

Spiritual Disciplines for Kids  
Matt Flynn

Week 1 - Worship

Week 2 - Gratitude (Thanksgiving)

Week 3 - Prayer - Praying the Lord's Prayer

Week 4 - Fasting & Unplugging

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## Spiritual Disciplines for Kids

### Week 1 - Worship

I. Icebreaker - There is no better way to begin a class period together about worship than by worshipping together.

A. Prince of Peace

B. Here I Am to Worship

C. For the next months, each week, we will be discussing a different Spiritual Discipline. We will Define It, Explore It, and finally Do It. First, let's define what spiritual disciplines actually are as well as our first spiritual discipline, worship.

II. Let's Define It!

A. Spiritual Disciplines can be defined as an activity or action with the purpose of bringing us closer to God.

1. Ask - Can you think of any activities that we participate in with that purpose?

What do you think are some examples of Spiritual Disciplines?

2. Spiritual Disciplines require discipline (Imagine that!). What do you think that means?

a) We aren't just going to do these activities automatically. We must choose to do them.

b) We must wake up with the attitude that today we are going to put these disciplines into practice.

3. Because these spiritual disciplines, by definition, bring us closer to God, we should have a goal that every night when we go to sleep, we need to be closer to God than when we woke up in the morning. Ask - Do you think this is doable? If you practiced at least one of these activities everyday, do you think that you would become closer to God everyday? (Absolutely!)

B. Worship

1. Ask - What do you think worship means?

- a) The word worship can be translated as “God’s worth.” When we worship God, we are assigning His worth to Him. <sup>1</sup>
- b) God is worth all of our praise and honor, so we should give it to Him. When we worship, we are telling the world and God, what is most important to us.

(1) Ask - What are some ways that we can do this?

- 2. In a way, each of these activities and actions, that we will be learning about over the next few months, either prepare us for worship or are worship themselves, so it makes sense that we begin this class with the discipline worship.
- 3. Today we will be focusing on the discipline of praising and honoring God, specifically with our song.

### III. Let’s Explore It!

A. Before we begin worshipping God, we must begin to know and understand who God is.

- 1. Ask - What are some attributes and characteristics of God?
- 2. We can learn a lot about God, by the names that he has been given (See final page). Here are some examples of these names.

B. As we discuss the practice of singing to God, there are three different types of songs that we can sing to God.

- 1. Songs about God - These are songs that we sing speak to who God is. In these songs, you will hear others talk about God, who He is, and all of the great things He has done.
- 2. Songs to God - In these songs, instead of talking and singing about God, we begin to talk or sing to God. We replace the word, “He” with “You.” In these songs, we have more of a conversation with God thanking Him and worshipping Him for how He is a part of our life.
- 3. Songs for Us - These songs are more about the people singing. They are written to encourage us.

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<sup>1</sup> Kathleen Chapman, *Teaching Kids Authentic Worship*, 29.

4. Let's play a game. I will read the lyrics of some different worship songs, and let's see if you can figure out if the songs are written about God, to God, or for us.

- a) Here I Am to Worship
- b) Come Let Us Worship and Bow Down, verse and then chorus (The song changes)
- c) God Is So Good
- d) A Common Love
- e) Great Is the Lord, Almighty
- f) Awesome God
- g) Arms of Love
- h) Clap Your Hands
- i) Open the Eyes of My Heart
- j) Salvation Belongs to Our God

#### IV. Let's Do It!

A. Worship Window Activity - Allow the 3rd graders to take window crayons or window markers and write down all of their praises to God. After learning about worship tonight, encourage them to write praises about God, to God, and to encourage the rest of the class. Spend the last few minutes of class discussing the praises.

B. Let's Do It All Week (Challenge for the Week) - My challenge for this week is for you to begin each day with a song on your heart. In an e-mail to the parents, encourage them to turn off the radio and to sing a song of worship together on the way to school each morning. There is no better way to begin your day, than by worshipping God.

## Names of God<sup>2</sup>

- Abba: Romans 8:15
- Almighty: Ps. 68:14
- Alpha: Rev. 22:13
- Author of Life: Acts 3:15
- Beginning and the End: Rev. 21:6
- Branch: Jer. 33:15
- Bread of Life: Jn 6:35
- Bridegroom: Is. 62:5b
- Bright and Morning Star: Rev. 22:16
- Chosen One: Is. 42:1
- Christ: Mt. 22:42
- Comforter: Jn. 14:26
- Counselor: Jn. 14:26
- Deliverer: Rom 11:26
- Door: Jn. 10:7
- Eternal God: Dt. 33:27
- Everlasting Father: Is. 9:6
- Father: Mt. 9:6
- Friend: Jam. 2:23
- Good Shepherd: Jn. 10:11
- Guard: 2 Tim. 1:12
- Guide: Ps. 48:14
- Holy One: Acts 2:27
- Hope Tit. 2:13
- Immanuel (God with us): Is. 7:14
- Jealous: Ex. 20:5
- Jehovah: Ps. 83:18
- Judge: Acts 10:42
- King: Zech. 9:9
- King of Kings: 1 Timothy 6:15
- Lamb of God: Jn. 1:29
- Life: Jn. 14:6
- Light of the World: Jn. 8:12
- Lion of the Trip of Judah: Rev. 5:5
- Living Water: Jn. 4:10
- Lord: Jn 13:13
- Love: 1 Jn. 4:8
- Master: Lk. 5:5
- Messiah: Jn 4:25
- Omega: Rev. 22:13
- Peace: Eph. 2:14
- Physician: Lk 4:23
- Potter: Jer. 18:6
- Prophet: Acts 3:22
- Redeemer: Job 19:25
- Rock: 1 Cor 10:4
- Ruler: Rev. 3:14
- Savior: Lk 2:11
- Servant: Is. 42:1
- Shield: Gen. 15:1
- Stone: 1 Pet. 2:8
- Teacher: Jn. 13:13
- Truth: Jn 14:6

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<sup>2</sup> Kathleen Chapman, *Teaching Kids Authentic Worship*, 53.

- Vine: Jn. 15:5
- Way: Jn. 14:6
- Word: Jn. 1:1

## Spiritual Disciplines for Kids

### Week 2 - Gratitude

I. Icebreaker - Spend the first few minutes writing a note of thanksgiving to someone who has been good to you. Choose either a teacher, parent, brother, sister, or friend. Share that note with them or send it to them this week.

II. Let's Define It - Gratitude!

A. Gratitude can be defined as a feeling of thankfulness and appreciation. Having a thankful heart means letting others know how they've helped you.<sup>3</sup>

B. Ask - What are some things that God has done for you that you are thankful for?

1. What are some ways that you can show God your gratitude?

2. Read 1 Thessalonians 5:16-18 and Philippians 4:6. These verses teach us that having a heart of gratitude is not only limited to when we feel like we are blessed, but that we are to be thankful in all circumstances.

