

# big faith

## SESSION 6

### Unit 2: Seeds of Faith

**Faith Focus:** Jesus helps us grow in our faith.

*Grow in the grace and knowledge of our Lord and savior Jesus Christ. (2 Peter 3:18)*

## GROW IN FAITH

### Grow Through Prayer—Matthew 26:31-58

This story takes place in the garden of Gethsemane. We are told Jesus knows his time of death is drawing near. He goes to the garden to pray. Jesus takes Peter, James, and John with him as he goes further into the garden, and we see that he is sad and anxious. Jesus begs his closest friends to stay awake with him. But the disciples fall asleep. This scene occurs three times. Each time the disciples fall asleep.

There is much to learn from this story, but one big takeaway is the example of Jesus praying in the garden. Jesus prayed, but his prayers were not answered in the way he wanted or maybe even expected. Jesus asked God to take away his suffering. Although the coming days of Jesus' life were difficult, he turned his troubles over to God, and we can too. This is not an easy thing to do, but maybe we can be less like the sleepy disciples and more like Jesus—full of emotion but seeking comfort in God.

- Explore different types of prayers.
- Plant seeds.
- Use movement to retell the story.

## SUPPLIES

crayons

device for playing music  
(optional)

scissors

glue sticks

paper plates

CEB Bible storybook

TV and DVD player or  
streaming device

permanent markers

tarp or newspaper

small peat pots

garden soil

water

bean seeds

bucket

trowel

## SESSION OUTLINE

### COME TOGETHER

Prepare to Learn

Faith Focus—Jesus Helps Us  
Grow in Our Faith

Prayer Flower (Craft)

### FAITH CONNECTIONS

Read the Story

Big Faith Video

Faith Response

### FUN WITH FAITH

Praying in Nature (Prayer)

Planting Seeds (Science)

### SHARE YOUR FAITH

Big Faith Idea—Faith in Jesus

# COME TOGETHER

## Prepare to Learn

**Supplies:** All-Ages Class Pack, Activity Sheets, Activity Stickers

**Prepare Ahead:** Set up your area with the supplies and activity pages needed for today's session. Display the Unit 2 Bible Verse Poster (Class Pack—pp. 12 & 13), Unit 2 Faith Focus Poster (Class Pack—pp. 6 & 19), and Unit 2 Faith Response Poster (Class Pack—pp. 8 & 17) to use later in the session.

- As children arrive, invite them to join you in a circle.
- Give each child a copy of the "Spring Sticker Page" (Activity Sheets—p. 29) and their own set of Activity Stickers. Have children place the garden sticker on the Session 6 space.

**SAY:** This month we will learn stories about Jesus that help us grow in our faith. Having faith means that we trust God.

**ASK:** Who do you trust? How do you learn to trust someone?

## Faith Focus—Jesus Helps Us Grow in Our Faith

**Supplies:** All-Ages Class Pack, crayons, device for playing music (optional)

**Prepare Ahead:** Display the Unit 2 Faith Focus Poster (Class Pack—pp. 6 & 19). Photocopy "Mindful Coloring" (Leader Guide—p. 46) for each child.

- Give each child a copy of the "Mindful Coloring" page.

**SAY:** Our Bible story today is about how Jesus prayed to God when life got difficult. Jesus set an example for us, showing us that we can pray to God too. We can pray to God whenever we need to, no matter how we are feeling.

**ASK:** When do you pray to God?

- Give children time and space to color the page. You may wish to play soft music during the coloring time.

## Prayer Flower

**Supplies:** Activity Sheets, scissors, glue sticks, paper plates

**Prepare Ahead:** Tear out "Prayer Flower" (Session 6 Activity Sheet) for each child. Cut out the flower pieces to have one set for each child.

**SAY:** Prayer is talking to God about something that is on your mind and on your heart. When we pray, we are growing our faith because we are spending time thinking of and talking with God.

**ASK:** What are different ways you can pray? How do you see people praying?

- Give each child a set of flower pieces and a paper plate. Have the children glue the center of the flower to the middle of the plate, and then glue the petals to the center of the flower, praying for the topic on each petal as they go.

## FAITH CONNECTIONS

### Read the Story

**Supplies:** CEB Bible storybook

- Invite the children to join you in a circle.
- Read the story of Jesus praying in the garden (Matthew 26:31–58) from your favorite CEB Bible storybook.

