

March 29, 2020

# In the Garden

**Luke 22:39-46**



## *Instructions for Families:*

- Complete these activities in order at any time during the week, whenever it best fits your family schedule. Ideally, plan to do them all together at one time.
- All activity materials are common household objects, and are listed at the beginning of each activity.

## • **Gathering**

- **Materials:** Basic altar decor (placemat/cloth napkin, candle/lighter, cross or other item of religious significance).
- **Directions:**
  - *Note: If you have not yet made a family altar, do this first:*
    - Decide as a family where you will set up the altar. Some good options include in the center of a dining table, on a console table, or atop a low bookshelf. It should be easily visible to the children, but not still somewhat out of everyday reach (ex: not on a mantle, but also not on the coffee table).
    - After you have decided where the altar will be, set up a few basic objects together:
      - Lay out a cloth napkin or placemat as a base.
      - Add a candle and a cross, or another object that reminds your family of God.
  - Gather the children and adults who will be participating in Sunday school together.
  - Point out the object that was added to the altar last week: a cup and plate.
    - **Ask:** Last week, we added this cup and plate. They remind us of when Jesus shared a special meal with his disciples. What was your favorite meal that we shared together this week?
    - **Say:** Let's get ready to make our hearts and minds ready to listen to God today.
  - Light the candle. Then, **Say:** This candle light reminds us that God is with us. Now, let's say a prayer together to make our hearts and minds ready to listen to God.



- Invite a child to say a prayer. If no one volunteers, an adult may say a prayer, or lead the family in the prayer below:
- “Dear God, thank you for being here with us in our home. We are ready to listen and to learn about you. We love you. Amen.”

- **Bible Story - Jesus Prays in the Garden**

- **Materials:** Storybook Bible, or Computer/Tablet/Phone with Internet Access
- **Directions:**
  - Find the story of Jesus praying in the garden of Gethsemane in a Storybook Bible (Matt. 26:36-46, Mark 14:32-42, Luke 22:39-46)
  - Invite an older child to read the story aloud. Make sure everyone can see the pictures.
  - If you don't have a storybook Bible, watch a YouTube video of the story together:
    - YouTube Search Term - Jesus the Redeemer - Jesus Prays in Gethsemane
    - Link: <https://www.youtube.com/watch?v=0IMmLty-9KA>



Jesus prays in Gethsemane #Bible Kids Story

Jesus the Redeemer • 137 views • 1 month ago

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- Ask your children:
  - What happened first in the story?
  - What happened in the middle?
  - What happened at the end?
  - How does this story make you feel?
  - What do you think God wants us to learn from this story?

- **Family Activity - Prayer Walk**

- Materials: None



- **Say:** Jesus was feeling sad and scared, so he went to a quiet place outside to pray. Let's go for a walk and pray for what we see. We will also pick up something to add to our altar.
- Take a short (or long!) walk outside. Stop and say short prayers along the way:
- Example Prayers
  - Stop outside each house and ask God to keep your neighbors healthy.
  - Thank God for the animals you see. Tell God how they make you feel.
  - Thank God for beautiful flowers. Which ones are your favorite?
  - Find a quiet place to sit and pray for your family's health, safety, and relationships.
- Example Items for Altar:
  - Rock
  - Leaf
  - Twig
  - Flower

## ● Independent Activity

- **Directions:** Give each child some time to do an age-appropriate activity on their own to further explore the Bible story.

- **PreK - Prayer Buddies**

- **Materials:** Stuffed Animals, Bible Storybook
- Tell your child to go into their room and find one stuffed animal to be their prayer buddy. Whenever they feel lonely, they can take this stuffed animal to a quiet place and talk to God.
- After your child has chosen a stuffed animal to be their prayer buddy, encourage them to spend some time looking at a Bible storybook with their new buddy in a quiet place



- **K-2nd Grade - Salt Prayers**

- **Materials:** Baking Sheet, Salt
- Sprinkle some salt on a baking sheet, so there is a thin layer across the whole sheet.
- Encourage your child to use their finger to trace words or pictures to tell God how they are feeling today. As they pray, they can shake the tray slightly to reset the salt.
- If kids aren't sure what to say, encourage them to draw faces about how they feel (happy face, sad face, etc.).

○ **3rd-5th Grade - Lego Prayers**

- **Materials:** Paper, Marker, Small Legos
- Help your child to draw a large spiral that covers the whole paper.
- Encourage your child to place small legos along the lines
- For each lego, children can pray according to the color. Print out the last page of this document, or copy the color instructions onto a piece of paper for them to reference.
  - **Red** - Tell God thank you for someone who loves you
  - **Orange** - Tell God something that makes you feel scared
  - **Yellow** - Tell God about something that made you happy this week
  - **Green** - Ask God to help someone stay healthy
  - **Blue** - Tell God about something that made you sad this week
  - **Purple** - Tell God about something that helps you feel safe
  - **White** - Ask God to give your family what you need
  - **Black** - Ask God to help people in another country
- After children finish their spiral, they can trace their finger through it slowly and tell God anything else that they want God to know. They can also trace quietly, and listen for God to say something to them in their hearts.

● **Closing Prayer**

- Gather everyone back together around the altar.
- Invite each child to share something about their age-level activity, if they wish.
- **Say:** It's time to add something to our altar. Today, we will add something from our prayer walk to remind us of Jesus praying in the garden.
  - Together, add the object you picked up on your walk to the altar. If you didn't pick something up, go outside and find something to add.
- Share about this week's "Sads, Glads, and Sorrys."
  - Encourage everyone (adults too!) to name one thing from this week that makes them sad, one thing that makes them glad, and one thing for which they are sorry.
- Ask if a child would like to say a prayer to close the time together. If no one volunteers, an adult may lead the prayer. Or, read the prayer below, while children repeat:
  - "Dear God, thank you for loving us so much. We are so glad we can talk to you about anything, at any time. Thank you for listening when we pray. Thank you for the things that made us happy this week. Thank you for



being there for us when we feel sad. Please forgive us for the things that make us feel sorry. We love you. Amen.”

- Tell your children that you are thankful your family spent this special time together. Remember to extinguish the candle when you have finished.

# Lego Prayers

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