



# How to Meet with God

## Lesson 1—Ready!—Start with God

### Unit Summary

The purpose of the Christian life is to have a relationship with God. Too often people in the church place an emphasis on “getting saved”—but then what? While our ultimate destination with our Creator is to be cherished and celebrated, Jesus also died to welcome us into a relationship with Him during this life on earth! In this unit, your kids will learn tried-and-true techniques for enjoying a personal “quiet time” with God so they can deepen their friendship with Him. They will also discover how to enjoy the Lord’s presence throughout the day and how to call on Him in times of need. Meeting with God is something we can do in a focused “quiet time,” but God is also available anytime we want to experience His presence and power.

### Lesson Summary

The first step in learning to meet with God is to follow Jesus’ example and the examples of saints through the ages by getting away to focus on time with God in prayer and Bible reading. In this lesson, children will not only be challenged to have a daily quiet time with God but will also be given practical tips on how to plan this time so that they know what to do to make it a positive experience.

**Paul’s Power Principle:** Meeting with God is the most important part of your day!



### DISCIPLE TARGETS

In this lesson, your children will...

#### KNOW

- Quiet times are private encounters with the living Lord

#### FEEL

- Excited that God eagerly desires to meet with them

#### DO

- Decide when and where they will meet daily with God

## SUPPLIES ✓

### General Supplies

Bibles, puppets, video projection (optional)  
Pencils, pens, paper

### Spark Interest

WELCOME!: pajamas, morning items  
LET'S PLAY!: blanket, pillows, mattress (optional)  
CONNECT WITH YOUR KIDS: none

### Explore Scripture

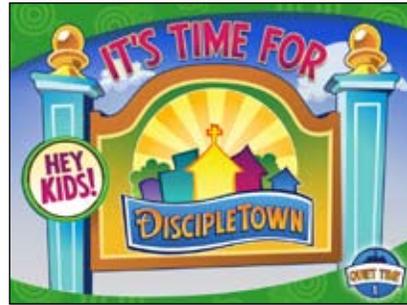
KEYVERSE: sleeping bag, blindfold, hand bell

### Inspire Action

DRAMATIZE THE POINT: none

## PowerPoint Presentation

As you plan your lesson, select PowerPoint slides that correspond to the lesson elements you choose. In the "Slide Sorter" View, you can rearrange and/or delete the slides as necessary. For descriptions of the included slides and tips on their use, see the notes accompanying each slide.



## SPARK INTEREST

Choose from the following activities and ideas to engage kids and grab their attention.



### Welcome!—Getting Ready

For this first lesson, have all the leaders greet the kids in their pajamas with messy hair. The leaders should walk around greeting the kids as if nothing is wrong. When the kids point out how the leaders are dressed, the leaders should say things like, "Did I forget something this morning?" Then during the opening, the leader should ask, "Did you notice anything odd about your leaders today?" The kids will probably suggest something like, "They forgot to get ready for church!" Point out that when we don't start our day with God, that's how we look spiritually to God! We're not ready to face the day with Him.



### Let's Meet-n-Greet!

**Turn and meet two people near you and ask them if they sleep on their back, tummy, or side.**

Leaders, be sure to stop whatever you are doing to move through the audience and greet the children, especially those you do not recognize. Announce any birthdays for the week. (See the **How to Use DiscipleTown** guide for quick and easy ways to acknowledge visitors and birthdays.)





## Let's Worship!

**Recommended Song:** *From a Sincere Heart*, from *Obvious Kid's Praise* by Mark Condon, available on [Kidology.org](http://Kidology.org)



## Puppet Intro

*Leader & puppet introduce today's lesson. You will find a scripted version of this intro at the end of the lesson.*

Puppet\* comes out and says he is meeting with someone very important and gets to ask the person one question. Puppet asks, "What should I ask him?" He makes a bunch of silly, not very good suggestions, such as the person's favorite color or which sock he puts on first. The leader asks the kids for suggestions: "If you got to ask just one question of a very important person, what would you ask?" Finally, leader asks puppet who this very important person is, and puppet says that he gets to interview the principal of the school! He says maybe he'll ask about canceling homework for a week!