III. Let's Explore It!

A. Two Stories of Thanksgiving - Read Luke 17:11-19.

1. It was tough to be a leper. Lepers were considered unclean, as well as anyone who was in contact with them. Because of this, lepers were forced to leave their families and go to a place where they were isolated from the rest of the community. If they were in town, they had to yell, "Unclean! Unclean!" On top of all this, leprosy was a very painful disease, and they often lost fingers and toes.<sup>4</sup> Why would it have been hard for someone with leprosy to be thankful?

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<sup>3</sup> <http://www.orangeparents.org/studio-252-update-gratitude/>

<sup>4</sup> *Homan Illustrated Bible Dictionary*, 1025.

2. Ask - When Jesus healed the ten lepers, why do you think only one of them returned to thank Jesus? If you were one of these lepers, do you think you would have come back to thank Jesus?

B. Two Stories of Thanksgiving - Read Acts 16:22-34.

1. At this point in Paul's story, they were thrown in jail. Describe what it would be like to be in prison.
2. In the midst of being in prison, Paul and Silas still had a heart of gratitude. They were singing songs of thanksgiving. This made a huge difference in the life of the other prisoners as well as the jailer. In fact, the jailer and his entire family were baptized!
3. Ask - Do you think you would have been able to sing God a song of thanksgiving if you were in jail? Why do you think it is so hard to be thankful in hard times?
4. Paul is the man who wrote the scriptures that we looked at at the beginning of class. What does that tell you about Paul? (He walked the talk. He was truly thankful in all situations.)

IV. Let's Do It!

- A. Spend some time beginning to put together your ongoing list of blessings. Think outside of the box. Encourage them to be thankful for the usual things like family, friends, Jesus, food, etc, but be specific. Write down people by name, and think of little things like ice cream, naps, and butterflies. Nothing is too small to thank God for. Continue this list! Don't let it stop that night.<sup>5</sup>
- B. Let's Do It All Week (Challenge for the Week) - End every day by saying thank you to God for at least one thing. Then tell God what that one thing meant for you.<sup>6</sup>

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<sup>5</sup> James Bryan Smith, *The Good and Beautiful God*, 70-72.

<sup>6</sup> Adele Ahlberg Calhoun, *Spiritual Disciplines Handbook*, 31.

## Spiritual Disciplines for Kids

### Week 3 - Prayer for Kids

#### I. Icebreaker - Prayer Posture.

A. As we begin tonight's class on prayer, I wanted to discuss something a little bit different. The way you stand or hold yourself, can communicate a whole lot to someone with whom you are talking. In fact, statistics point to the fact that 55% of our communication is done with our body language (i.e. where we are looking, posture, hand gestures, etc.) That is more than half of our communication! So the way we hold ourself while we pray communicates a whole lot about what we are wanting to tell him.

B. There are 5 different postures discussed in the Bible.<sup>7</sup>

##### 1. Stand.

a) Ask - What do you think standing before God communicates?

b) "Standing is a way of honoring the presence of another and giving him or her your full attention."

c) Let's read 1 Kings 19:11 and Genesis 18:22.

##### 2. Outstretched Arms.

a) Ask - What do you think lifting your arms to God communicates?

b) "Lifting up our arms or hands pulls our awareness toward heaven. It is a posture that opens the core of our body toward God."

c) Read Psalm 63:4 and 1 Timothy 2:8.

##### 3. Uplifted Eyes.

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<sup>7</sup> Calhoun, 276-277

- a) Ask - What do you think looking toward heaven communicates to God?
- b) "Looking up to heaven with open eyes draws our attention above earthly realities to eternal [ones]. We are not alone. God is watching us."
- c) Read Psalm 123:1-2 and John 17:1.

4. Kneeling.

- a) What do you think kneeling before God communicates?
- b) "Kneeling is a way we express humility and reverence."
- c) Read Daniel 6:10 and Acts 9:40.

5. Prostrate.

- a) Ask - What do you think lying on the ground prostrate communicates to God?
- b) "Lying face down or bowing low to the earth reminds us that we were created from dust and to dust we will return. It is a posture of submission and obedience."
- c) Read Nehemiah 8:6 and Luke 5:12.

II. Let's Define It.

A. This may seem simple, but prayer is the act of communicating with God.

B. What are different parts of communication?

- 1. We speak to God. This is an opportunity for us to share with God what is on our hearts.
  - a) This is special because we have Jesus who is able to mediate.
  - b) Ask - What does it mean to have Jesus as a mediator?
  - c) Read 1 Timothy 2:5.
  - d) Because Jesus came to earth, he understands what we are going through. He understands what it means to be sad, to be tempted, to be happy, to be sick.
- 2. We also listen to God.
  - a) This is pretty tough to do sometimes, but there are times, when we are spending time praying to God, that we just need to be silent and listen to him.
  - b) Ask - What are some ways that God speaks to us today?

- (1) Through His Holy Spirit
- (2) Through the Bible.
- (3) Through other people.

3. Like we said, we communicate through our posture and even through what we are thinking in our hearts. God hears everything, and so it is important to be honest with God and share what is actually on our hearts.

### III. Let's Explore it!

A. I know, especially when I was a third grader, there are times when it hard to know what to say when we pray. There is a neat acronym that can help us when we don't know what to say - ACTS

#### 1. A - Adoration

- a) The act of paying honor to someone. Worshipping. Adoring.
- b) Ask - What do you adore about God?
- c) Read Psalm 145, a psalm of adoration.

#### 2. C - Confession

- a) We will be spending more time talking about this in a later class, but confession is admission of sin. Admitting when you have done something that is wrong. Admitting when you do something that God does not want you to do (or not doing something that God wants you to do).
- b) Ask - Why do you think it is so important for us to confess our sins?  
Doesn't God already know all of our sins?
- c) Read Psalm 51:1-13 - a psalm of confession

#### 3. T - Thanksgiving

- a) This is what we discussed last week. An expression of thanks. A celebration, remembering God's kindness.
- b) Ask - Let's review some of the things that you are thankful for.
- c) Read Psalm 100 - a psalm of thanksgiving.

#### 4. S - Supplication

- a) To ask God for something. Key Word - Supply
- b) Notice - Asking God for things is last on this list. Why might this being last on your mind make God happy?

- c) Ask - What are some things that we ask God for in our prayers?
- d) Read Psalm 86 - a psalm of supplication.

