

Before serving any food, always check with caregivers for kids who have food allergies. Provide an alternative if necessary.

## Age-Level Overview

	Open the Bible	Activate Faith
<b>Lower Elementary</b>		
<b>WORKSHOP FOCUS:</b> Anyone can talk to God.	<b>SPARK RESOURCES:</b> Spark Story Bibles	<b>SPARK RESOURCES:</b> None
<b>MUNCH-ABLE MOUTHS:</b> Kids make mouths with apple slices as they review the Lord's Prayer.	<b>SUPPLIES:</b> None	<b>SUPPLIES:</b> Sturdy paper plates, plastic knives, apple slicers, paper towels, bowl, plastic wrap, apples, spreadable cheese, mini marshmallows, lemon juice, water
<b>Upper Elementary</b>		
<b>WORKSHOP FOCUS:</b> God wants to hear from us.	<b>SPARK RESOURCES:</b> Spark Bibles, Spark Bible Stickers	<b>SPARK RESOURCES:</b> Spark Bibles
<b>LISTENING SALAD:</b> Kids use ear-shaped pasta to make a salad as they review the Lord's Prayer.	<b>SUPPLIES:</b> Pictures of current music, movie or political figures; pencils	<b>SUPPLIES:</b> Large cooking pot, strainer, stove, large mixing bowl, spoons, bowls, forks, sharp knife (adult use only), orichiette (ear shaped) or shell pasta, ham or turkey cubes, cheddar cheese cubes, cucumber, carrots, celery, ripe olives, cherry tomato halves, ranch or Italian salad dressing
<b>All Kids</b>		
<b>WORKSHOP FOCUS:</b> I can pray about anything!	<b>SPARK RESOURCES:</b> Spark Story Bibles, Spark Bibles, Spark Bible Stickers	<b>SPARK RESOURCES:</b> None
<b>ANYTHING GOES SALSA AND CHIPS:</b> Kids use several fruits to make salsa and chips as they review the Lord's Prayer.	<b>SUPPLIES:</b> Pencils	<b>SUPPLIES:</b> Oven, oven mitt, baking sheets, parchment paper, pastry brush, pizza cutter, bowls, spoons, measuring spoons, measuring cups, plates, napkins, Granny Smith apples, lemon juice, strawberries, kiwi fruit, mandarin oranges, seedless grapes, crushed pineapple, brown sugar, apple jelly, flour tortillas, sugar, cinnamon, water



Visit [www.sparksundayschool.org](http://www.sparksundayschool.org) for more Spark content. Watch a short Lesson Prep Video that will prepare you and give you confidence to explore this Bible story with the kids you are leading. You will also find a downloadable Family Page for this rotation's story filled with ideas for families to use to explore this story and live out their faith at home.



**Workshop Focus:** Anyone can talk to God.

Keep these tips in mind as you welcome kids to the workshop and explore the story together.

- Each week, remember to welcome kids to the rotation. Keep in mind that for some kids, it may be the first time they are visiting your workshop!
- If kids have heard the story several times during previous weeks, read it again! Kids learn through repetition, and every workshop will explore the Bible story in a slightly different way.
- Remember that the Shepherds are there to support you as they accompany kids each week.
- Be sure to visit [www.sparksundayschool.org](http://www.sparksundayschool.org) to download the Family Page for this story. Make copies of it and ask Shepherds to distribute it during the Wrap Up.

## Open the Bible (10 minutes)

### The Lord's Prayer Storytelling

**Welcome to Cooking! Who do you talk to when you are upset?** Allow kids to respond to this and the following questions. **How about when you are happy? Scared? We are going to read about someone you can talk to no matter how you feel!**

Hand out Spark Story Bibles to each of the kids. Help kids find The Lord's Prayer on pages 278-281. Encourage kids to follow along as you read the story. **There is a special prayer in this story. When I read the prayer, repeat each line after me.** Read the story out loud.

