

dwell<sup>®</sup>



# DIVE

Dear Family,

For the next six weeks we'll be focusing on the Lord's Prayer by looking at each section of the prayer and exploring how to pray it and live lives that reflect its meaning. We will be pairing each section of the Lord's Prayer with stories from Scripture and, for a Reformed perspective, a Q&A from *Q&A: A Summary of Biblical Teaching*. Here is a summary of what your young teen will be exploring:

- Session 1: Daniel 6; Daniel in the Lions' Den (Hallowed Be Your Name) 
- Session 2: Daniel 2:1-6, 24-45; Daniel Interprets the King's Dream (Your Kingdom Come) 
- Session 3: 1 Kings 19:1-19; Elijah and the Gentle Whisper (Your Will Be Done) 
- Session 4: 1 Kings 17:1-16; Elijah and the Widow (Give Us Today Our Daily Bread) 
- Session 5: Matthew 18:21-35; Ephesians 4:32; Parable of the Unmerciful Servant (Forgive Us Our Debts) 
- Session 6: Matthew 4:1-11; Hebrews 2:18; Jesus Is Tempted (Lead Us Not into Temptation) 

## Pass It On

**Here are some ideas for how you might engage your young teen in a faith discussion:**

- Share with your child the name for God you most often use when praying (Holy God, Our Father, or another name). Talk about ways you strive to “hallow” or “honor” God’s name in your life. (Session 1)
- Just for fun, ask your child to share her ideas of what things would be like in your home if she were in charge. Pray the Lord’s Prayer together, asking God to be in charge of your home. (Session 2)
- Share about a time in your life when you let go of what you wanted to have happen and prayed for God’s will to be done. (Session 3)
- As a family, make a plan for how you might share your “bread” with others. (Session 4)
- Share with your young teen a story about a time he did something wrong when he was a young child. Tell him how, as a loving parent, you forgave him. Share your gratitude that our God is a forgiving God. (Session 5)
- Copy Philippians 4:13 on a piece of paper and creatively display it in your house. Find a place to put it so your family can see it each day. (Session 6)

Sincerely,

P.S. Check out [www.NurtureKidsFaith.org](http://www.NurtureKidsFaith.org) for more faith-building ideas for home!

# Memory Challenge Cards (NIV)

Copy these Scripture Memory Challenge cards onto cardstock, and then cut them apart to distribute to the group. To help encourage them to use the cards, consider punching a hole in each and attaching it to a key ring or small carabiner.