#### IV. Let's Do It!

A. As we close class this week, let's use the Lord's Prayer as a pattern for our prayer.<sup>8</sup>

1. "Our Father in heaven, hallowed be your name." Let's take those things that we adore about God and pray them right now, in awe of the God that we serve.
2. "Your kingdom come, your will be done, on earth as it is in heaven." Discuss some ways in which God can use you in his world and his kingdom. How can you be a disciple of Christ at school? At the ball park? With your family? At dance class?
3. "Give us this day our daily bread." Let's spend some time thinking and praying about those things that we need and those things that the people closest to us need. Healing, food, peace, etc.
4. "Forgive us our debts, as we also have forgiven our debtors." Let's spend some time in silent confession, as well as thinking of those who we may not have forgiven in our lives.
5. "And lead us not into temptation, but deliver us from the evil one." Spend some time thinking about the ways that Satan tries to tempt you at school and at home, and pray that God will keep you away from those temptations. Pray that you can get through them!
6. "For yours is the kingdom and the power and the glory forever." Finally spend some time praising God for His creation as well as putting your trust in Him and Him alone.

B. Let's Do It All Week! (Challenge for the Week) - Encourage your family to set aside some time every day this week to pray together. You can decide as a family what time is best for you. Come back next week, having written down the things that you have prayed for this week. Share the things that you learned this week with your family, and see if you can put those things into practice.

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<sup>8</sup> Calhoun, 233.

Spiritual Disciplines for Kids  
Week 4 - Fasting and Unplugging

I. Icebreaker - Needs and Wants

A. Spend some time at the beginning of class discussing the difference between needs and wants.

1. Need can be simply defined as something that you can't live without.
2. Wants are something someone would like to have.

B. Let's put together a list of your wants and your needs.

1. Ask - Can you remember a time when you said that you NEEDED something that was more of a want? Share with the class.

C. There are times in our life, when our wants and even our needs get in the way of our walk with God, so tonight we are going to be looking at a discipline that looks at us putting our trust in God, not in our needs and wants.

II. Let's Define It!

A. There are 2 parts to our definition for the word "fast."

1. The first part has to do with not participating or partaking in an activity that you spend time doing.
2. Traditionally, this has been done with food; however, because you are kids, you are not old enough to fast from food, but there are other things that you can fast from.

- a) TV
- b) Instagram
- c) Your cell phone or iPod Touch
- d) Minecraft
- e) Baseball
- f) Video games
- g) Think about something that you enjoy doing, something that means a lot to you.

- h) This does not mean that you fast from chores or homework. It needs to be something that matters because of the next part of the definition.
- 3. The second part of the definition is that you do not participate in an activity that you enjoy in order to move closer to God and spend more time with God.
  - a) The time that you would normally spend doing these things, you spend with God in prayer, or even just thinking about God and thanking God.
  - b) The idea is choosing something that you say, "I just can't live without," and living without it, only with God's help.

### III. Let's Explore It!

A. Let's look at some examples of fasting from the Bible.

B. In the Old Testament, fasting was often done at times when they really needed God most.

1. "They fasted when they needed strength or mercy to persevere."<sup>9</sup>
2. They fasted in situations when they felt they needed God more than anything else in the world.
  - a) 1 Samuel 7:6
  - b) Nehemiah 1:4
  - c) Esther 4:16

C. Jesus fasted right before he began his ministry.

1. There must have been a lot he was uncertain about, and that time could have been scary.
2. Let's read Matthew 4:1-11.
  - a) Ask - What would it have been like to fast without food for 40 days (That's more than a whole month)?
  - b) It was during that time of fasting, that Satan really attacked him and tempted him. Why do you think that is? Do you think that Jesus was more vulnerable? Do you think Satan knew that during that time of fasting Jesus would become that much stronger?
  - c) How do you think that Jesus got through that time of temptation?

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<sup>9</sup> Calhoun, 220

#### IV. Let's Do It!

A. As we leave today, we are going to try and do something that for you guys may be difficult. We spend a lot of our time talking. If you are anything like me, talking is something that you love to do, and silence is something that is tough. As we end class today, we are going to end it in silence. There needs to be no noise. I want to encourage you as you are fasting from talking and noise, to spend this time with God.

B. Let's Do It All Week (Challenge for the Week) - My challenge for you, as a family this week, is to find something that you can fast from. This doesn't have to last the whole week (though if you can for the whole week, that would be awesome!), but choose something that means a lot to you (Remember, you are too young to fast from food!), and do without it for a specific amount of time. Do this as a family. Maybe you choose as a family to go without television for the week. Spend that time that you would normally spend watching TV together, in prayer or Bible study.

## Spiritual Disciplines for Kids

### Week 5 - Communion

I. Icebreaker - Spend some time allowing them to reflect and write their answers for the following journal questions.

- A. What do you think the Lord's Supper is all about?
- B. Why do we take the Lord's Supper?
- C. Do you have any memories of the Lord's Supper?
- D. Take the first few minutes sharing these memories.

II. Let's Define It!

A. There are two parts of communion (This is something that these kids probably know, but it would not be bad to review).

- 1. The Bread - What does that bread represent? What is so important about us remembering the body of Jesus? Who is the body of Jesus?
- 2. The Fruit of the Vine - What does this represent? What does the blood of Jesus mean for us?

B. What are we to do during communion?

1. Remembrance

- a) Read Matthew 22:19.
- b) What are some of the things that we are to remember about Jesus?
- c) Why do you think it is important for us to remember what Jesus has done for us?

2. Reflection

- a) Read 1 Corinthians 11:27-28.
- b) What is it that we are to reflect on?
- c) This is a great time to think about who we have been during the week, and who we want to be!

### III. Let's Explore It!

#### A. Read Luke 22:14-20

- 1. What do you think Jesus's apostles were thinking during this Passover meal together, specifically when Jesus said that this would be his last Passover meal with them before he dies?
- 2. Would that have been a scary statement for them?
- 3. Jesus says about the bread and the cup that he gives it to his apostles (and even to us). What does Jesus mean by that? How did Jesus give the bread and the cup to us, even today?

B. Ask - Why is communion important to you personally? Think about this, and write it down. We will share it together.

### IV. Let's Do It!

A. Now that we have studied a little bit more about communion, we are going to actually experience the Lord's Supper, so we are going to reenact the meal as close to the night of the Lord's Supper as possible. Research the Passover and the meal that was usually served on that night. Set the mood and the environment (Possibly turn off the lights and light candles). Write up a skit (one person being Jesus—probably you—and two people being Judas and Peter). Discuss each part of the Lord's Supper and what it means. Hopefully, this will

be a memorable activity for these kids. We want their understanding of the Lord's Supper to go to the next level.

- B. Take a moment to let the kids reflect what they were feeling during this time of reenactment and discuss with each other how it changed the way they thought about the Lord's Supper.
- C. Let's Do It All Week (Challenge for the Week) - One of the important parts about communion is fellowship (communion) with each other. This week, as a family, take advantage of the times that you have together around the table. Turn of the table, and pause. Enjoy conversation together, and pray together. Sometimes, it is easy to live the "drive-thru" lifestyle, but for this week, live the "fellowship" lifestyle together.

