

SUIT UP

Ephesians 6:13-18



Session Eight

BREAKING GROUND

Give everyone a piece of paper and a pen or pencil. Write or draw as many different ways of communicating that you can think of in 1 minute. Younger ones could team up with an adult or older sibling to scribe. Think creatively! How did people used to communicate before phones?

Or stand in a line and play whispers. Pass a message from one person to the next by just whispering into their ear. Can the message make it to the end of the line without changing?

GET THINKING

Who do you most communicate with? Why do you think that is?

What do you normally communicate about?

DIG IT UP

Read Ephesians 6:18 -

“And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.”

What does Ephesians 6:18 tell us about prayer?

Why do you think these words about prayer were added to the end of a description of battle gear?

How important do you think communication is in times of battle?

1 **2** **3** **4** **5** **6** **7** **8** **9** **10**

How important do you think communication with God might be?

1 **2** **3** **4** **5** **6** **7** **8** **9** **10**

QUESTION TIME

For 3-5 year olds:

Who do you enjoy talking to?

What do you like talking about with them?

What's the word we use to mean talking to God?

What do you like talking to God about?

God loves to hear his children pray to him - shout 'Thank you God that we can talk to you!'

For 5-7 year olds:

What does this Bible verse tell us to do?

What is prayer?

When can we pray to God? When do you pray?

What do you like to talk to God about?

Sorry

Thank you

Others

Please

STOP is a useful way to help us remember what we can pray to God.

For 7-11 year olds:

Why do you think prayer is part of the armour of God? Is it important?

When does this verse say to pray and what about?

What will help you to remember to 'keep on praying for all the Lord's people'?

For 12+ year olds:

Why is prayer so important? How does it show faith in God?

Does your prayer life reflect these verses? What do you usually pray for? When do you usually pray?

What do these habits show about your heart? What would help you to pray more like Paul, for all occasions, all people and always?

For the grown ups:

How are you showing your dependence on God in prayer? Do you enjoy communicating with your heavenly Father? What keeps you going in prayer?

How can you 'always keep on praying for all the Lord's people'?

How can you lead your family in praying Ephesians 6:18 style?

Time to chat:

Discuss what a valuable and precious thing it is to be to talk to the God of the Universe, anytime, anywhere, about anything! How can you encourage each other to pray?

Are there people and situations you could pray for as a family? There are lots of ideas on the Open Doors website (<https://www.opendoorsuk.org/resources/children-at-home/>) to help you pray for our brothers and sisters around the world who are treated badly because they love Jesus.

Write prayers on post-it notes and stick around the house for family members to read and pray.

Make a prayer board, with photos of the people you are praying for as a family.

PRAYER

Praise God our heavenly Father for the gift of prayer.
Thank him for something.
Pray for someone else.
Pray for something that concerns you.

SONG

Why not listen, sing or dance to “Stop What You’re Doing and Pray to Jesus”
by Colin Buchanan

It is available to listen to on Spotify or YouTube here:

https://www.youtube.com/watch?v=KfieQ3jg_d0

(Or search on YouTube)

Or alternatively, sing these words to the tune of ‘Heads, Shoulders, Knees and Toes’. Pretend to put on each piece of armour as you sing it. Hold the sword up high. When you sing “this is the armour of our Lord,” march in place.

Belt, breastplate, shoes and shield, Helmet, sword,
Belt, breastplate, shoes and shield, Helmet, sword,
This is the armour of our Lord,
Belt, breastplate, shoes and shield, Helmet, sword.

MEMORY VERSE

Say the verse - each time you say it, add in an action:

and every time you say the word ‘all’ or ‘always’ spin round on the spot.
Every time you say the word ‘pray’, ‘praying’ or ‘prayers’ clap your hands.
Every time you say the word ‘and’ or ‘with’ make a plus sign with your arms.

And pray in the Spirit on **all** occasions
with all kinds of **prayers and** requests.
With this in mind, be alert **and always** keep on **praying**
for **all** the Lord's people

