



Meeting 5

God's Power in My Life



Here are three fun ways to teach Sunbeams to talk to God. Adapt them to meet the needs of your Sunbeams or create your own activities.





The following activities fulfill the requirements for My God III: God's Power in My Life. See the Sunbeam Activity Book for accompanying worksheet(s).

ACTIVITY

1

Talking to God

15

MINUTES

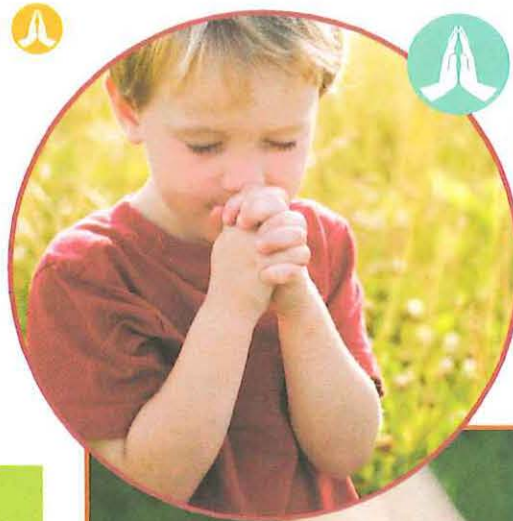
WHAT YOU DO

MATERIALS NEEDED

- One of the following books or a book of your choice on prayer:
 - *What Happens When I Talk To God?: The Power of Prayer for Boys and Girls* by Stormie Omartian (Harvest House, 2007)
 - *Oraciones de la Biblia para la Hora de Acostarse* by Jane Landreth (Barbour, 2010)

Before you begin reading to the Sunbeams, make sure the children are seated comfortably. Having them all sit in a circle around you on the floor is a good idea. Make sure they can all see the book. As you read, point to the pictures, be expressive, ask questions, and answer the children's questions.

Read *What Happens When I Talk to God?* or a book of your choice about prayer. After you've read the book to the children, ask them to each say a simple one- or two-sentence prayer. Demonstrate a sample prayer they can repeat, and remember that it is okay for a child to choose not to pray. Don't pressure them. After prayer, have each child ask parents or leaders why they pray and study the Bible.





Prayer Poster

WHAT YOU DO

15

MINUTES

Ahead of time: Make a large 4 × 4 grid on poster board. The children will write in the squares of the grid so they should be large, such as 5 × 5 in (13 × 13 cm). Leave room at the top of the poster board for the children to write Job 22:27.

Begin by reading Job 22:27 (NRSV): “You will pray to him, and he will hear you.” Ask the children what they think this means. Now explain that to help them learn how to talk to God, they will make a prayer poster. Show them a completed poster that you made.

The children will write the following statements in the first row (one in each box): Thank you, God, for; God, please bless; God, I’m sorry for; God, please make _____ better. The children will leave the sentences incomplete. Repeat the phrases in each of the rows, but mix their order. In each box have the children place the following:

Draw a sad face next to “God, I’m sorry for.”

Place a happy face sticker next to “Thank you, God, for.”

Place a sun sticker or draw a sun next to “God, please bless.”

Attach a small bandage next to “God, please make _____ better.”

After the children have filled in all of the squares, have them write Job 22:27 across the top or bottom of their poster. Then have the children pick one square and complete the sentence (for example, “God, please bless my family”). Have each of the children say their prayer aloud.

Send the poster home with the Sunbeams and encourage them to complete a square and say a prayer every day.

2

ACTIVITY

MATERIALS NEEDED

- Poster board, 28 × 22 in (71 × 56 cm)
- Colored pencils
- Smiley face stickers
- Sun stickers
- Small bandages



