

Age 3-Kindergarten: May 24

Family Lesson Guide

Digging into the Lesson for Parents/Adult Caregivers

Dig In to the Bible

- Scriptures: Matthew 6:11; Psalm 121
- In This Passage: Jesus teaches us to ask God for what we need. Psalm 121 is an example of this kind of prayer; travelers asked for God's help as they faced a dangerous journey. The psalmist writes, "My help comes from the Lord, who made heaven and earth!"
- Bible Point: Asking for help is part of prayer.
- Summary Verse: "Our Father in heaven, may your name be kept holy. May your Kingdom come soon. May your will be done on earth, as it is in heaven. Give us today the food we need, and forgive us our sins, as we have forgiven those who sin against us. And don't let us yield to temptation, but rescue us from the evil one" (Matthew 6:9-13).

Dig Deeper

- What We're Teaching: *Asking for help is part of prayer.* Kids are used to asking for help from adults; there are a lot of things they can't do on their own. But turning to God for help may not be their first instinct. Help them recognize that whenever we face difficulties, big or small, we can ask God for help.
- Think About: What's something you've been trying to tackle on your own? Ask God for help right now.

Dig In to Prayer

- Ask God to teach your kids to rely on his strength rather than their own.

Sing Songs to God

Sing the three songs in any order. Click the links below to play the worship songs.

- All That Is Good
<https://vimeo.com/showcase/5773251/video/318030927>
- Pray About Everything
<https://vimeo.com/showcase/5773251/video/318031315>
- 'Tis So Sweet to Trust in Jesus
<https://vimeo.com/showcase/5773251/video/318031533>

Core Bible Discovery

- Play **Bible Story Teaching Video**

Reinforce the Lesson

- Play **Theo the Puppet Video**
- Lead the **Craft**



CRAFT

[20 min]

Today's Bread

Supplies

- plates (1 per child)
- bread (1 slice per child)
- spreadable butter
- craft sticks or butter knife
- sprinkles in a variety of colors
- gluten-free bread (optional)
- alternatives to margarine and sprinkles for kids with allergies (optional)



Make Yummy Snacks

Say: **Jesus taught us to ask God for the things we need. Asking for help is part of prayer. One thing we need every day is food. God gives us so many wonderful kinds of food.**

Share about *your* favorite food.

Ask: • **What's *your* very favorite food?**

Say: **All this talk about food can make us hungry. Let's make a yummy snack to remind us that we can ask God for the food we need. Since we're learning about asking for help in prayer, you'll ask for the things you need to make this snack.**

Show kids all the supplies.

Ask: • **What do we need first so we have something to put our snack on?** Invite kids to ask for plates before you distribute them.

Lead kids to determine what they need next and ask for that, working through each of the following supplies:

Say: **We need butter for our bread, but what will we spread it with?** Have kids ask for bread and craft sticks.

Say: **Who knows how to spread butter?** Invite a child to "help" the others if he or she knows how to spread butter, and then have adult and teen helpers guide kids as they spread their own butter with the craft sticks.

Say: **I want to decorate my bread and make it colorful! What could I do to decorate it with fun colors?** If needed, lead kids to answer "sprinkles," and then invite them to ask for the colors of sprinkles they want.

Allow time for kids to decorate their bread, and encourage them to ask for help with anything they need.

Eat Yummy Snacks

After kids have finished decorating their bread, say: **Jesus taught us to ask God every day for the food we need. And when God gives us food, we can thank him. Let's thank God for this yummy food right now.** Lead kids to pray and thank God for their food. Then encourage kids to enjoy their snacks.

While kids are eating, say: **When we were making these beautiful snacks, we asked for all the things we needed. We can ask God for the things we need, too. We can ask him for food, or we can ask for help when we're scared. We can ask God for anything we need because asking for help is part of prayer.**



Dig In @ Home

- Use the Dig In @ Home sheet with your family sometime this week!
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