**Let's talk about the story.** Point to the picture on page 278. **What did the disciples want Jesus to do?** (*teach them to pray*) **Did Jesus want the disciples to use big fancy words and loud voices to pray?** (*no*) **Who did Jesus tell the disciples to think about when they pray?** (*God*) **Where else have you heard the Lord's Prayer?** Allow kids to respond. **Prayer is talking to God. Jesus says we don't need big and fancy words to talk to God. Anyone can talk to God!**

**Let's make snacks to talk with!**

Spark Resources  
Spark Story Bibles

Supplies  
None

# Activate Faith (25 minutes)

## Munch-able Mouths

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Before serving any food, always check with caregivers for kids with food allergies. Provide an alternative if necessary.

### Ingredients (makes 4 smiles per kid)

- Apples, one per kid plus leader
- Spreadable cheese, 3 oz. (90 ml) per kid
- Mini marshmallows, 16 per kid
- Lemon juice (to prevent browning)
- Water

**Set Up:** Wash and dry apples. Pour one part lemon juice to three parts water into a bowl for kids to dip their apple slices. Set up a workspace with a plate, plastic knife and paper towel for each kid.

### Activity Instructions

**The disciples wanted to talk to God. They had seen other people use big fancy words and loud voices to talk to God. They asked Jesus to teach them how to pray. Jesus taught them anyone can talk to God. We're going to make Munch-able Mouths to help us remember that anyone can talk to God!**

1. Gather the kids at the workspace. **Who is this story about?** (*Jesus and the disciples*) **This apple represents Jesus.** Give each kid an apple.
2. **Now let's slice these apples into pieces to represent the disciples.** Demonstrate how to use an apple slicer to slice an apple. Help kids slice their apples, if necessary.
3. **The disciples asked Jesus to teach them how to pray. Where is one place Jesus suggested the disciples go to pray?** (*in their room*) **Let's remind the disciples to go into their rooms.** Have kids dip each apple slice into the bowl of lemon water to prevent browning. Place the dipped slices on a paper towel to dry a moment.
4. Have kids lay their apple slices flat on their plates. **What special prayer did Jesus teach the disciples to pray?** (*the Lord's Prayer*)
5. **The first part of the prayer says God is important and holy here on Earth, just like where?** (*heaven*) **Let's spread our apples with something white to remind us God is holy.** Give each kid a scoop of spreadable cheese on their plate. Have kids spread one side of each apple slice with cheese.
6. **What do we ask God to give us in the next part of the prayer?** (*things we need each day*) Give each kid four marshmallows. **Stand each marshmallow along the edge of one apple slice, close to the peeling.** Demonstrate this step. **Name one good thing God gives you for each marshmallow you stick on your apple.**

### Spark Resources

None

### Supplies

Sturdy paper plates  
Plastic knives  
Apple slicers  
Paper towels  
Bowl  
Plastic wrap

7. Give kids four more marshmallows. **Jesus tells us to ask God to forgive us and reminds us to do what for others?** (*forgive them*) **Name something you need forgiveness for or someone you need to forgive as you place each of these marshmallows along the edge of another apple slice.** Allow kids to do this part silently if they wish.
8. **Jesus teaches us to ask God to help us do what's right and not what?** (*what's wrong*) **Give kids four marshmallows for the next apple slice. Name some right things you want to do for each marshmallow you stick to your apple.**
9. **Jesus ends the prayer by saying everything belongs to who?** (*God*) Give kids their last four marshmallows. **Name four things that belong to God as you put these marshmallows on another apple slice.**
10. **Jesus taught the disciples and us so much about prayer. Put an empty apple slice on top of each apple slice with marshmallows on it. Squish them together gently to make them look like mouths!** Demonstrate how to create a mouth.
11. Invite kids to eat their snacks. **Jesus teaches us anyone can talk to God.** Help kids wrap their plates with plastic wrap if they have leftovers, so they can share a snack with others. Remind kids to wash their hands before Wrap Up.

## Send (5 minutes)

### Wrap Up

Remind the Shepherds to distribute the Family Page for this story if the kids haven't already received it, and come together for Wrap Up.

