

We Pray to God

Theme

Jesus spent time in prayer and so should we.

Object

An item that must be recharged with use, such as a tablet or phone

Scripture

Mark 1:29-39

Do you have a/an [name of item]? I have a/an [name of item] here. It seems like a lot of people have these. As you probably know, it has a built-in battery, and it has to be recharged. You can't do much with it if the battery runs out. What do you have that needs to be recharged? Pause for answers.

People need to recharge their batteries, too. We work and play hard, and if we don't get enough rest, pretty soon we just don't have enough energy to do the things we need to do. (Pretend to "power down" and need to be recharged.)

Even Jesus had to recharge. Today we'll learn how He did that. As you listen to what happened, use your arm to tell how "charged" you think Jesus' "battery" is. Have kids reach their hand up as high as they can, to show a full battery. They'll move it up or down, depending on if the battery is being used or recharged. Lowering it all the way to the floor indicates the battery life is completely out. Remind kids to continue indicating the battery charge throughout.

Jesus traveled all around Galilee preaching, driving out demons, and healing people. One day, Jesus and some of His disciples went to the home of Simon and Andrew. Simon's mother-in-law was there in bed with a fever. Jesus took her by the hand and helped her up. All at once, the fever left

her and she began to prepare a meal for everyone.

That evening many people came to Jesus to be healed of all sorts of diseases. The whole town gathered at the door to watch. That must've been a long day.

Jesus got up before sunrise the next morning and found a quiet place to pray and recharge His spirit. When Simon and the others woke up, they found Him and said, "Everyone is looking for You."

Jesus had recharged His batteries and was ready to go. He said to them, "Let's go to other towns and villages so that I can preach to them, too. That's what I came to do." So they traveled throughout the region of Galilee, and Jesus preached in the synagogues and healed people and cast out demons. Comment on where kids are showing Jesus' battery to be.

If Jesus thought it was important for Him to recharge His spiritual battery, it's important for us to do that, too. That's why we should spend time in prayer every day and come to church each week. Invite kids to show where they feel their spiritual battery is right now, and invite them to briefly tell a person beside them why their battery is where it is.

God, help us to remember that just as our bodies must be renewed by proper rest, our spirit must be renewed by spending time with You in prayer, Bible study, and worship. In Jesus' name, amen.