## Spiritual Disciplines for Kids

### Week 6 - Contemplation (Imagination)

#### I. Icebreaker - Imagination Activities

A. Spend the first few minutes playing the lava game. This is a game all about imagination. Using word painting, describe for the kids a lush, green pasture. Encourage them to frolic through this pasture. Describe everything about it (i.e. smells, grass, weather, breeze, etc.) Then change it to something much more uncomfortable. Encourage them to change their activity depending on what the teacher is describing. Change it to a hot beach, freezing glacier, jello swamp, ball pit, ground turning into lava, etc. Be creative, and more importantly, allow them to be creative.

#### II. Let's Define It!

A. Contemplation is a pretty tough word for even me to get my mind around; however, I have seen a whole lot of similarities between contemplation and imagination.

1. Imagination is an important gift that God has given all of us, and it's something that especially kids are good at using.
2. Sometimes, adults forget how to imagine, but that is a tool that God has given us to understand him more fully.

B. Paul tells us that we are to "fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal." (2 Corinthians 4:18)

1. Ask - What do you think Paul means when he talks about the unseen?
2. I don't know about you, but it's hard for me to see something that is unseen. How are we able to see the unseen?
3. Sometimes, we are to imagine it. That's all we can do. We imagine what God is like, what heaven is like, what angels are like, what it would have been like to have been Jonah in a whale, to see a talking donkey, to be in the lions' den and have their mouths shut closed.
4. When I think about contemplation, I think about imagining what it's like to be in the presence of God, really picturing it.

### III. Let's Explore it!

A. To me, one of the best examples of imagination in the Bible is John's description of heaven. In a vision, or a dream, John saw this beautiful description.

B. I will read Revelation 21 slowly, and I want to encourage you to close your eyes and imagine what this looks like in your head.

1. Ask - What are some of the pictures that stuck out in your head? What part of that description of heaven was easiest for you to imagine?

2. Did John actually go to heaven to see this (Answer is no)? How then did John get to see all of this?

3. Our imagination can help us to understand more fully who God is!

### IV. Let's Do It!

A. Let's take some time to imagine what it would be like to be with Jesus.<sup>10</sup> Close your eyes. Imagine what Jesus looked like. What did he wear? How tall is he? Who was he with? What is the environment around him like? Where are you picturing him? What is he saying? What is he doing? What does he say to you? What part of his life do you go to first? How are people responding to him? How are you responding to him? How does he change the way you think, the way you live?

1. Take some time to discuss what they saw and what you saw. You will be amazed with what they imagined.

B. If you have some time, do the same thing but with the throne room of God. Imagine who he is, what he looks like, what he is doing, what he is saying.

C. Let's Do It All Week (Challenge for the Week) - Each night, as a family, read together each of your favorite Bible stories (pick Bible stories), and then after reading, imagine together what each of you think it would have been like to have been there. Put yourself in different people's shoes. Discuss what it would have been like to make the decisions they made and to be in the situations they would be in.

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<sup>10</sup> Idea adapted from Calhoun, 50.

## Spiritual Disciplines for Kids

### Week 7 - Bible Study and Memorization

#### I. Icebreaker - Memory Game

- A. Together as a class, work to memorize Psalm 119: 9 and 11, “How can a young person live a pure life? He can do it by obeying your word. I have taken your words to heart so I would not sin against you.”<sup>11</sup>
- B. Put this passage on the board (or on keynote), and little by little, take away words until you are able to say the entire passage from memory.

#### II. Let's Define It!

- A. There are some things that we need to understand about the Bible as we begin to study it.
- B. First, the Bible is inspired or God-breathed.
  - 1. 2 Timothy 3:16
  - 2. 2 Peter 1:21
- C. Second, the Bible is a complete and final revelation of God's will for mankind.
  - 1. Ask - What do you think this means for us today?
  - 2. We have everything that we need to know to live a life for God today, and that is found in God's word.
- D. Third, The Bible is the final authority on every spiritual issue.
  - 1. Ask - Knowing this, how are we to make our decisions?
  - 2. Before we make our decisions, we are to always see what God says on the issue! What decision would God want us to make?

#### III. Finally, The Bible can be understood by ordinary people.

- A. It reaches people where they are today.
- B. There is something for everyone.
- C. In every walk of life, it can speak to you.

#### IV. Let's Explore It!

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<sup>11</sup> International Children's Bible

A. We can study the Bible with different techniques. There's more than one way to study the Bible.<sup>12</sup>

B. Artist Method.

1. When you read a passage of Scripture, ask these three questions.

- a) What speaks to my heart? What jumps out as important to you? Draw a heart by the word or verse that does this
- b) What new thought or idea come to you? What is something that you've never seen before? Draw a lightbulb by this word or verse.
- c) What does this Scripture move you to do? How can you live out what is being said? How can you put this into action? Draw a hand by this word or verse.

C. Detective Method - Use this for narrative passages or stories from one of the Gospels. Really imagine the scene. Here are some steps in the Detective method.

1. First observe the facts. Ask these questions.

- a) Who is in the story?
- b) When does the story take place?
- c) Where does this story take place?
- d) What major and minor events take place in the story?

2. Next, interpret the facts.

- a) Interpret is kinda a hard word, but in a nutshell, ask the "Why" questions.
- b) Why did this event happen?
- c) What meaning did this event have for the characters in the story?

3. Finally, Apply the story to your own life!

- a) What does this story mean for your life?
- b) How can this story change your life?
- c) How can you put into practice what Jesus has done?
- d) What can you take away from this story?

D. Treasure-seeker method

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<sup>12</sup> Calhoun, 165-166

1. In this method, you are trying to discover what is important for you today. Ask these questions as you study.

- a) Is there an example here for me to follow?
- b) Is there a promise to claim or a command to obey?
  - (1) Explain exactly what this means.
- c) Is there a truth to be applied?
- d) Is there a prayer for me to pray?
- e) Is there a sin to be confessed?
- f) Is there a question that God is asking me?

E. Which one of these Study ideas would be easiest for you to use? Which one do you think would be hardest?

#### V. Let's Do It!

- A. Allow them to choose one of these methods, and for the remainder of the class, put one of those techniques into action. Study it out loud together, and ask the same questions that you would do privately in study. Try it with John 6:16-21.
- B. Let's Do It All Week (Challenge for the Week) - Together, as a family, choose a passage to try and memorize together. Make a goal, that every night during the week, you will work on memorizing it, and next week, I will give you an opportunity to share the verse that your family chose.