**Thanks for coming to Cooking! What did the disciples ask Jesus to do?** (*teach them how to pray*) **Jesus taught the disciples the Lord's Prayer. Jesus says we don't need big or fancy words to pray. Anyone can talk to God! When is a time you think you might like to talk to God?** Allow kids to respond.

#### Spark Resources

Family Pages



#### Supplies

None

### Prayer Time

**Anyone can talk to God out loud during our prayer. You can also talk to God without saying any words.**

**Dear God,**

**Thank you for letting anyone talk to you. This is what we want to say.** Pause for kids to talk. **We love you, God!**

**Amen.**



**Workshop Focus:** God wants to hear from us.

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## Open the Bible (10 minutes)

### The Lord's Prayer Story

**Welcome to Cooking!** Show pictures. **How easy is it to talk to or call one of these people?** Allow kids to respond to this and the following question. **Why? Our story is about a very powerful, famous figure who actually wants to hear from you!**

Have kids find Matthew 6:5-15 on page 1064 of their Spark Bibles. Invite kids to mark the passage with an I Read It, Makes Me Want To, or Reminds Me Of Spark Bible Sticker, using a pencil to write their responses in the margin. Have volunteers read the following passages.

- Matthew 6:5-6
- Matthew 6:7-8
- Matthew 6:9-13
- Matthew 6:14-15

**Let's review. What did Jesus say was wrong with the way the hypocrites were praying?** (*They wanted to be seen by others.*) **Where does Jesus suggest praying?** (*in your room*) **Do you think Jesus meant we shouldn't pray anywhere else?** Allow kids to respond. **Jesus encouraged the disciples to talk to God in a meaningful**

**Spark Resources**  
Spark Bibles  
Spark Bible Stickers

**Supplies**  
Pictures of current music,  
movie or political figures  
Pencils

**way, from their heart.** Direct kids to read Matthew 6:8 on page 1064. **What does God already know?** (*what we need before we ask*) **Even though God already knows what we need, God still wants us to pray. God wants to hear from us.**

**Let's make pasta salad as we talk about the Lord's Prayer.**

## Activate Faith (25 minutes)

### Listening Salad

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*Before serving any food, always check with caregivers for kids with food allergies. Provide an alternative, if necessary.*

#### **Ingredients** (*makes 12-15 servings*)

- Orichiette (ear-shaped) or shell pasta, 16 oz. (455 ml)
- Ham or turkey cubes, 4 oz. (114 ml)
- Cheddar cheese cubes, 4 oz. (114 ml)
- Cucumber, 1 cup (237 ml)
- Carrots, 1 cup (237 ml)
- Celery, 1 cup (237 ml)
- Ripe olives, 1 cup (237 ml)
- Cherry tomato halves, 1 pint (550 ml)
- Ranch or Italian salad dressing, 16 oz. (455 ml)

**Set Up:** Cook, drain and cool pasta according to package directions.

Cut or slice ingredients to appropriate size for salad. Prepare a surface where kids can work.

#### **Activity Instructions**

**Even though God already knows what we need before we ask, God still wants to have conversations with us. God wants to hear from us. We're going to use pasta that looks like little ears for our salad, as we talk about the Lord's Prayer.** Remind kids to wash their hands prior to starting the activity.

1. Gather kids at the workspace. **What is Jesus teaching about in this passage?** (*prayer*) **Why does God want us to pray?** (*God wants to hear from us.*) **Jesus gave the disciples an example of how to pray. What name do we give this prayer?** (*the Lord's Prayer*) **Let's start our salad with the pasta to remind us God is listening.** Invite a volunteer to pour the cooked pasta into the mixing bowl.
2. Invite a volunteer to read Matthew 6:9-10 on page 1064 of their Spark Bible. **This part of the Lord's Prayer reminds us to keep God's name holy and work to make God's will happen where?** (*on Earth*) **Just like it already is where?** (*in heaven*) Have a volunteer add the meat to represent Earth and another volunteer add the cheese to represent heaven.