**SAY:** Jesus was going through a difficult time when he went to the garden to pray. He wanted his disciples to pray with him, but they fell asleep.

**ASK:** How do you think Jesus felt when his disciples fell asleep? How do you think Jesus felt when he prayed?

### Big Faith Video

**Supplies:** Big Faith DVD, TV, DVD player or streaming device

- Watch the Session 6 video on the Big Faith DVD or via your Amplify Media subscription.
- Share the questions on the screen with the children. You may also choose to add your own questions. Give children time to share their responses and ideas.

**ASK:** What was your favorite part of the video?

### Faith Response

**Supplies:** All-Ages Class Pack, permanent markers

**Prepare Ahead:** Display the Unit 2 Faith Response Poster (Class Pack—pp. 8 & 17) and Unit 2 Bible Verse Poster (Class Pack—pp. 12 & 13) if you haven't already.

- Encourage children to say the Bible verse with you: "Grow in the grace and knowledge of our Lord and savior Jesus Christ" (2 Peter 3:18).

**SAY:** In springtime, we see nature growing all around us.

**ASK:** What nature have you seen growing this spring? Where have you seen growth?

**SAY:** In our Bible story today, we learned that Jesus prayed—and we can pray too! We can pray to God about anything.

- Lay the Faith Response Poster on the floor or a table and invite the children to gather around it.

**ASK:** Who do you want to pray for today?

- As the children share, invite them to use a permanent marker to write a name or draw a small picture on the poster.

*Tip: If you have a large group, you might consider laminating your poster and letting children use a dry-erase marker to respond so that you can use it week to week. You may also choose to let children respond on sticky notes and place those on the poster.*

## FUN WITH FAITH

### Praying in Nature

*Prepare Ahead: If weather allows, prepare to take your group outside. If weather or space does not allow you to go outside, find a place where kids can look out the windows.*

**ASK:** What do you like to do when you are outside? Do you run or do sports or play?

**SAY:** Jesus prayed in a garden. We can also pray when we are outside. We can pray anywhere! God will listen to our prayers wherever we are and whatever we are praying about.

- Take the children outside or to a place where they can see outside.
- Invite the children to share what they see, hear, smell, and feel.
- Have the children pick a place to sit or one thing to look at. Give them a few minutes to sit or stand and pray quietly.
- Gather in a circle.

**ASK:** What was it like to pray outside? Was it easy or challenging to focus on a prayer? Where do you think you will pray as you go through the rest of your week?

### Planting Seeds

*Supplies: tarp or newspaper, small peat pots, garden soil, water, bean seeds, bucket, trowel*

*Prepare Ahead: Lay down a tarp or newspaper to create a workspace. Put garden soil in a bucket and add some water. Mix with the trowel.*

**ASK:** How do plants grow? What do they need to grow?

**SAY:** Every plant on earth started as a tiny seed. That is how our faith starts—just a very small seed. Our faith grows when we help it grow, like we help seeds grow.

- Give each child a small peat pot. Have the children take turns using the trowel to add soil to their pots.
- When all the children have put soil in their pots, hand out three bean seeds to each child. Have the children make a shallow hole in the soil using a pinky finger. Let them place the three bean seeds in the hole and cover them with soil.
- Have the children take the pots home and direct them to put the pots in a sunny window and water when needed.

## SHARE YOUR FAITH

### Big Faith Idea—Faith in Jesus

*Supplies: All-Ages Class Pack*

*Prepare Ahead: Display the Spring Big Faith Idea Poster (Class Pack—pp. 4 & 21) and the Unit 2 Bible Verse Poster (Class Pack—pp. 12 & 13) if you haven't already. Photocopy the Unit 2 Family Faith Letter (Leader Guide—pp. 93–94) for each child.*

- Show children the Big Faith Idea Poster.