## Spiritual Disciplines for Kids

### Week 8 - Examen, Confession and Self-Examination

#### I. Icebreaker - I feel \_\_\_\_\_ when...

- A. Write down a list of feeling words such happy, sad, nervous, confused, frustrated, surprised, scared, angry, etc.
- B. Go through each of these feelings, and examine what makes you feel that way. Think about your own life, and discover what situations bring about the most joy, the most frustration.
- C. In order to become a better person, it is important for us to know what situations bring the best out of us.

#### II. Let's Define It!

- A. This week, we have two different Disciplines that are two ends of a similar spectrum.
- B. Examen
  1. Ask - What word is this similar to? Exam.
  2. Knowing the root, what do you think this word could mean?
  3. Examen is the activity of noticing both God and what God has done for you throughout the day.
  4. When you practice Examen, you stop and take notice of the way God is working in your life and moving through you.
  5. Ask - Why do you think it would be important for us to stop and think about the ways that God has moved in your life?
- C. There is another type of "examination" that is important for us to participate in as children of God - Confession.
  1. This may be a word that you have heard before. What do you think this word means?
  2. As we have discussed before, confession is admission of sin. Sharing with God and with others what it is that you have done against His will.
    - a) Define sin. What we do (or don't do) that is against God's will.
    - b) Confession requires taking responsibility for our sins.
  3. Ask - Why do you think confession is so difficult for us to participate in?

D. While Examen focuses on God and what he is doing through you, confession is the act of examining yourself.

### III. Let's Explore It!

#### A. Examen

1. Paul spends a lot of time thinking about examining how God is moving through his life.

a) Read Colossians 1:9 and 2 Corinthians 12:1-10.

b) How are these examples of examen?

2. Here are some examples of questions that you may ask, when "examen-ing" at the end of the day.<sup>13</sup>

a) For what moment today am I most grateful? Least grateful?

b) When did I give and receive the most love today? Least love?

c) What was the most life-giving part of my day? Life-draining?

d) When today did I have the deepest sense of connection with God, others and myself? Least?

e) When was I aware of moments when I was living the fruits of the Spirits? Not?

#### B. Confession

1. God asks that we confess our sins to him.

a) Read Psalm 139:23-24.

b) Ask - Why would God want us to share with Him our sins, if he already knows them? Why would this be important?

2. God asks that we confess our sins to each other.

a) Read James 5:16.

b) Ask - Why would confessing our sins to other Christians help to heal us from these sins? Why do you think it helps for us to not keep our sins inside of us?

### IV. Let's Do It!

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<sup>13</sup> Calhoun, 53.

V. Play a game of iSpy God. Spend some time discussing together the ways that you have seen God at work this week in your life. Think about big things that He has done for you, but also, take notice of some of the little things that God may be doing in your life.<sup>14</sup>

VI. Let's Do It All Week (Challenge for the Week) - This week, I want to encourage you, at the end of the day, to think about both of these examinations. First, think of at least one thing or one way that God has been a part of your life, then spend time examining yourself. Confess to God at least one way that you did something or chose not to do something that was against His will.

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<sup>14</sup> Calhoun, 55

## Spiritual Disciplines for Kids

### Week 9 - Detachment

I. Icebreaker - MOST.

II. Take some time at the beginning of class, discussing together the things that matter most to us. Compile a list of the things in this life that really matter to us.

III. Ask - Why are these the things that matter the most to you?

IV. What makes something important? How do we know when something is important to us?

V. Let's Define It!

A. Today's discipline is a tough word. A word that most likely none of you have heard or have used - Detachment.

B. There are 2 parts to this definition. The first has to do with word itself.

1. Ask - How would you define the word Attach? When something is attached to something, what is it doing? It's stuck to it.

2. Ask - Knowing that, what do you think the word to detach means?

a) Becoming unstuck to something.

b) Cutting the strings from something.

C. The second part of this definition has to do with what we are becoming detached to.

1. Idol worship. Ask - What is an idol?

a) Something or someone who is placed above God as a god.

2. Let's list some examples of idols. What are some idols that people have had throughout history? What are some examples of idols that we have today?

3. How would detaching ourselves to idols bring us closer to God?

VI. Let's Explore It!

A. Let's Look at two examples of Idol Worship and God's call for us to detach from these idols--one from the Old Testament and one from the New Testament. The first example deals with an actual physical idol, the story of the golden calf.

1. Read Exodus 32 together.

2. Here is an example of an actual, physical idol that is being worshipped.

3. Ask - Why do you think God's people created this golden calf to worship?

4. Hadn't God delivered these people from slavery? Why would they so easily forget who it was that they were serving?
5. God's people were in the desert wandering for a very long time. At times it was probably easy to forget about God because they couldn't necessarily see Him.
6. That's why we sometimes place things as more important. Because we don't easily see Him, or maybe we just aren't searching for Him.

B. The second example is in the New Testament, and has to do with a man's idol of money and things.

1. Read Luke 18:18-25.
2. Ask - In this story, what was this man's idol? What was Jesus asking him to do?
3. He seems to be a good man--a man who follow what God wanted him to do. Why do you think this man had such a hard time getting rid of or detaching from his idol of money and things?
4. Why do you think it was so important to Jesus that the young man got rid of His things? (Because they were more important to him, than the God that he served)
5. The problem was not the fact that he had money or things, but the problem was that those things were more important to him than following Jesus.

## VII. Let's Do It!

- A. Take some time during these last few minutes to think about something that you think is very important--the most important thing that you own or thing that you do. What do you spend the most of your time doing? What do you have or do that you place high value on? Think about why that is, and if you realize that it could be an idol or could become an idol, think about some ways that you can keep it from becoming one.
- B. Let's Do It All Week (Challenge for the Week) - Continue to think about the things that you give much value to. Come up with a plan on how you can place God as most important in your life. What are some things that you can do to attach yourself from the idols in your life?

## Spiritual Disciplines for Kids

### Week 10 - Control of Tongue and Truth Telling

#### I. Icebreaker - 2 Truths and a Lie

A. As we begin, play a game where each person comes up with three unusual facts about themselves (Make sure they are facts that few people would know about). We will go around the class and see if we can guess which of the facts are true and which is the lie.

#### II. Let's Define It!

A. Ask - What do you think it means to control the tongue?

1. This is probably something that they can figure out. Why do you think that Controlling the tongue can be considered a discipline?
2. Controlling the tongue requires thinking about everything that comes through your head and choosing whether it is good or bad to say it or not.

B. Ask- How does a water filter for a fridge work?

1. All of the water goes through this filter. The filter only lets the water flow through the filter. If there is something dirty or gross in the water (something that is not pure) the filter does not allow it to go through.