The leader says, "Today we are learning about meeting with God, and we get to ask God questions." Puppet says, "God's pretty important! Almost as important as my principal!" (He laughs.) Puppet says he's always wanted to ask God some important questions like these: "Why aren't the walls green at Walgreens?" or "If a bird can fly, why can't a fly bird?" Leader says, "Seriously, [puppet name], what are some questions you have for God?" Puppet says, "I'd like to know why my two best friends can't get along; why there are poor kids in the world and why we can't seem to get food to them; and why my grandma had to die before I got to meet her." Leader gets serious. "Those are good questions, and I don't know the answers. But I do know that the more time you spend with God, the more clear those things will become in time." Leader talks about how today's lesson is about how important it is to start our day with God. He is the most important person we could ever interview—and He wants to spend time with us! Leader wishes puppet the best of luck with his interview with the principal.

**\*PUPPET:** Develop a puppet character to use regularly. The children will get to know the personality and enjoy these regular visits. Dee, Cy, and Paul puppets are available at [DiscipleLand.com](http://DiscipleLand.com)



## Let's Play!—Pajama Olympics

Because starting our day with God is so important, the games for this unit are themed around morning activities. Enjoy the games, but then at the end emphasize that "Meeting with God is the most important part of your day!" The more children hear this, the more it will sink in.



**Pillow Fight!** Ideally, bring in a mattress to play on. If that isn't possible, then lay as thick a blanket as you can find on the floor. Choose two children of equal age, size, and sex to play against each other. You will need soft pillows in oversized pillowcases for their battle. Have both students stand on the mattress near opposite edges, facing each other. Have them hold a pillow in one hand, put their other hand on top of their heads, and stand on one foot. When you say "Go!" they pillow fight but cannot remove their hands from their heads and must hop on one foot. The object is to get the other person to either move off the mattress or put the other foot down. No contact is allowed other than with the pillow, and only body shots are allowed: they may not strike the head or leg of their opponent. It is perfectly appropriate for the leader to eject from the game anyone who is unnecessarily rough. A player who puts a foot down or removes the hand from his or her head loses. If both players mess up at the same time, they start over. The winner remains and a new challenger is chosen. If a student wins three in a row, declare him or her a "Pillow Champ" and choose two new players.



## Connect with Your Kids

Share your own quiet time routine. Show whatever devotional materials you use, and describe your Bible reading plan. Your personal testimony will make the concept real to the kids.



## DiscipleTown Visitor

**Barista Betty\*** As you finish up the previous segment, a coffee shop employee walks by with a fresh pot of coffee. It is best if you are a coffee lover and smell the coffee even before seeing the person! Enter into a friendly conversation about coffee, the store, why she likes working there, and so on. Lead Betty to talk about how people like to start their day right and how good or bad coffee can make a huge difference in how the rest of the day goes. Betty can then give the leader a cup of coffee (optional, of course!) and go back to the coffee shop. Tell the kids that in the same way, how our morning time with God goes—or whether we have one—can have a huge impact on the rest of our day, too!

**\*CHARACTERS:** These are suggested characters and names. Please feel free to change or adjust according to the actors and props you have available.

SAMPLE



## EXPLORE SCRIPTURE

Seize on the children's interest and direct them into God's Word.



### Let's Search!—Bible Dash

**Supplies:** Bibles



Ask all kids with Bibles to participate, or invite a few volunteers to come to the front. As children hold Bibles closed with hands on covers, state the Bible reference twice, then on the command "SEARCH!" have the students race to locate the verse. Once they have a finger on the verse, they can stand and call out, "FOUND IT!" Have the first child read the verse aloud while you project the verse on a screen via PowerPoint. See suggestions below for comments on each verse. Keep your comments brief and to the point of the lesson.