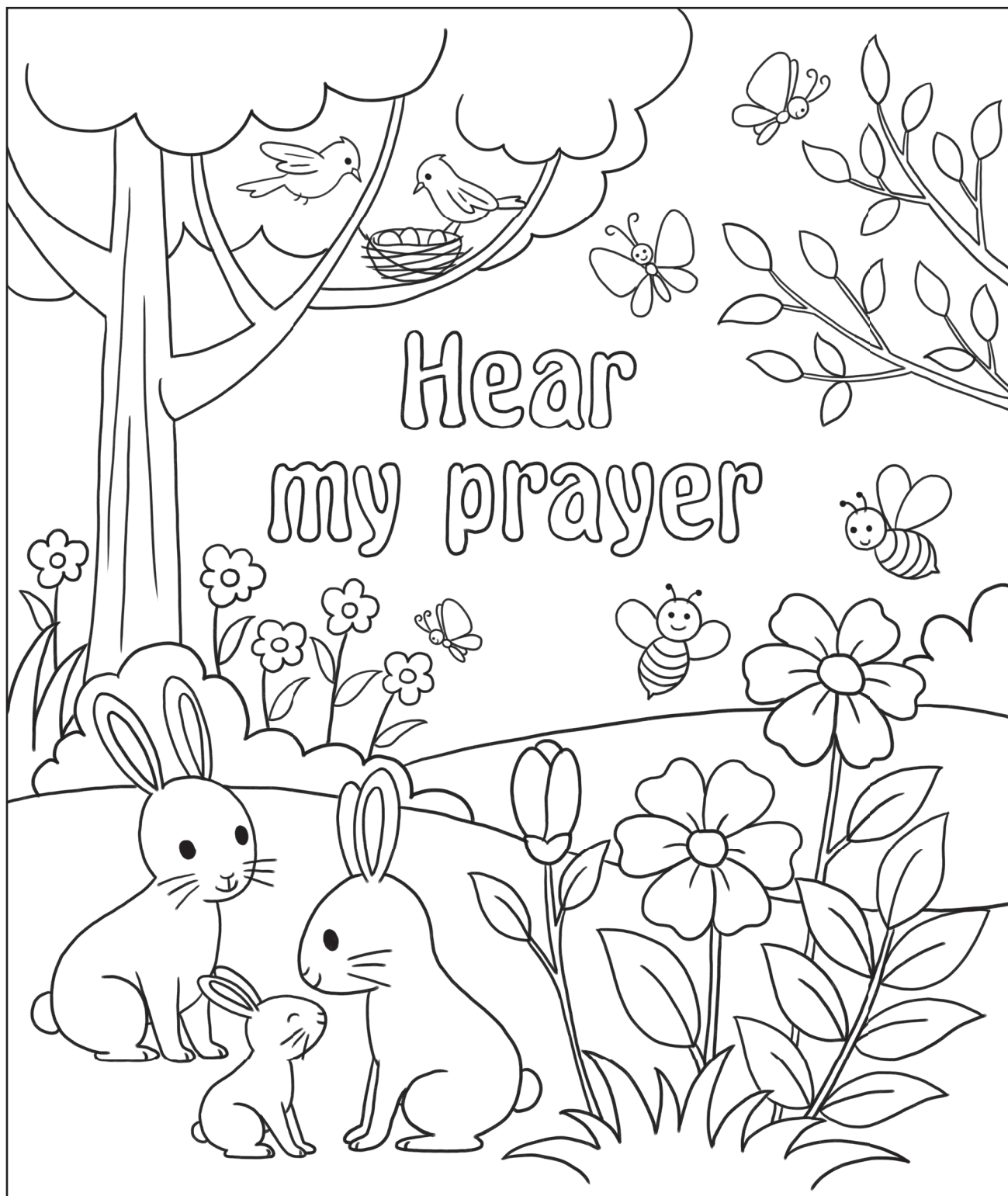
**SAY:** We can talk to God by praying. Prayer is one way we can grow our faith.

- Gather children into a circle. Invite the children to repeat the Bible verse with you several times. When they can repeat it easily without looking at the Bible Verse Poster, invite them to copy your motions. With your body, act out a flower growing from a seed. Say the Bible verse as you do the motions of a seed growing into a plant.
- Invite the children to pray with you.

**PRAY:** God, we are grateful that we can talk to you by praying. Thank you for sending Jesus to show us how to pray. We ask that you help our faith grow every time we pray, because we know you love us all the time. Thank you. Amen.

- Send the Unit 2 Family Faith Letter and activity home with each child.
- Also send home any activities or items made during today's session.

Color the garden as you think about and pray to God.



Art: Naoko Matsunaga/Illustration Online LLC