ACTIVITY

3

Prayer Balloons

15
MINUTES

MATERIALS NEEDED

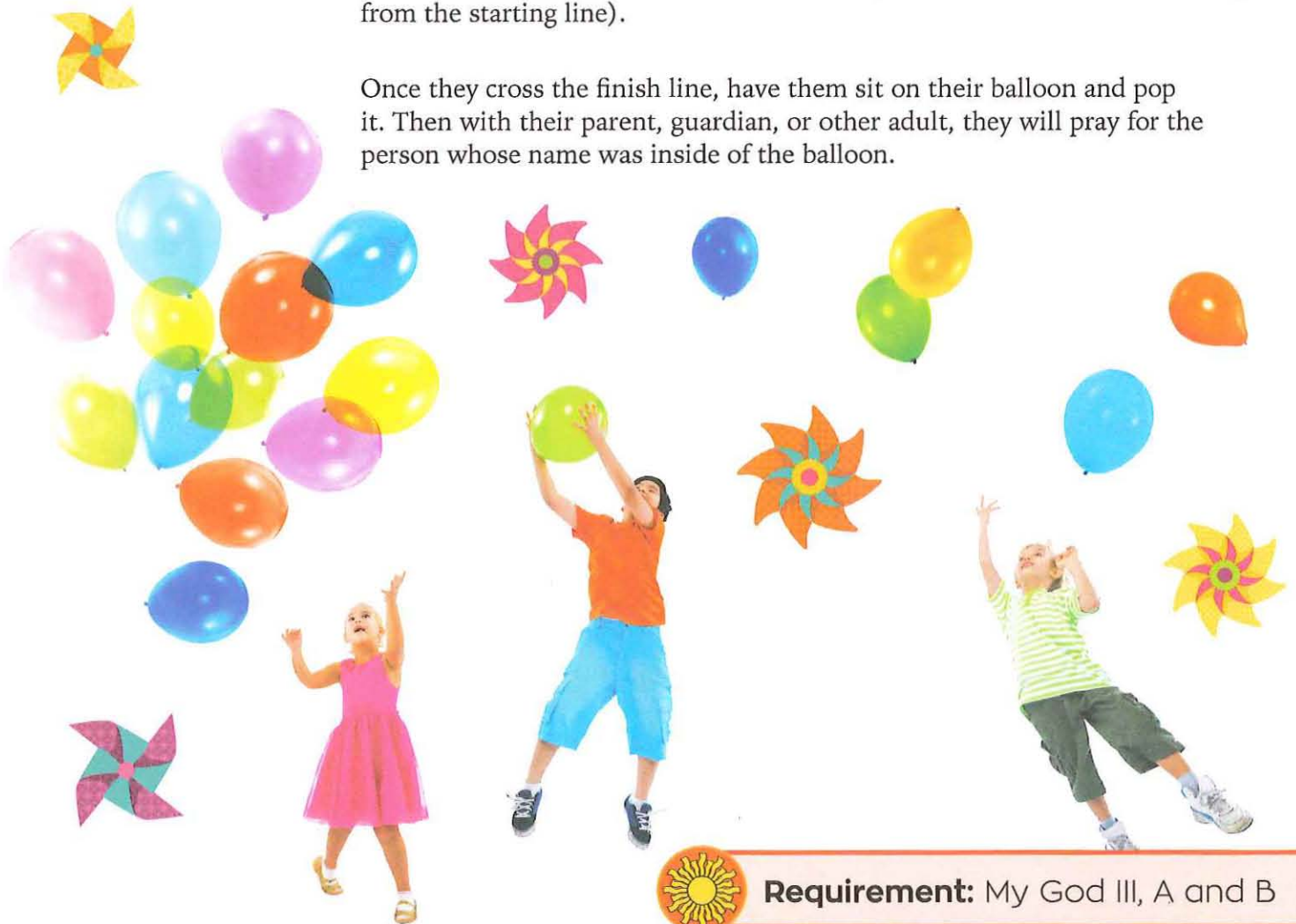
- Balloons
- Paper, 2 × 4 in (5 × 10 cm)
- Pencils
- Tape

WHAT YOU DO

Have each Sunbeam write the name of a person for whom they would like the group to pray. Then fold the piece of paper in half lengthwise and place it inside of a balloon. Next have an adult blow up the balloon and tie it. The adult should keep the balloon until the next step. On the count of three, the adults toss all of the balloons into the air. The children see how long they can keep all of the balloons in the air.

After five minutes, have each child select a balloon. Have them place the balloon on a line you have marked on the floor with tape. Then without touching the balloon, have the children blow on it to move it from the starting line to the finishing line (another taped line 15-20 ft [4.5-6 m] away from the starting line).

Once they cross the finish line, have them sit on their balloon and pop it. Then with their parent, guardian, or other adult, they will pray for the person whose name was inside of the balloon.



Requirement: My God III, A and B