- Hebrews 10:22
- James 4:8
- Isaiah 40:31
- Jeremiah 29:13
- Jeremiah 33:3
- John 4:23-24
- Psalm 27:8
- 1 John 1:9

**Draw near to God with a sincere heart.**

**Come near to God and He will come near to you.**

**Those who hope in God will find new strength.**

**You will find God when you seek Him with all your heart.**

**Call on God and He will show you amazing things.**

**We must worship in spirit and in truth.**

**We must seek the face of God.**

**If we confess our sins, God will forgive us.**



**Paul's Power Principle:** Meeting with God is the most important part of your day!



### Suggested Bible Narrative

Nicodemus' Quiet Time—John 3:1-18

Everyone has heard of John 3:16, but did you know that Jesus said these words in answer to a question a man named Nicodemus asked? Nicodemus went and had a quiet time with Jesus because he had questions about God! You can do the same thing, every day!



### Let's Learn!—Ready! Start Your Day with God

For fun and dramatic effect, start this segment by whispering, telling the children that you are going to be teaching them about how to have a quiet time. Have some fun whispering and talking about why we whisper: to not wake someone, to share a secret, or because something is important. **Well, today we will be talking about something that is very important. It's probably the best kept secret because not a lot of people do it—though everyone should! And the best part is, we can do it anytime because God is never sleeping!**



(Stop whispering.) **We call it a quiet time—not because we have to be quiet, but because we turn off everything else in our mind and heart and focus on God only. That is what is "quieted." Normally when we pray, we are talking to God. In a "quiet time," we give God some time to talk to us!**

**Jesus' Quiet Time** Have the kids look up Mark 1:35. **Let's look at this passage. I like to call it "Jesus' Quiet Time." There is a lot we can learn about a quiet time in this short verse!**



1—"Jesus prayed." **If Jesus prayed, we probably need to pray, too!**

2—"Jesus went off to pray." **Jesus prayed early, before He did anything else. He started His day in prayer.**

3—"Morning." **While not everyone has a quiet time in the morning, it does show that Jesus picked a time. Time with God won't just happen—you need to pick a time.**

4—"Jesus got up." **Jesus took initiative.**

5—"Jesus left the house." **Jesus picked a place. Sometimes you need to get away from distractions. Your bedroom, or even your house, may not be the best place for a good quiet time.**

6—"Jesus went off to a solitary place." **Jesus got alone. He knew that people could be distracting, so He got away from people. He loved people, but He also knew that the people were needy and would keep Him from His relationship with God. So He got away from them for a bit. It's okay to get away.**

7—"Jesus prayed." **This sounds obvious, but you'll find out in life that it isn't. You can get all ready for prayer, and then get distracted right in your own mind. The enemy can make your mind wander, and you can waste time thinking about everything except prayer! Be sure to actually pray!**

Read Jeremiah 29:11. **This is a verse that many love—it is about the great plans that God has for His people. But many people fail to read the next two verses, which give the conditions for verse 11. Read verses 12-13. That is why it is so important that we spend time with God.**

Read Psalm 95:6. **Spend time with God. Start in humble submission to Him—kneel before Him, worship Him, and talk to Him. It is the best way to begin each day.**



**Dee's Disciple Tip:** "Praying from the H-E-A-R-T" gives children an easy guide they can use to pray during their quiet times. The Object Talk videos will also teach and reinforce this memory device.

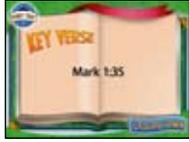
**H = Honor God with praise**



## KeyVerse

**Topic:** Jesus' Quiet Time

**Reference:** Mark 1:35



**Memorization Activity:** To help children learn all the elements of this verse in a humorous manner, create an obstacle course that kids can compete to complete as quickly as possible. Each lesson, choose two boys and two girls to come up on stage and compete. Of course, as the kids learn the verse better—and watch other kids compete—the times will get faster. By the fourth week you should have an overall champ boy and girl, and all the kids should really know the verse, too.

Take just a moment each lesson to re-emphasize a section of the verse for review. Today, consider focusing on: “Very early in the morning, while it was still dark.” Jesus started His day with God and picked a time.

