



Supplies

- paper plates (1 per child)
- bread (1 slice per child)
- spreadable butter
- craft sticks
- sprinkles in a variety of colors
- gluten-free bread (optional)
- alternatives to margarine and sprinkles for kids with allergies (optional)



Make Yummy Snacks

Say: **Jesus taught us to ask God for the things we need. Asking for help is part of prayer. One thing we need every day is food. God gives us so many wonderful kinds of food.**

Share about *your* favorite food.

Ask: • **What's *your* very favorite food?**

Say: **All this talk about food can make us hungry. Let's make a yummy snack to remind us that we can ask God for the food we need. Since we're learning about asking for help in prayer, you'll ask for the things you need to make this snack.**

Show kids all the supplies.

Ask: • **What do we need first so we have something to put our snack on?** Invite kids to ask for plates before you distribute them.

Lead kids to determine what they need next and ask for that, working through each of the following supplies:

Say: **We need butter for our bread, but what will we spread it with?** Have kids ask for bread and craft sticks.

Say: **Who knows how to spread butter?** Invite a child to "help" the others if he or she knows how to spread butter, and then have adult and teen helpers guide kids as they spread their own butter with the craft sticks.

Say: **I want to decorate my bread and make it colorful! What could I do to decorate it with fun colors?** If needed, lead kids to answer "sprinkles," and then invite them to ask for the colors of sprinkles they want.

Allow time for kids to decorate their bread, and encourage them to ask for help with anything they need.

Eat Yummy Snacks

After kids have finished decorating their bread, say: **Jesus taught us to ask God every day for the food we need. And when God gives us food, we can thank him. Let's thank God for this yummy food right now.** Lead kids to pray and thank God for their food. Then encourage kids to enjoy their snacks.

While kids are eating, say: **When we were making these beautiful snacks, we asked for all the things we needed. We can ask God for the things we need, too. We can ask him for food, or we can ask for help when we're scared. We can ask God for anything we need because asking for help is part of prayer.**



Supplies

- Bible
- "Asking for Help" handout (1 per child) (download [here](#))
- crayons

Talk About Needs

Have kids get into small groups led by adult or teen helpers. Say: **Today we're learning that asking for help is part of prayer. We can ask God for help with anything, and we can ask him anytime.**

Share something *you* need God to help you with. It might be safety for someone who's traveling, a big test you have to take, or a friend who needs Jesus.

Ask: • **What's something *you* need God's help with today?** Kids may say help getting along with siblings, help falling asleep at night, or help for someone in their family who's sick.

Give each child a handout and some crayons. Encourage kids to each draw a picture in the blank space of the handout to show what they want to pray for. As kids are drawing, have adult or teen helpers ask them about their pictures and label what they drew. If kids have a hard time thinking of something to pray for, offer some ideas, such as the following:

- someone they know who's sick
- someone they know who needs help
- something they need
- something they're scared about

Pray About Needs

Say: **Since we know God's always listening to us, let's ask him to help us with the things we drew. God hears you when you talk with your mouth and when you pray silently in your heart. We'll all get a turn, so wait quietly until you're tapped on the shoulder.**

Have adult or teen helpers say a brief prayer in their group and then tap the child to the left. That child will pray aloud or silently and then tap the next child. Adult and teen helpers will guide kids in this process until everyone has had a turn. If a child prefers not to pray, he or she can simply tap the next child right away. The adult or teen helper will close in prayer for the group.

After all the groups have finished praying, say: **Isn't it amazing that we can ask for God's help with anything? Asking for help is part of prayer. The Bible tells us God always hears our prayers.** Read aloud 1 John 5:14.

Say: **Let's thank God that he's always with us and is always there to help us with whatever we need.** Say a prayer thanking God that he hears our prayers.