<p>○</p> <p><b>Unit 6, Sessions 1-5</b></p> <p>This, then, is how you should pray:</p> <p>“Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.”</p> <p>—Matthew 6:9-13, NIV (The Lord’s Prayer)</p>	<p>○</p> <p><b>Unit 6, Sessions 1-5</b></p> <p>This, then, is how you should pray:</p> <p>“Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.”</p> <p>—Matthew 6:9-13, NIV (The Lord’s Prayer)</p>
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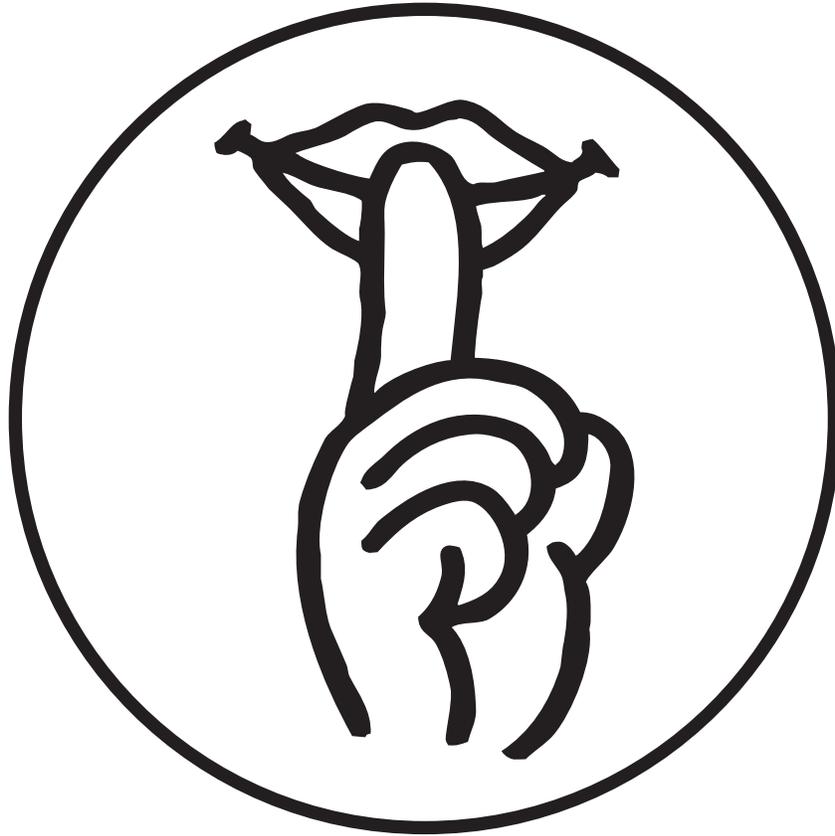
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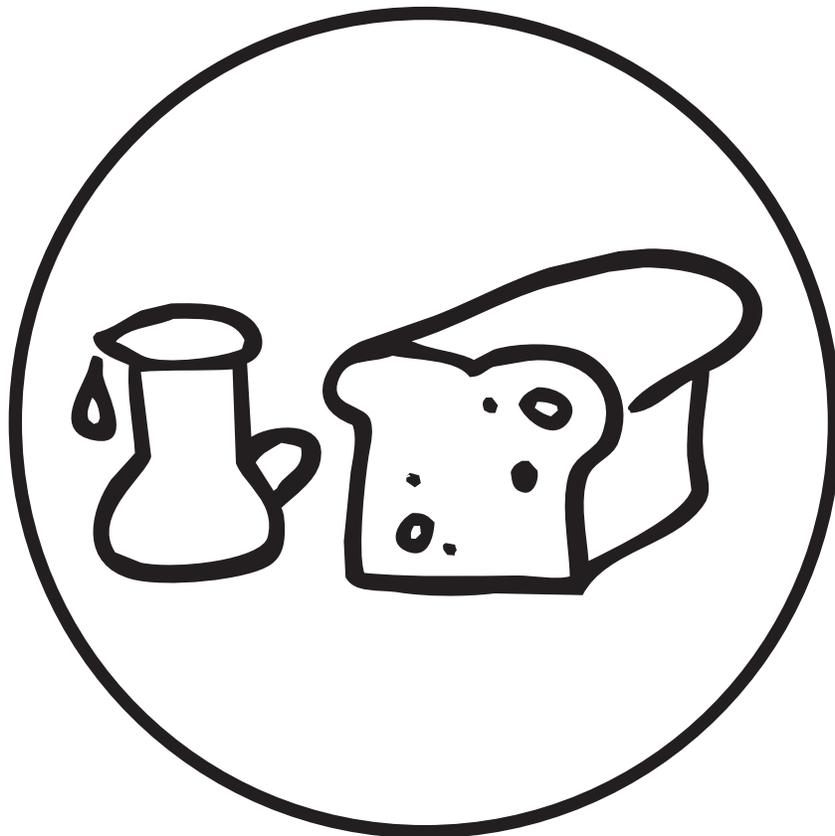
Dive Year 2, Unit 6, Session 1