C. In the same way, we should use filter as we decide what we should and shouldn't say. We should ask this question before we speak - Is what we are about to say going to please God or displease God?

#### III. Let's Explore It!

A. One of the places that we need to go as we explore what it means to control the tongue is James 3:1-12. Let's read that passage together.

1. James compares the tongue to a bit for horse and to a rudder for a ship. Ask - How is the tongue like these two items?
2. Ask - Why does James say that the tongue is a fire?
  - a) What do fires do that tongues do, too? It can spread, like wildfire.

B. What are some good things that are tongue can do?

1. Speaking the truth in love.
2. Encouraging other people. What are some ways that we can do this?
3. Praising God in worship.

4. Praying to God.

C. What are some evil things that the tongue does?

1. Dishonesty
2. Gossiping
3. Yelling, cursing, or making others feel small
4. Speaking out of anger

D. Jesus was able to control his tongue unlike anyone else. When people were spitting at him, yelling ugly things about him, accusing him of doing things that he did not do, he was silent. He said nothing out of anger.

IV. Let's Do It!

A. Spend some time at the end of class, coming up with situations together that may be difficult to control the tongue (i.e. When someone accuses you of something that you didn't do, when a sibling yells at you, when someone makes fun of you, etc.). In each of the situations that the class makes up, figure out what it would look like to control your tongue. How can you praise and glorify God in situations as tough as those?

B. Let's Do It All Week (Challenge for the Week) - This week, let's practice using a filter! Before you speak, think! You may be surprised with what you choose to say or not say.

## Spiritual Disciplines for Kids

### Week 11 - Submission

#### I. Icebreaker - Simon Says

II. We are going to play a good ole' game of Simon Says today. We will test your ability to follow as we begin class today.

III. We will slowly move faster and faster until everyone is out. Let's see who the best follower is today!

#### IV. Let's Define It!

A. You may be wondering why we're putting together this list of authorities and rules. Well tonight's discipline that we are going to look at is submission.

B. Ask - What do you think that the word "submission" means?

C. To me, submission and obedience go hand in hand.

1. We are called to submit to earthly authority.

a) Read Hebrews 13:17.

b) Who is our earthly authority?

c) Why do you think it is so important for us to be obedient to our earthly authority?

d) Who has put those men and women into authority?

2. We are called to submit most importantly to God.

a) Read James 4:7.

b) What does it mean to submit to God?

c) What are some ways to submit to God?

d) What are some of the things that God wants to do?

e) What are the things that we need to do in order to be obedient to God?

D. Another important part of submission is humility.

1. When we submit to others, we humbly listen to and obey them.

2. To live humbly means that we don't think too highly of ourselves.

3. When we submit to others, we place other's needs above our own. It means that love others as we love ourselves, and we serve others with humble heart.

E. Finally, by submitting, we are called to follow, even when we are leaders.

1. Who are we called to follow?

2. How can we follow Jesus?

V. Let's Explore It!

A. Let's look at two examples of submission to God! First, let's look at the life of Abraham.

1. In all things, Abraham was a man who submitted to God and his plan for him.

Let's look at his life.

a) Read Genesis 12:1-4.

b) God asked Abraham and Sarah to leave their country and their land to go to a totally new place that they had never been to before! That would have been scary.

c) What did Abraham do? If you were Abraham, would you have had trouble leaving your home and going to a new place?

d) Yet, Abraham submitted!

2. After years of waiting for a son, God finally fulfills his promise (Not that that was not going to happen)! Abraham and Sarah were both way too old to have the child that God had promised, but God continued to be faithful.

a) After this, let's see what God asked Abraham to do.

b) Read Genesis 22.

c) To me, here, Abraham takes submission to a new level! God asks him to sacrifice his son, and Abraham willingly goes to do this until he is stopped by the Angel of the Lord himself.

d) How difficult do you think it would have been for Abraham to submit to God here?

e) Did Isaac show submission in this story? In what way?

B. Finally, Jesus lived a life of submission.

1. Let's go to the Garden of Gethsemane, in the wake of Jesus' most trying time.

2. God was calling Jesus to die for the entire world. He was calling Jesus to take on, undeservingly, the sins of the whole world. It would have been beyond difficult to receive this "punishment" so undeserved.

3. Read Luke 22:39-46.

4. How did Jesus submit to God during this time?

5. Why would it have been difficult for Jesus to submit to God?

6. How was Jesus humble in the way that he responded to this trial?

#### VI. Let's Do It!

A. As we end today, let's put together a list of people and groups that are your authority everyday. Allow them to put a list together on their own sheet of paper, first. Compile a list together as a group. Input as you deem necessary.

B. Next, put together a list of rules that are important for you to follow everyday.

Maybe these are rules that you have at home, at school, on the road, at the ballpark. Maybe these rules are spoken or written, but maybe they are just known and never spoken of. Compile a list of rules that our group has to follow everyday.

C. As we close, pray over the class that they will be able to submit to these authorities and submit to these rules even when it isn't easy. Pray, above all, that they submit to God and follow Jesus.

D. Let's Do It All Week (Challenge for the Week) - Now that you've recognized who your authorities are, during the week, seek out opportunities to humbly submit and obey these authorities. Go out of your way to serve them and be obedient and do so with a good attitude!

## Spiritual Disciplines for Kids

### Week 12 - Service

I. Icebreaker - As we prepare to tell the story of Jesus washing his disciples' feet, we are going to play a few fun feet games.

- a. The first of these games is going to be a simple smelly feet contest. Ask a volunteer judge to leave the room. Invite anyone who thinks that they have the smelliest feet to come up to the front of the room and leave their smelly shoes up at the front. The volunteer judge will smell each of the shoes and will choose a winner.
- b. The second game we will play is the monkey feet olympics. Choose two volunteers to play a number of games. See who is able to write their name with their toes best. Also, see who can transfer the most marbles from one bowl to another in a specific amount of time.

II. Let's Define It!

- a. To me, one of the best definitions of service is done by Jesus when he washes His disciples' feet. In this story, he defines what it means to be a humble servant.
  - i. Read John 13:1-17.
  - ii. Ask - What does it mean to be humble? How does Jesus demonstrate humility in this story with his disciples?
  - iii. How does Peter react to this act of service?
  - iv. What are some other things that Jesus did during his life that teach us what it means to be a humble servant?
  - v. Discuss the differences between pride and humility.
  - vi. What is Jesus telling his disciples when he says, "I, your Lord and Teacher, have washed your feet. So you should also wash each other's feet. I did this as an example for you. So you should do as I have done for you"? What is Jesus calling us to do, today?

III. Let's Explore It!

- a. Let's explore another story that Jesus shares about serving others.
  - i. Read Luke 10:25-37.