#### **Spark Resources**

Spark Bibles

#### **Supplies**

Large cooking pot  
Strainer  
Stove  
Large mixing bowl  
Spoons  
Bowls  
Forks  
Sharp knife (adult use only)



3. Have a volunteer read Matthew 6:11. **What does Jesus tell us to ask God for?** (*daily bread*) **Daily bread represents all of the things we need to live every day.** Invite someone to add the carrots.
4. Direct a kid to read Matthew 6:12. **Who do we ask God to forgive first in this line of the prayer?** (*us*) Have a volunteer add the cucumber to represent us. **What do we ask God to help us do, as well?** (*forgive others*) Ask a volunteer to add the celery to represent others.
5. Invite a volunteer to read Matthew 6:13. **In this part of the prayer we ask God to help us make right choices.** Have a volunteer add the tomatoes. **And avoid the temptation to make bad ones.** Have another volunteer add the olives.
6. **Jesus taught the disciples to use this prayer as a model because it covers most of the things we face in life. Let's cover this salad with dressing.** Invite a volunteer to pour the dressing over the top of the salad while others take turns mixing it.
7. Serve kids the pasta salad. Invite kids to name the parts of the prayer each of the ingredients represents as they eat their salad. **Jesus taught us to pray because God wants to hear from us!** Remind kids to wash their hands before Wrap Up.

## Send (5 minutes)

### Wrap Up

Remind the Shepherds to distribute the Family Page for this story if the kids haven't already received it, and come together for Wrap Up.

**Thanks for coming to Cooking! What did Jesus teach about in this passage?**

(*prayer*) **What prayer did Jesus teach as an example of how to pray?** (*the Lord's Prayer*)

**We don't need loud or long speeches to talk to God. God knows what we need before we pray. God wants us to pray because God wants to hear from us!**

**When will you talk to God next?** Allow kids to respond.

#### Spark Resources

Family Pages



#### Supplies

None

### Prayer Time

**Sometimes we feel things inside of us that we don't have words to tell God about. God still understands. God knows our hearts. Let's close by praying to God in our hearts rather than with words.**

Allow time for silent prayer. **Thank you, God.**

**Amen.**



**Workshop Focus:** I can pray about anything!

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## Open the Bible (10 minutes)

### The Lord's Prayer Storytelling

**Welcome to Cooking! Has an adult ever told you, "Don't talk about that?"** Allow kids to respond. **Some things are private or embarrassing or impolite. There is one person you can talk to about anything! Nothing is off limits!**

Direct older kids to find Matthew 6:5-15 on page 1064 of their Spark Story Bibles. Invite kids to mark the passage with a Spark Bible Sticker of their choice, using a pencil to write their responses in the margin.

Have volunteers take turns reading the verses of Matthew 6:9-13 in place of the prayer on page 280 in the Spark Story Bible.

Hand Spark Story Bibles out to the younger kids. Help kids find The Lord's Prayer on pages 278-281. **When I read these words, you do these actions.** Read the story.

- Disciples    Wiggle fingers.
- Pray        Fold hands.
- God         Point up.

**Let's review.** Point to the picture on page 278. **What did the disciples ask Jesus to do?** (*teach them to pray*) **Who did Jesus say to think about when we pray?** (*only God*) Have older kids read Matthew 6:8. **What does God know?** (*what we*

**Spark Resources**  
Spark Story Bibles  
Spark Bibles  
Spark Bible Stickers

**Supplies**  
Pencils

need before we ask) **Why does God want us to pray?** Allow kids to respond. **Jesus taught the disciples to pray about things they need, forgiveness, and making right choices. Like the disciples, I can pray about anything!**

**Let's make a recipe where anything goes!**

## Activate Faith (25 minutes)

### Anything Goes Salsa and Chips

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*Before serving any food, always check with caregivers for kids with food allergies. Provide an alternative, if necessary.*

#### **Ingredients** (serves 8-10)

- Granny Smith apples, 2 chopped
- Lemon juice, 2 tsp. (10 ml)
- Strawberries, 1 cup (473 ml), chopped
- Kiwi fruit, 2, peeled and chopped
- Mandarin oranges, 1 cup (473 ml), chopped
- Seedless grapes, 1 cup (473 ml), chopped
- Crushed pineapple, 8 oz. (473 ml), drained
- Brown sugar, 2 Tbs. (30 ml), packed
- Apple jelly, 2 Tbs. (30 ml), melted