Dive Year 2, Unit 6, Session 2



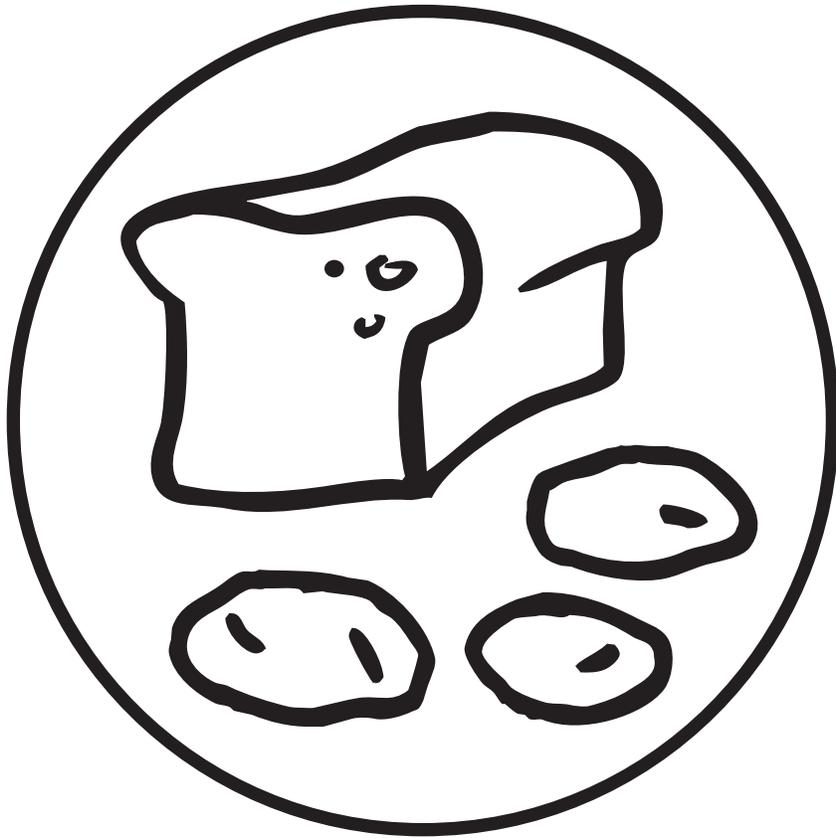
Dive Year 2, Unit 6, Session 3



Dive Year 2, Unit 6, Session 4



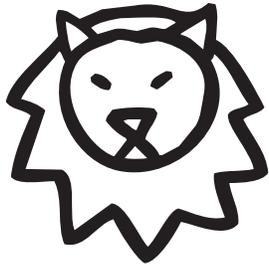
Dive Year 2, Unit 6, Session 5



Dive Year 2, Unit 6, Session 6

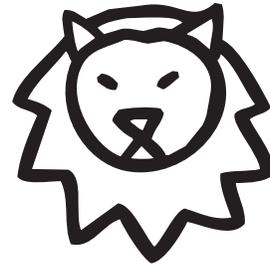
# What Would You Do?

The cards below work together with Easy Extra options on page 10. Cut them apart before the session begins so that you can distribute them among your group for discussion.



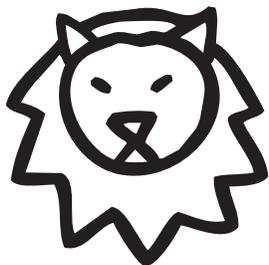
## Prayer-Time Phobia

Your grandmother asks you to pray at dinner. You gulp and wonder what to say. It might be okay if it were just you and your siblings, but this is a big family party—cousins, aunts and uncles, random friends of your cousins . . . everybody is here! “Maybe I’ll say the Lord’s Prayer,” you think. “Or I could rattle off the ‘God is Great’ prayer I learned when I was a kid.” You see that everyone is looking at you, waiting for you to say something. What do you say or do to honor God’s name?



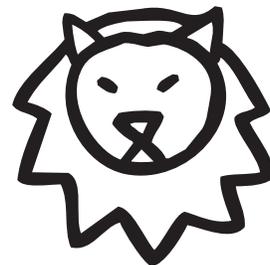
## The Overheard Word

You are skateboarding with friends in a park near your school. It’s getting a little competitive with everyone pushing their limits to get more height and spin. The sound of wheels cracking against pavement and gliding across concrete is punctuated by exclamations—some happy, others frustrated, and some including choice words. One of your friends tends to throw the Lord’s name around as she skates. What do you say or do to honor God’s name?



## To Haze or to Hallow?

You’re part of a team that has an old initiation tradition for new players the weekend before the first game. No one calls it hazing, but that’s what it really is. It is humiliating and cruel, but everyone goes along with it—even the guys on your team that go to your church. Last year you faced it, but this year you’ll be expected to dish it out. What do you do or say to honor God’s name?



