to Him (Isaiah 59:1; Psalm 33:13; 65:2).

Ask: Did you hear God answer you? [No, not the way we hear each other when talking on a telephone.]

Say: Others have heard God the Father's words in a special way. They heard Him through Jesus Christ who spoke for Him. In this way Adam and Eve saw and talked with God. His voice was like thunder when He spoke to the Israelite people and gave them His Ten Commandments. He spoke to the boy Samuel so he could give a message to Eli the priest. He spoke to the apostles of Jesus also, to help them preach the good news of His Kingdom.

Today in our time we hear God in different and various ways.

- He answers us by His actions. Someone is healed, things work out in an unexpected way

or, after we talk with God, we just feel better.

- We get an answer from someone else that God has inspired to help us.
- Sometimes we must look at God's Word in the Bible to get an answer. He put many answers there for us. In the Bible are many words of wisdom, especially in the book of Proverbs. God has also given us examples of problems just like ours, and how they should be solved.

Remember, we have a Helper that will give us God's answers too.

Ask: Do you know what that Helper is?

Say: Yes, the Holy Spirit will help us and can bring God's answer to our minds.

Ask: Can you be sure God will answer?

Say: Yes, we can be sure. God always keeps His promises; He cannot lie. He promised that His people would get an answer to their prayers. He will show us the right way to go (Romans 4:21; Titus 1:2; Matthew 7:7; 21:22).

We pray, "Your will be done," because we know that God knows the BEST answer. It may not be the one we expect. It may take a long time. But it will come out the best way.

The reason God can answer the best way is that He knows how the action will affect everyone that is concerned with this problem. He can foresee the future.

Ask: Do you think God has given us a sample of how to pray?

Say: Yes He has! People call it the Lord's Prayer. We call it the model prayer. We will find it in the Bible, in Matthew 6:9-13. It is very much like our telephone call.

Please repeat each line after me.

*Our Father in heaven, holy is Your name.  
Your Kingdom come.  
Your will be done on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our mistakes, as we forgive the mistakes of others.  
Do not let us be led into temptation,  
But deliver us from the evil one.  
For yours is the Kingdom, and the power, and the glory forever.  
Amen.*

Ask: When do you think we should talk to God?

Say: We can talk to God any time (1 Thessalonians 5:17). Let us list some of those times we will want to talk to God.

- You can talk to God as you go to school, while you play, when you do your lessons. He is your best friend. If you or someone else runs into trouble, He is there. Call on Him instantly for help.
- Sometimes, we want to kneel down for a special talk. That is a good time to ask God's forgiveness and ask Him to help others.
- When we see problems in this world, we can pray that Jesus will soon return and set up His happy Kingdom here on earth.
- It is good to talk to God at mealtime. The Lord's model prayer asks that God provide our daily bread. We should thank Him for that answer.
- When God's friends are all in the same place, like at Sabbath services, we can visit with God. We can talk to God together. Talking to God is called PRAYER.

Ask: When should we pray? [At all times.]

To whom should we pray? [To God our Father in heaven.]

How should we pray? [Like the Lord's model prayer.]

Does God hear and answer our prayers? [Yes!]

Who should be our best friend? [God!]

### **LESSON APPLICATION:**

Do matching activity (see end of lesson). Children should match each item in column 1 with its meaning in column 2.

Answers: A-3, B-6, C-5, D-8, E-2, F-7, G-9, H-1, I-4

### **MUSIC:**

Play a good recording of the Lord's Prayer.

### **MEMORY VERSE:**

Learn the Lord's model prayer from Matthew 6:5-15. (It can be learned from the simpler wording used in the lesson or from a regular Bible translation such as the NKJV.)

## Lord's Model Prayer Matching

Match each item in the first column with its meaning in the second column.

A. Our Father in heaven, holy is Your name.

B. Your Kingdom come.

C. Your will be done on earth as it is in heaven.

D. Give us this day our daily bread.

E. Forgive us our mistakes, as we forgive the mistakes of others.

F. Do not let us be led into temptation.

G. Deliver us from the evil one.

H. For yours is the kingdom, and the power and the glory forever.

I. Amen.

1. God is all powerful.

2. Help me to forgive others, so I will be forgiven.

3. God is special.

4. It is true.

5. You know the best answer.

6. I hope your happy Kingdom will come soon.

7. Help me to be good.

8. Give me food to eat.

9. Keep me from Satan's ways.

# family activity

## THE POINT:

Today we learned that praying is talking to God. We learned that Christ's prayer in Matthew 6:9-13 is a sample or model of how to talk with God. We learned what this prayer means.

## FAMILY TOGETHER TIME/MEMORY VERSE:

Their memory work for this week is the Lord's sample prayer. They can memorize it in the simpler form below or you can have them memorize from any translation as long as they understand the words.

### Simple Wording:

1. Our Father in heaven, holy is Your name.
2. Your kingdom come
3. Your will be done on earth as it is in heaven.
4. Give us this day our daily bread.
5. Forgive us our mistakes, as we forgive the mistakes of others.
6. Do not let us be led into temptation.
7. Deliver us from the evil one.
8. For Yours is the kingdom, and the power and the glory forever.
9. Amen.

### Simple Meaning:

1. God is special
2. I hope your happy Kingdom will come soon.
3. You know the best answer.
4. Give us what we need every day.
5. Help me to forgive others, so I will be forgiven.
6. Help me to be good.
7. Keep me from Satan's ways.
8. God is all powerful.
9. It is true.

The prayer is long, so it is important that it is repeated often during the week to memorize it well.

King David and Daniel prayed three times a day. Perhaps you can have your child memorize the prayer by having them say it at breakfast, dinner and bedtime.

When your child has the Lord's model prayer memorized, encourage him or her to add comments to the second column above to help form his or her own prayers. This will enhance the meaning of the lesson.