- ii. Ask - Who is Jesus telling this story to? What were the Pharisees and Sadducees like?
  - 1. The teachers of the law were always trying to trick Jesus, but Jesus always knew how to respond in a way that would teach them what it really means to follow God's will.
  - 2. What did the teachers of the law think about the Samaritans? Why was their hatred between them?
  - 3. The Samaritan was the last person that those teachers of the law ever thought would stop and serve.
- iii. Jesus was teaching us to be a servant even when it isn't convenient and even when it isn't easy.
- iv. At the end of the story, Jesus tells those listening, "Go and do the same thing he did." What does this mean for us?

b. Read Matthew 5:41-42.

- i. Jesus is teaching us something similar here in this passage. He is teaching us to go above and beyond what is asked of us when we are serving others.
- ii. After listening to these stories and hearing this passage, what should our attitudes be like when we serve others?

IV. Let's Do It!

- a. Spend this last few minutes reenacting the story with kids. Discuss with the kids what it meant to wash someone's feet when Jesus served his apostles. God calls us to follow his example, so tonight, we are going to wash each other's feet. (Encourage them to be quiet. It might be good to play music. This could help with the awkward silence.)
- b. Ask - What was it like to wash your friend's feet? What was the most difficult part about it? How did it make you feel inside?
- c. Ask - What are some ways that we can be humble like Jesus in our own lives?
  - i. At home?
  - ii. At school?

- iii. With our siblings?
  - iv. With our parents?
  - v. With our friends?
- d. Let's Do It All Week (Challenge for the Week) - At the end of the week, divide a paper into three columns. Above one column write, "For Me." Above the second column write, "For Others." Above the third column write, "For God." Review your week that you have had, and jot down in each column the things that you have bought and done for yourself, others, and God. Then ask yourself, "How can I better serve God and those around me next week?"<sup>15</sup>

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<sup>15</sup> Calhoun, 146

## Spiritual Disciplines for Kids

### Week 13 - Care for the Earth

#### I. Icebreaker - Creation List

- a. For the first few minutes of the class, allow the students to write down as many of God's beautiful individual creations as they can. Encourage them to really be specific.
- b. Compile a list on the board of God's beautiful creation. Before you begin, pray a prayer, thanking God for this world that he is given to us.

#### II. Let's Define It!

##### a. Care of the Earth

- i. Discuss - Why do you think that taking care of the earth could be considered a spiritual discipline?
- ii. Read Genesis 1:26-31.
  1. According to this passage, why did God originally create man?
  2. What do you think God meant when he said that Adam was to be the earth's master?
  3. Do you think that God wants us to take advantage of the creation that he has made for us, or treat it with respect?
- iii. Read Genesis 2:15.
  1. What was Adam and Eve's job in the Garden of Eden?
  2. Do you think that this still applies to us today?
  3. Why do you think we should take care of the earth?
  4. Most importantly, it's God's. Read Psalm 24:1-2

#### III. Let's Explore It!

- a. As we explore this idea of taking care of the earth that God has made for us, we want to explore two questions.
- b. First, in what ways do we use God's earth?

- i. The earth is a gift that God has given us. He wants us to use it.  
Let's compile a list of the ways that we are putting God's great earth to good use.

c. Second, how can we care for the earth?

- i. Let's be specific and think of ways that we can keep this earth in the shape that we received it.
- ii. God's earth is really big. How can we make a difference?
- iii. What are some things that we can do to clean the earth?
- iv. What are some things that we can do to not make the earth dirty?

IV. Let's Do It!

- a. Spend the last 20 minutes of class, putting this lesson into action and going around the perimeter of the church and picking up any trash that is on the grounds. Make sure that you stay together as a class. Let's create a trash mob and care for the earth that God has created for us.
- b. Let's Do It All Week (Challenge for the Week) - As a family, take one evening this week, and go to a place that you regularly use (a ballpark, school, park, etc.) and pick up any trash that may make the area unclean. Then, look around and take notice of the beauty of God's creation. Thank Him!

## Spiritual Disciplines for Kids

### Week 14 - Witness

#### I. Icebreaker - Story cubes.

- a. This week is going to be all about telling stories, so as we begin class, let's play the game story cubes (You can pick these up at Target or Walmart). Essentially, there are 6 dice that have different pictures on it. You roll the dice and you go around telling a unique story using the pictures that were rolled. There are multiple ways that you can play this game. There is no winner. There's no need for a winner.
- b. If you have time, you can also play storyline. Line up a group of people, and have them tell a story one sentence at a time. Who knows where the story will go?

#### II. Let's Define It!

- a. The discipline for this week is Witness.
  - i. When someone goes to court, they ask witnesses to come up and share. What do those witnesses usually say?
  - ii. A witness is someone who has seen something and then goes and shares it.
- b. Read Acts 1:8.
  - i. Jesus here is asking his disciples to be witnesses to the whole world. What do you think it means to be witnesses about Jesus?
  - ii. To be a witness for Jesus means that we live and share the difference that Jesus has made in our lives.
  - iii. When we are witnesses for Jesus, we share our story (the story of Jesus) with everyone around us!
  - iv. We will share more about what this means later, but first...

#### III. Let's Explore It!

- a. Let's look at an example of someone who shared with her city about what Jesus had done for her.
  - i. Read John 4:1-28.

- ii. Some might have said that this woman was “unlovable.” What do you think it means to be unlovable?
    - 1. Why do you think people that day would have considered this Samaritan woman unlovable?
    - 2. Who are some people today who seem unlovable?
    - 3. Is there anyone who is unlovable to God?
  - iii. At the end of the story, in John 4:39, it says that many of the Samaritans in that town believed in Jesus. They believed because of what the woman said.”
    - 1. By loving someone who at time felt like she was unloved, Jesus was able to make a difference in a whole city.
    - 2. Because the Samaritan woman was willing to share her story, the story of how Jesus changed her life, many people in her city believed in Jesus.
    - 3. The Samaritan woman was a witness!
- b. What about us?
- i. Sharing the story of Jesus is a big part of sharing your story.
  - ii. Who are some people we can share Jesus’s story with?
  - iii. Why is it important for us to be a witness for Jesus?

#### IV. Let’s Do It!

- a. Let’s spend the last part of our class, writing our story. Take some time writing down all that God has done for us. Write down Jesus’ story. Try and think of some ways that Jesus has made a difference in your life. Before we can be a witness for Jesus, we need to know all that he has done for us.
- b. Let’s Do It All Week (Challenge for the Week) - This week, discuss as a family, someone that you know who does not follow Jesus. Discuss together what a good way to share your story would be. How can you be a witness this week?

## Spiritual Disciplines for Kids

### Week 15 - Secrecy

#### I. Icebreaker - Telephone

- a. Begin the class by playing the classic game telephone. You come up with a secret, and allow the secret to be whispered all the way around the class. See how the secret has changed.
- b. If time permits, play this game several times.

