

Lesson #11

Hebrews 4:14-5:10, 1 John 5:14

January 7, 2015

**Bring a pair of over-the-ear headphones. If you don't have a pair, you can bring in a picture of someone wearing them.*

Have the children sit in a circle so they can all see each other.

How many of you have ever felt sad? Let's all make a sad face. Have any of you ever felt angry? Show us your mad face. What do you look like when you feel worried? Or scared? Or when you're being sneaky? *(Give the kids a moment to show the class their different faces for their emotions or actions mentioned.)*

Do you think Jesus understands when we are feeling afraid or worried? Do you think He knows when we are not acting nice or when we're being sneaky and disobedient? Yes! Jesus knows all about us. The Bible says that Jesus knows all about how we are tempted to have a bad attitude, or worry, or do wrong. He was tempted too, but He never gave in to those things. He never sinned. Even though Jesus, our great High Priest, is perfect, He understands what we are going through and He loves us. He wants us to come to Him with our feelings of hurt, anger and sadness, for example, and tell Him all about it.

The Bible makes it clear that we never have to be afraid to come to the Lord, in fact, we can be confident when we come to Him. God's Word says that when we can ask Him anything according to His will, He hears us! He listens! He will help us!

**Take out your headphones and hold them up for the children to see. For this illustration, emphasize that sometimes headphones are used to block out noise, like people talking. If you have the headphones with you put them on to illustrate. Tell the children to speak to you and let them know you can't hear them very well. Ask for a volunteer to try them on (make sure they are the over-the-ear style and not in-the-ear).*

Sometimes we don't want to hear people talk to us. Maybe we want it to be quiet so we can fall asleep or we're trying to watch T.V. Maybe the person talking to us just talks too much and we simply don't want to listen anymore! God is not like that, though. God not only hears us, but He listens to us. He's not too busy and we are never bothering Him. He loves it when we talk with Him. Raise your hand if you can tell me how we talk to the Lord? Yes, through prayer. Praying just means talking to God. When we pray, we don't even have to speak out loud for Him to hear us! He hears what's on our hearts, what's in our minds. He answers our requests in His way because He knows what's best. We can come to Him day and night with anything and we can trust Him with everything.

Bible Verse: "This is the confidence we have in approaching God: that if we ask anything according to His will, He hears us." 1 John 5:14

Grow At Home #11
Hebrews 4:14-5:10, 1 John 5:14
January 7, 2015

Today the children learned these God facts:

- We never have to be afraid to come to the Lord.
- God hears our prayers and answers us.

Live It Out:

Today we learned that prayer is talking with God. He hears our prayers even when we don't pray out loud. He understands us and loves us. Jesus, the Great High Priest, wants us to come to Him, tell him everything and ask for what we need, knowing that He hears us.

Contrast God's abilities with ours with these illustrations: Have your child stand across the room from you. Then whisper quietly and ask if she heard what you said. She'll have to admit that she didn't hear! Then, have her go into her bedroom and shut the door. Tell her you will be in the kitchen and will try to listen, as she talks to you in her normal voice. After a few seconds reunite and let her know whether or not you heard her. Finally, stand in front of each other and try to "hear" each other's thoughts. After these activities, remind her that God is greater than us. He always hears our thoughts, whispers and our normal voices. He wants us to talk with Him throughout the day, every day.

Prayer: "Thank you Lord that we can come to you anytime of day or night and you hear our prayers and answer us. You understand what we need and what we are going through. Amen."

Bible Verse: "Let us approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need." Hebrews 4:16 NIV