Make this a timed relay—one child at a time will run the course. The child starts out in a sleeping bag. On “Go” the child must 1) ring a bell [“Very early”]; 2) put on a blindfold [“while it was still dark”]; 3) get out of the sleeping bag [“Jesus got up”]; 4) walk under the arms of two volunteers who form a door [“left the house”]; 5) go to a chair (or bean bag) [“off to a solitary place”]; 6) sit down, take off the blindfold, and fold his or her hands as if in prayer [“where He prayed”]; 7) recite the entire verse. If the child makes a mistake, ring a buzzer or bell. The child is not corrected, just notified so that the mistake can be corrected. The child must give the reference. Then the child runs back to the bed (no eye covering). As soon as the child touches the bed the timer stops! Record the time and post it on the wall for the weeks to come!

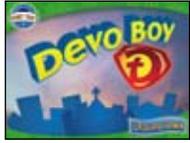


## INSPIRE ACTION

Encourage kids to apply the Bible truth to their lives.

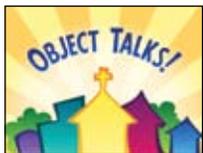


### Dramatize the Point—Failure to Launch



“Devo Boy” is a very sincere boy who is eager to pray and really wants to please God—but he messes up with the mechanics of prayer and never succeeds for silly reasons. You need an actor who can really be silly and funny and dramatic and make kids laugh. Lots of “self talk” during the skits. For this first one, Devo Boy is getting ready to do devotions, but he is obsessed with his “prayer position” and never starts praying. He keeps talking about his physical positions. He kneels, sits, stands with his hands up. He keeps saying, “No, no, that’s not right, not reverent enough!” But then he runs out of time when a female voice offstage says, “Leroy, time to leave for school!” And he is out of time and has to say, “Oh, man, not again! Phooey!” and exits.

**The Point:** It isn’t how you sit or stand or pose—just talk to God.



### Object Talks—Puppet Talks

**Supplies:** video projection

The videos in this unit feature “Puppets with a H-E-A-R-T.” In this first video, Charlie talks about what it means to have honor in his heart, how much praise means to a dog from his master, and how people should praise their Master Jesus!

*Featured verse:* Hebrews 13:15



### Let's Talk!—Small Group Discussion

**Small Group Activity:** Take turns wearing a blindfold. The other kids place a candy on the floor and guide the blindfolded person to it, giving instructions.

**It was difficult to follow the instructions without being able to see! Mark 1:35 says Jesus went out while it was still dark to spend time with God. He was getting instructions from God on how to live that day.**

Discussion Questions

- 1) Do you have a quiet time with God?
- 2) Would you like to start having one?
- 3) When and where would be the best time for you?



### DiscipleTown Super Citizen

Select someone who was in his or her seat and ready at the beginning of the service. Award that person the Super Citizen certificate.



## Let's Pray!

Dear Jesus, thank You for setting the example in getting away to spend time with Your heavenly Father. What an amazing opportunity we have to spend time with our Creator. Help us to remember and to take advantage of this incredible opportunity we have to spend time with you, Jesus—to start our day with You. We want to grow closer to You, and we understand that can happen only if we spend time with You. That's how we get to know our friends better, and we want You to be our best friend. So we ask You to bring this lesson to our mind this week. Draw us to a quiet time with You. In Your holy name, amen.



**Cy's Challenge:** Choose a time and place to have your quiet time with God. Write it down and commit to it!



## Let's Review!

If you have extra time, use these review questions to keep the kids focused on the lesson until time to dismiss. A handful of candy will help you keep their attention. After each question, take a minute to reiterate the lesson point related to the question.

- 1) T/F—The most important part of the day is 3:30 p.m.
- 2) If you draw near to God, what will He do?
- 3) If we confess our sins, what will God do?
- 4) Time with God is often called “loud time” or “quiet time”?
- 5) T/F—Jesus didn't need to pray because He was God.
- 6) We should seek God with some, most, or all of our heart?
- 7) Who came to Jesus at night? (Jesus answered him with John 3:16.)