#### II. Let's Define It!

- a. Have you ever had a good friend ask you to keep a secret with them? Was it ever really hard to keep that secret?
  - i. I don't know about you, but there have been times when people have shared secrets with me, and I have really tough time keeping it to myself.
  - ii. Share a story about when you had a difficult time keeping a secret.
  - iii. Why do you think at times it's so hard to keep a secret?
    1. Sometimes it's really good news!
    2. Sometimes it's just really juicy!

#### III. During this class, we have spent a lot of time talking about a lot of different good disciplines that we can participate in.

- a. These disciplines help us to grow closer to the God that we serve.
- b. However, we are not to participate in these disciplines loudly.
- c. We are called to practice these disciplines quietly, or in secrecy.

#### IV. Let's Define It!

- a. Jesus teaches us that we are to do these disciplines, these actions that bring us closer to God, in privacy.
- b. Read Matthew 6:1-4.
  - i. Ask - Why do you think that sometimes we are tempted to tell the whole world how we have given to others?
  - ii. When we do that, who is it that we are really giving for? Are we giving in order to really serve those people and glorify God, or are we giving so that we can look good?

- c. Read Matthew 6:5-6.
  - i. Ask - Why do you think there are some people who when they pray only pray loud so that others can hear them?
  - ii. Who do you think those people are praying for?
- d. Read Matthew 6:16-18.
  - i. Ask - Why do you think that there are people who when they fast, or give up something for God, they feel the need to tell everyone they come in contact with?
  - ii. Why do you think they are really fasting?
- e. Read Luke 18:10-14.
  - i. In this story, one of the men were loudly boasting about how wonderful he is. The other man was humbly praying to God, and felt that he was an unworthy sinner. Which of these men had the heart that God wants us to have? The boaster or the humble man? Why?
- f. Why do you think Jesus asks that we not boldly share with those around us the good that we are doing?
  - i. Why is this hard for us? Why do we feel that we need credit?
  - ii. When we are doing these great things for God in secret, what are we telling God? (That we don't need credit. We are doing these things so that we can become closer to him and so that we can become a better disciple and follower of Jesus)

#### V. Let's Do It!

- a. Choose a room in your church that needs to be cleaned, and spend the last part of class cleaning out that room. Make it look beautiful, but make sure that you don't tell ANYONE that you did it! Do it because you want to serve, not so you can get credit!
- b. Let's Do It All Week (Challenge for the Week) - Discuss as a family some ways that you can serve the people who are around you in secret. You could cut an older neighbor's yard without letting them know. You could pay for someone's dinner in the car behind you in the drive-thru. The point is to

do something for them, but don't let them know who it is! God will be glorified because of it!

## Spiritual Disciplines for Kids

### Week 16 - CELEBRATION!

I. Icebreaker - Since this is the last week, and since it is Celebration Week, it only makes sense to end with a party. Discover what your class's favorite treats are, and make them! What a great way to end a class together than by celebrating with great sweets!

#### II. Let's Define It!

a. We are called to live a life of Celebration! A life of joy! This is the final discipline that we are going to discuss.

i. Ask - What do you think a life of joy looks like? How does a joyful person act?

ii. Can you think of someone who is joyful always? (Or at least seems that way) Describe them.

iii. The tough thing about living a life of celebration is that we are called to live that way always, even when it isn't easy.

b. Read Habakkuk 3:16-18

i. Ask - What are some of the things that were wrong in this passage?

ii. What does Habakkuk continue to do, even in the face of death and sadness.

c. Read Lamentations 3:20-24.

i. Why does the writer of Lamentations say that he has hope?

ii. Even when things are sad or hard, we still have hope because God always loves us. His love is always with us.

d. Read Philippians 4:4.

i. When Paul wrote this he was in jail. What do you think it would have been like to have been in jail?

ii. How do you think Paul was able to be joyful and celebrate in such a scary time?

#### III. Let's Explore It!

IV. As we celebrate this time together, we want to review these practices that we have studied this week.

- a. Week 1 - We learned what it means to worship and specifically worship in song.
  - i. What are some ways that we can worship God?
  - ii. What are some of your favorite songs to sing to God?
- b. Week 2 - We learned about Gratitude and Thanksgiving.
  - i. Similar to celebration, we learned that we are to be thankful at all times, even when it isn't easy.
  - ii. Quickly, name one thing that you are thankful for?
- c. Week 3 - We learned about prayer.
  - i. We learned an acronym that can help us pray even when we don't know what to pray.
  - ii. A-doration, C-onfession, T-hanksgiving, S-upplication
- d. Week 4 - We learned about fasting.
  - i. What are some things that you can fast from as a kid?
  - ii. Why is it that we fast?
- e. Week 5 - We learned about Communion.
  - i. What do we remember when take the Lord's Supper?
  - ii. What are we to reflect when we take the Lord's Supper?
- f. Week 6 - We learned about Contemplation.
  - i. A word that we used for this imagination.
  - ii. I encouraged you to imagine who God is, what he looks like, and what he says to you. Imagination is a gift that God has given you!
- g. Week 7 - We learned about studying the Bible.
  - i. Why is it important to study the Bible?
  - ii. What does the Bible teach us?
  - iii. When we have decisions to make, where should we go?
- h. Week 8 - We had two examinations.
  - i. What were the two examinations that we talked about?
  - ii. What is examen? (Examining how God is working through you)
  - iii. What is confession? (Examining yourself)
- i. Week 9 - Detachment

- i. What is an idol?
  - ii. What are some examples of idols?
  - iii. Why is it important for us detach from the things that we sometimes place as more important than God?
  - j. Week 10 - Control of the Tongue
    - i. What are some good things that the tongue can do?
    - ii. What are some bad things that the tongue can do?
  - k. Week 11 - Submission
    - i. Who are some people that we are to submit to?
    - ii. What does it mean to submit?
  - l. Week 12 - Service
    - i. Jesus showed us how to serve by washing his disciples' feet. Why was this an act of service.
    - ii. We are to go and do the same!
  - m. Week 13 - Care of the Earth
    - i. What are some of the things that God has blessed us with on this earth?
    - ii. How can we keep this earth beautiful?
  - n. Week 14 - Witness
    - i. What does it mean to be a witness?
    - ii. What is the story of Jesus, and how has Jesus become a part of your story?
  - o. Week 15 - Secrecy
    - i. Why is it important for us to serve and to practice these disciplines in secret?
    - ii. How do we make God happy by keeping our good works to ourselves.
- V. Let's Keep Doing It!
- a. Encourage the class as they leave, to not let these Disciplines stop here, but to continue to do them! Do them as a family! It is important for us to always grow closer to the God we serve!