## Weekend or Worship?

A friend at school invites you to go away for a weekend of roller coasters and fun with his or her family. You’d like to go along, but you always attend church on the weekend. Your friend’s plans for the weekend definitely don’t include church. What do you say or do to honor God’s name?

# Daniel 6

## Adapted from *The Message*

**Narrator:** Darius reorganized his kingdom. He appointed one hundred twenty governors to administer all the parts of his realm. Over them were three vice-regents, one of whom was Daniel. The governors reported to the vice-regents, who made sure that everything was in order for the king. But Daniel, brimming with spirit and intelligence, so completely outclassed the other vice-regents and governors that the king decided to put him in charge of the whole kingdom.

The vice-regents and governors got together to find some old scandal or skeleton in Daniel's life that they could use against him, but they couldn't dig up anything. He was totally exemplary and trustworthy. They could find no evidence of negligence or misconduct. So they finally gave up and said,

**Vice-regents and Governors:** We're never going to find anything against this Daniel unless we can cook up something religious.

**Narrator:** The vice-regents and governors conspired together and then went to the king and said,

**Vice-regents:** King Darius, live forever! We've convened your vice-regents, governors, and all your leading officials and have agreed that the king should issue the following decree:

**Governors:** For the next thirty days no one is to pray to any god or mortal except you, O king. Anyone who disobeys will be thrown into the lions' den.

**Vice-regents:** Issue this decree, O king, and make it unconditional, as if written in stone like all the laws of the Medes and the Persians.

**Narrator:** King Darius signed the decree.

When Daniel learned that the decree had been signed and posted, he continued to pray just as he had always done. His house had windows in the upstairs that opened toward Jerusalem. Three times a day he knelt there in prayer, thanking and praising his God.

The conspirators came and found him praying, asking God for help. They went straight to the king and reminded him of the royal decree that he had signed.

**Vice-regents:** Did you not sign a decree forbidding anyone to pray to any god or man except you for the next thirty days?

**Governors:** And anyone caught doing it would be thrown into the lions' den?

**King Darius:** Absolutely. Written in stone, like all the laws of the Medes and Persians.

**Vice-regents:** Daniel, one of the Jewish exiles, ignores you, O king, and defies your decree.

**Governors:** Three times a day he prays to his God.

**Narrator:** At this, the king was very upset and tried his best to get Daniel out of the fix he'd put him in. He worked at it the whole day long. But then the conspirators were back:

**Vice-regents:** Remember, O king, it's the law of the Medes and Persians that the king's decree can never be changed.

**Narrator:** The king caved in and ordered Daniel brought and thrown into the lions' den. But he said to Daniel,

**King Darius:** Your God, to whom you are so loyal, is going to get you out of this.

## CHARACTERS

**Narrator**

**King Darius**

**Daniel**

**Vice-regents**

**Governors**

**Lions**

**Narrator:** A stone slab was placed over the opening of the den. The king sealed the cover with his signet ring and the signet rings of all his nobles, fixing Daniel's fate. The king then went back to his palace. He refused supper. He couldn't sleep. He spent the night fasting.

At daybreak the king got up and hurried to the lions' den. As he approached the den, he called out anxiously,

**King Darius:** Daniel, servant of the living God, has your God, whom you serve so loyally, saved you from the lions?

**Daniel:** O king, live forever! My God sent his angel, who closed the mouths of the lions so that they would not hurt me. I've been found innocent before God and also before you, O king. I've done nothing to harm you.

**Narrator:** When the king heard these words, he was happy. He ordered Daniel taken up out of the den. When he was hauled up, there wasn't a scratch on him. He had trusted his God.

Then the king commanded that the conspirators who had informed on Daniel be thrown into the lions' den, along with their wives and children.

King Darius published this proclamation to every race, color, and creed on earth:

Peace to you! Abundant peace!  
I decree that Daniel's God shall be worshiped and feared  
in all parts of my kingdom.  
He is the living God, world without end. His kingdom  
never falls.  
His rule continues eternally.  
He is a savior and rescuer.  
He performs astonishing miracles in heaven and on earth.  
He saved Daniel from the power of the lions.

From then on, Daniel was treated well during the reign of Darius, and also in the following reign of Cyrus the Persian.