## For the Home

**DiscipleTown Table Talker:** Give each child a copy of this week's *DiscipleTown Table Talker*. Be sure to show the kids how to put it together and encourage them to ask their parents to lead family devotions three times this week.

**Parent Email:** Copy and send the email below to help your parents connect with their kids during the week. Send them early in the week, but not on Sunday. As a courtesy, be sure parents have opted to receive these emails. Review and edit as necessary to reflect the lesson elements you have used. You can also find this email as a Microsoft Word document in your download bundle.

*Dear Mom and Dad,*

*This month we are beginning a new unit in **DiscipleTown** called How to Meet with God. The purpose of the Christian life is to have a relationship with God. Too often people in the Church emphasize "getting saved"—but then what? While our ultimate destination with our Creator is to be cherished and celebrated, Jesus also died to welcome us into a relationship with Him during this life on earth! In this unit, your child(ren) will learn tried-and-true techniques for enjoying a personal "quiet time" with God so that they can deepen their friendship with Him. They will also discover how to enjoy the Lord's presence throughout the day and how to call on Him in times of need. Meeting with God is something we can do in a focused "quiet time," but He is available anytime we want to experience His presence and power! Please join me in praying that this series will have a real impact on your child(ren).*

*Be sure to take advantage of the DiscipleTown Table Talkers we send home so you can engage with your child(ren) in spiritual conversations around the dinner table. If your child(ren) don't have a Bible, let me encourage you to get them a kid-friendly one, especially for this series!*

*And let me challenge you—you also need to start your day with God. You will respond to the rest of the day much better if you do. The first step in learning to spend time with God is to follow Jesus' example by getting away to spend focused time with God in prayer and Bible reading. Your child(ren) were not only challenged to have a daily quiet time with God, but were also given practical tips on how to plan this time to make it a positive experience. Talk to your child(ren) and consider doing this with them. It could be the beginning of a new chapter for both of you!*

*Building young disciples,*

*[Your Name]*



## BONUS MATERIALS

Use these options to extend your time or as substitutes for the ideas above.



### Chip's Snack Time!

**Supplies:** Lucky Charms cereal

Health experts say that breakfast is the most important meal of the day. If you start your day with a good breakfast, your whole day will go better! Well, the same is true spiritually. If you start your day out with God, your whole day will go better! Each week, give kids a small cup filled with a popular dry cereal to munch on as an object lesson on the value of starting their day with God. **We are so lucky! We get to talk to God, the Creator of the universe!**

### Additional Ideas

**Bed Head**—Ask for volunteers to come up and show what their hair looks like in the morning. As an incentive, tell them they will get a big prize. Take pictures of them to put on a bulletin board for the rest of the unit and do give them a nice prize!

Talk about how God will accept you no matter how you look when you come to Him—inside or out!

**CAD/VAD**—An easy devotional idea that many kids enjoy is to get a standard spiral notebook and label it “CAD/VAD.” This stands for “chapter a day, verse a day.” Challenge the children to read one chapter in the Bible every day. They put the date in their notebook and the chapter they read. Then, look for just one verse in that chapter that they especially like and write it out in their notebook. They can then either write some thoughts about that verse or even draw a picture about it. It is a simple way to be in the Bible every day and work through the Bible without getting bogged down in a complicated system. For some children this is simple enough to get them started.

**Daily Devotional Journal Covers**—Provide each child with a spiral notebook that they can use for a daily devotional book, and let them decorate the cover to personalize it. Provide craft supplies such as colored paper, scissors, markers, stickers, tape, glue, and magazines with pictures. Encourage them to also put favorite verses on the cover.

**Optional:** If you can't afford to purchase a notebook for each child, you can either ask the children to bring one in, or you could do a notebook drive among some adult classes. Do this either a few weeks beforehand, or start this week—have the children decorate the notebooks on the final week of this unit. If you explain what they will be used for, you may find some adult more than happy to donate notebooks or the money to purchase some!