#### **Chips**

- Flour tortillas, 8
- Sugar, ¼ cup (60 ml)
- Cinnamon, 2-4 tsp. (10-20 ml)
- Water

**Set Up:** Cover the baking sheets with parchment paper. Preheat the oven to 400°F (200° C). Chop all fruits, placing each in a separate bowl. Toss apples with lemon juice. Melt the apple jelly. Mix the cinnamon and sugar to taste. Prepare a surface where kids can work.

#### **Activity Instructions**

**Jesus taught the disciples the Lord's Prayer. The Lord's Prayer covers many things. Like the disciples, Jesus wants me to know I can talk to God about anything! We're going to make a fruit salsa choosing the fruits we want to represent parts of the Lord's Prayer.** Remind kids to wash their hands before starting the activity.

#### **Spark Resources**

None

#### **Supplies**

Oven  
Oven mitt  
Baking sheets  
Parchment paper  
Pastry brush  
Pizza cutter  
Bowls  
Spoons  
Measuring spoons  
Measuring cups  
Plates  
Napkins

1. Gather the kids at the workspace. **What did the disciples ask Jesus to do?** (*teach them to pray*) **What prayer did Jesus teach them?** (*the Lord's Prayer*) Have kids place the flour tortillas on the baking sheets.
2. **The first part of the prayer talks about keeping God's name holy. Where is God's name already holy?** (*heaven*) Have kids brush tortillas lightly with water.
3. **Where do we need help keeping God's name holy?** (*on Earth*) Have kids sprinkle the tortillas with cinnamon and sugar. **Let's finish these chips.**
  - a. Have kids use the pizza cutter to cut each tortilla into 8 wedges.
  - b. Have a Shepherd bake the tortillas for 6-8 minutes.
  - c. Allow tortillas to cool.
4. Gather the kids around the mixing bowl. Present the fruit options available for the salsa. **Jesus tells us to ask God for our daily bread. What does daily bread mean?** (*things we need to live every day*) Have a volunteer choose a fruit to represent daily bread and begin the salsa. Pour the fruit into the bowl.
5. **Jesus also teaches us to ask God for forgiveness. Which fruit should we add to the salsa to remind us to ask for forgiveness?** Invite a volunteer to add the chosen fruit.
6. **Jesus also teaches we are to ask God to help us do something for others. What is it?** (*forgive others*) Have another volunteer add a fruit to the salsa.
7. **In the Lord's Prayer, we ask God to help us do what is \_\_\_\_\_, (*right*) and not what is \_\_\_\_\_.** (*wrong*) Have volunteers add two more fruits, one for right choices and one for avoiding wrong ones.
8. **Jesus ends the prayer by saying everything belongs to who?** (*God*) Add the brown sugar to the salsa. **For how long?** (*forever and ever*) Add the apple jelly and mix the salsa all together.
9. Invite kids to snack on some cinnamon chips and salsa. **God is in charge of everything forever. That is why I can talk to God about anything! With God, anything goes—just like our salsa!** Remind kids to wash their hands before Wrap Up.

# Send (5 minutes)

## Wrap Up

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Remind the Shepherds to distribute the Family Page for this story if the kids haven't already received it, and come together for Wrap Up.

**Thanks for coming to Cooking! We learned the disciples asked Jesus to teach them to pray. What prayer did Jesus teach the disciples? (the Lord's Prayer) The Lord's Prayer talks about many things like needs, forgiveness, and choices. Everything belongs to God forever. I can talk to God about anything! What are some new things you are going to talk to God about?** Allow kids to respond.

### Spark Resources

Family Pages



### Supplies

None

## Prayer Time

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Have kids sit in a circle on the floor. **Since we can talk to God about anything, this is going to be your prayer. If you have something to say to God, stand up, say it, and then sit down.**

**Dear God,**

Pause for kids.

**Amen.**