# The Kingdom of God Is Like...

Isaiah 11:6-9

Isaiah 65:17-25

Zechariah 8:3-8, 12

Matthew 13:31-32

Matthew 13:33

Matthew 13:44

Matthew 13:45

Matthew 13:47

Mark 4:26-27

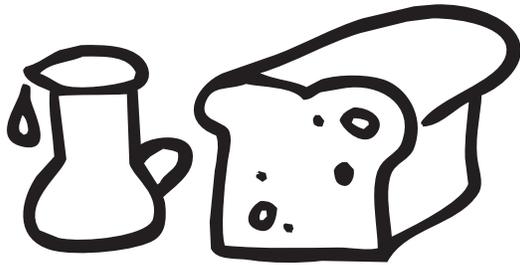
Mark 1:14-15

Luke 1:26-33

Revelation 11:15

Revelation 21:1-7

Use the cards below during Step 4. Write in the name of a local food pantry that your church supports, and then copy this page and cut apart the cards to distribute to your group. Make arrangements to drop off the canned goods at the local pantry that are brought by your class.

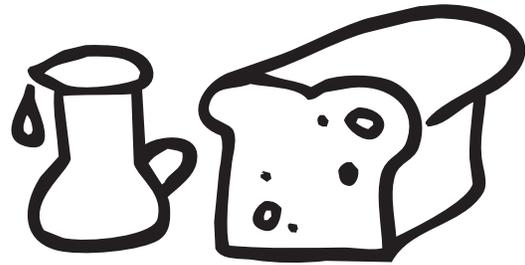


## Give Us Today Our Daily Bread

Please take time this week to pray for

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and the people whose needs God meets through their work. If possible, please bring one item of boxed or canned food next week to donate.

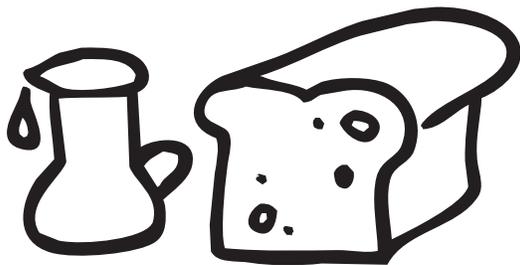


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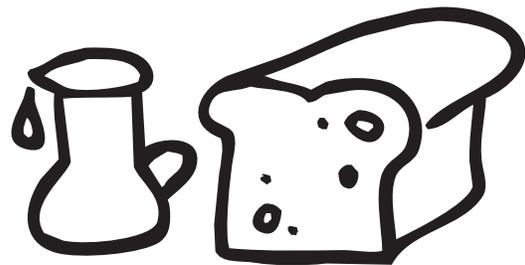


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# FORGIVEN

It's easy to tell people to "forgive each other, just as in Christ God forgave you" (Ephesians 4:32). The hard part is actually doing it. Here are some helpful hints for forgiving others:



## Pray for the person who needs your forgiveness.

It's much easier to get angry or get even than it is to forgive. You need God's help! Rather than getting angry or getting even with us, God sent Jesus to take our punishment so that we could be fully forgiven. Ask God to fill your heart with that kind of mercy. Instead of thinking about the person or the situation and getting worked up all over again, pray about it. Tell God how you feel about the situation and the person who hurt you. Ask God to change your feelings toward that person. Ask that the person involved will change his or her feelings and actions toward you. Include that person in your prayers each day. And trust God to help you forgive.



## Be patient.

It takes time to forgive someone who's really hurt you. Don't expect to forget all about what happened. You won't—probably not even after you forgive the person who hurt you. Give yourself time. And remind yourself of how much God—and others—have forgiven you.



## Talk about it.

Talk with the person you need to forgive. He or she may not know that you've been offended or that he or she has hurt you so deeply. Politely tell the person how you feel and why. Be honest, but don't be nasty. Stick to the facts and to how you feel. If you're ready to forgive the person, say so. If you need forgiveness, admit it and ask for it.



