TAKE A DEEP BREATH

MEMORY VERSE

1 Thessalonians 5:17

AIM

By the end of the lesson the kids will understand that it is important for us to continually pray and remain in constant communication with God.

LESSON

Prayer is like breathing, think about it...breathing is something we are always doing! Stop for a minute and see how long you can hold your breath for.

Why couldn’t you carry on holding your breath for longer? Because we need to breath to stay alive, yes! That’s just how our bodies work. Prayer can be a lot like breathing, Paul tells us in 1 Thessalonians 5:17 that we are to “pray continually”

Does this mean that we are constantly walking around with our heads down and eyes closed?! Absolutely not! Can you imagine what would happen? That would be dangerous!

Most of the time we don’t even have to think about our breathing; it just happens naturally. God wants us to be so aware of His presence with us that is natural to communicate or talk with Him during the day, just like we talk with our friends or family.

This can be difficult to start sometimes and might even feel silly to do, so here are some examples to help you find time to talk to God:

- We can wake up and thank God for another day to be alive. Thanking Him for the bed we slept in, the clothes we put on, etc.
- We can pray for our neighbours around us, when we play in the garden.
- We can praise God for making the beautiful sky or flowers we see as we’re out and about.
- We can pray for any missionaries around the world to be safe
- We can talk to God whenever we are scared or worried. Even if we feel disappointed or excited
- We can talk to God from the moment we wake up to the time we put our heads on our pillows and ask Him to protect us and help us sleep.

We don’t have to be in a special place to talk to God and it doesn’t have to be a certain time; we can talk to Him anytime, anywhere and about anything!

Did you know that when we breath, we inhale (breath in) oxygen and exhale (breath out) carbon dioxide and breathing actually cleanses or cleans our bodies!

Prayer and talking to God can clean our lives and our hearts the same way!

During the next few minutes take a few long deep breaths. As you breathe in ask God to be with you and bring you closer to Him. As you breathe out, confess to God parts of your life in which you’ve been disobedient to Him and ask for His forgiveness.

Just as breathing can bring cleansing to our physical bodies, so can prayer to our spiritual bodies.

Let’s memorize 1 Thess. 5:17 now and let our constant breathing remind us to continually pray - talk to God. He is always with us!

Close in prayer
CRAFT SUGGESTIONS

Needed:

Stones from garden (All shapes and sizes welcome)
Paint
Paint brushes