

Help Me Through

Small Group Application Activity Lesson 3 - I Will Pray!

PURPOSE:

This activity will help the children see that we can pray to God to help us through the obstacles and problems of life.

DESCRIPTION:

In this activity, the children will have to do several obstacles from a course that is set up in the room. No child will do the same obstacles in the same order.

MATERIALS NEEDED:

For this activity, you will need this Help Sheet, numbered pieces of paper, and multiple elements of an obstacle course. (Suggestions below.)

Note: Set up five to ten obstacles. Label the obstacles with the numbers. You can use any type of obstacles you wish.

Crawl under: Use chairs or tables for children to crawl under.

Jump over: Use jump rope or tape stretched between two chairs at a height that children can jump over.

Limbo under: Use the same set up for jumping over, but have kids limbo under.

Balance this: Have kids balance a large item, like a skateboard, on top of a small item, like a small soda bottle.

Knock them down: Have some cups or cones as targets and ball pit balls or dodgeballs to knock them over from a short distance away.

Balance on this: Have kids balance on a wooden block, standing on one foot.

Do this: Have kids do 5-10 push ups, sit ups, jumping jacks, or other physical challenges.

Make the shot: Have a bucket or cup and a small ball. Kids have to shoot the ball in the bucket a certain number of times.

Stack this: Have kids balance cups, soda cans, or apples in a tower.

TO INTRODUCE THE ACTIVITY SAY:

1. Many times life might seem like an obstacle course where we face problem after problem.
2. Today, you will try to make it though an obstacle course without knowing what obstacle to do next.
3. To help us get through life's obstacles, we need to pray to God. To complete the obstacles in this activity, you will have to ask me to help you through.

For detailed instructions on how to lead the activity, watch the Training Video.

Note: Explain each obstacle and how to complete it. Point out the numbers that designate each obstacle.

DURING THE ACTIVITY SAY:

1. Each of you will have to complete some of the obstacles, but you won't know how many, or in what order to do them.
2. I will help you through this obstacle course by telling you what to do next.
3. You will have to ask me, "Help me through."
4. Let's practice. Everyone say, "Help me through." (*Help me through.*)
5. Before you start, and after you complete each obstacle, you will say, "Help me through."
6. I might have you do the same obstacle over and over, or a new one each time.
7. When you are finished, I will say, "You are through. Well done."

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Note: Send each child on a different route through three to five obstacles. Don't have any child do the same order of obstacles as another.

AFTER THE ACTIVITY SAY:

1. When I sent you through the obstacles, did you know what obstacles you would face, or in which order you would have to do them? *(No.)*
2. How did you know what to do next? *(We asked you.)*
3. Did you ask me just once, or did you keep coming back? *(We kept coming back.)*
4. The only way for you to make it through this obstacle course was to keep coming back to me to help you through.
5. In our lives, we will face many different obstacles. The only way for us to make it through the obstacles of life is to keep going to God in prayer.
6. When Jesus was in a difficult situation, He prayed to God repeatedly, and we should follow His example.
7. When we pray to God, we can express our frustrations, ask for what we want, and ask God to help us. But, just like Jesus, we need to be willing to do what God wants, and not what we want.

CLOSING STATEMENT:

When we face obstacles and problems in life we can ask God to help us through. We should follow the example of Jesus and pray over and over, asking God for what we need and doing what God tells us to do.