

# HEIR FORCE

Psalm 46:10

"Be still and know that I am God."

## **Take Note:** (The Lesson in a Nutshell)

- ❖ Family Time - Heart bucket
- ❖ Bible Time - Ps 46:10; Lk 5:16;
- ❖ Prayer Time - Pray and invite Jesus' presence to come.
- ❖ Fun Time - make a journal
- ❖ Overtime - continue with waiting and praying to God

## Family time:

- ✓ 5 min Testimony from someone in the community.
- ✓ Re-inforce whether they've brought their bibles.
- ✓ Heart Bucket :  
You will need a sponge, a 'bucket' or container, and water.
- ✓ Use the above for object lessons. God wants to pour His love on us daily. It's like refreshing water to a thirsty plant. Out of this "overflow" we get to know Him better and can minister to others.
- ✓ Show the children the dry sponge. Let them know that this is what our hearts are like when we don't spend time with God. Place the sponge in the 'heart' bucket (filled with water), explain that when we can "Be still and know God" our hearts will become soaked with His love.

## Bible time:

Psalm 46:10

"Be still and know that I am God."

## >>> Talking Point >>>

- ✓ As the children have seen in the above illustration, there is a change when we spend time with our Father God. Without spending time in His presence, we can become like dry plants (show the children a dry plant or picture of a wilted plant).
- ✓ A dry plant cannot produce fruit. It needs to be watered daily.
- ✓ We want to be like this green lush plant (Show picture of lush green plant or tree) that is healthy, happy, and can produce fruit. We can do this by spending time with our Dad daily.
- ✓ Luke 5:16 "But Jesus often withdrew to lonely places and prayed."

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## >>> Talking Point >>>

- ✓ We are about to invite Jesus to come today. He has so much for us!
- ✓ He wants to pour out His presence, His Spirit, His gifts of love, peace and joy.
- ✓ Our heart attitude will either cause us to miss out on what Jesus has for us( at this point you can try and pour water over a cling wrapped dry sponge, show how it doesn't get wet.)
- ✓ How many want to receive what Jesus has for us?
- ✓ Can throw water over children lightly for extra effect.

## >>> Talking Point >>>

- ✓ Demonstration : At the conclusion of the teaching have the children sit or lie down on the Floor. Encourage them to relax, be still and close their eyes. Play soothing worship music. Invite Jesus' presence to come and pour out His love on each child's heart.
- ✓ Be sensitive to what the Holy Spirit is doing and take enough time, as soaking cannot be rushed. At the appropriate time ask the children what Jesus did for them. Have them share what He said, what He looked or felt like, and what He even smelled like.

## Prayer time

- ✓ Continue with spending time soaking in God's presence. Have children begin to pray and minister to each other. Encourage them to journal what they experienced.

## Fun time

- ✓ Make a personal journal and decorate it. Take 15 pieces of blank white paper and fold in half. Open it up and staple them together along the centre fold making a booklet, use a coloured piece of paper for the cover, write your name and grade on the front and keep it for each class.
- ✓ whenever you feel God says something write it in the journal. Keep them at church, but when God speaks to you at home bring the paper or drawing and stick it into your journal.

## Over Time

- ✓ Continue to pray and ask God to speak, wait and write/draw pictures in the journal of what they feel God is saying.