## Decide to forgive.

Forgiving someone involves a conscious decision on your part. It's your choice—and it's a reflection of what God has done for you. Once you decide to forgive, act forgiving toward that person (even if you don't feel like it). If necessary, tell the person that you've forgiven him or her. Then get on with your life. This might be the hardest part. When the memories or anger start to creep back up, remind yourself that you choose forgiveness, and pause to pray for God's help. Imagine God's forgiveness pouring over you and onto the other person. If you've been hurt deeply by someone, it may take years to really let forgiveness become real. Don't give up. Keep treating others the way you'd want to be treated the next time you need forgiveness, and trust that God will help your heart to heal and forgive.

### ***That's Tempting!***

You shall not steal.

—*Deuteronomy 5:19*

### ***That's Tempting!***

Honor your father and your mother, as the Lord your God has commanded you, so that you may live long and that it may go well with you in the land the Lord your God is giving you.

—*Deuteronomy 5:16*

### ***That's Tempting!***

Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.

—*1 Corinthians 6:19-20*

### ***That's Tempting!***

“Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.’ The second is this: ‘Love your neighbor as yourself.’ There is no commandment greater than these.”

—*Mark 12:30-31*

### ***That's Tempting!***

Because he himself suffered when he was tempted, he is able to help those who are being tempted.

—*Hebrews 2:18*

### ***That's Tempting!***

I can do all this through [Jesus Christ] who gives me strength.

—*Philippians 4:13*

You bike to the movie theater with some friends. There's one playing that everyone has been talking about, but your mom specifically forbids you to see it. She read a bad review of it and doesn't want you "watching that filth." It turns out that's the one your friends want to see.

You're at the mall with a friend and you find something you really like. But it's marked for more than you can afford. Your friend thinks you should lift it. He or she points out how easy it would be—the store is crowded and noisy. No one is paying attention to you, and the clerk is busy playing on her phone. You do really want it . . .

You're in art class. Everyone is working on projects around big tables—everyone, that is, except for the guy sitting across from you. He's more interested in the small, shy girl who sits next to him. She dresses a little oddly, and he's taunting her about her latest outfit. He starts to say some really mean things and call her names. The teacher is close enough to hear him, but she doesn't do anything about it. The girl tries to ignore him, but she is clearly upset. You want to help, but you want to ignore him too. You're afraid you'll be the next target if you speak up.

You're spending the weekend at a friend's and end up going to his or her cousin's house for a party. You don't know anyone else there, but you do recognize a few people from school. They are all a little older than you. You hear someone ask for a lighter and then see him light a cigarette—oh, wait, that's not a cigarette—and the next thing you know, he's passing it your way.

Come up with your own example of a tempting situation. Act out the temptation and how it could be resisted.

Come up with your own example of a tempting situation. Act out the temptation and how it could be resisted.

# That's Tempting!

Spend some time thinking about situations that are the most tempting for you. Are they connected with time, technology, people, popularity, food, getting ahead, material things? Jot down some examples below (you won't be asked to share what you write, and no one will read this paper).

Look at the second story scene on pages 29-31 of the *Dive* magazine. Notice how the devil tries to tempt Jesus by quoting a verse from Psalm 91. Jesus knows that Psalm 91 is really about how God will protect us from evil. Look up Psalm 91 and read it as you think about situations or things that are most tempting to you.

Next, go back over the Psalm and read it again. This time, whenever there is a "you," read your name instead.

Write a prayer to God by completing the sentences below:

Dear God, who keeps me safe, thank you for . . .

Forgive me when I . . .

Give me strength as I resist the temptation of . . .

For yours is the kingdom, and the power, and the glory forever! Amen.



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[www.DwellCurriculum.org](http://www.DwellCurriculum.org)

**Year 1**

**Unit 1** What Do I Do When Things Fall Apart?

**Unit 2** What's the Covenant All About?

**Unit 3** Who Is God?

**Unit 4** Who Is Jesus?

**Unit 5** Who Is the Holy Spirit?

**Unit 6** What Is the Church?

**Year 2**

**Unit 1** What Is Being a Christian All About?

**Unit 2** What's with All the Rules?

**Unit 3** Can't We All Just Get Along?

**Unit 4** Who's Number 1?

**Unit 5** Does What I Do Make a Difference?

**Unit 6** What Do I Say When I Pray?

  
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