

dwell®




DIVE

Dear Family,

During the next six weeks we'll be taking an in-depth look at the topic and practice of prayer. Here's a summary of what your young teen will be exploring in this Dive unit:

Christmas Session: Waiting on God. Luke 2:22-38 (Simeon and Anna) 

Session 1: Who's Listening? Matthew 26:36-41; Luke 11:11-13; Psalm 13; 2 Corinthians 12:6-10 (Jesus praying at Gethsemane) 

Session 2: Praying Our Emotions. 1 Kings 19:1-18; portions of Psalm 63 and 56 (Elijah on Mount Carmel)  

Session 3: Praying Anywhere, Anytime. 1 Thessalonians 5:17; Colossians 1:3-14; Philippians 1:3 (Paul on prayer) 

Session 4: Praying for Others. Philippians 1:3, 9-11; Colossians 1:3, 9-12; 1 Timothy 2:1-3 (Paul prays for others) 

Session 5: Stories of the Transforming Power of Prayer. Acts 12:1-9; 4:23-31 (Peter and John before the Sanhedrin) 

Pass It On

Here are some ideas for how you might incorporate prayer experiences into the life of your family:

- Each time your family gathers together for a meal, make a point of praying together. This may be a simple prayer, such as saying “grace” or offering a word of thanks to God for the meal. You may vary this prayer by inviting each person to share a highlight and/or low point of his or her day, then praying about these together.
- As a family, brainstorm different feeling words. Write each word on a separate slip of paper. Fold the papers and place them in a bowl. Keep the bowl on your kitchen table or in a central place in your home. Have family members take turns drawing a word each day. Notice the times you experience this word throughout the day, and offer a brief prayer about your feelings and the situations that cause these feelings to come out.
- Commit to saying the Lord's Prayer each day before leaving the house, or before going to bed. The prayer can be said by individuals at their different bedtimes, or as a family before everyone heads to bed for the night.
- Take a prayer walk around your neighborhood. Pause along the walk and pray for what you see around you.
- Bring home the bulletin from a worship service, or note the Scripture focus of a recent service. Choose one evening in your week to gather as a family and pray with the Scripture. Select one person to read the Scripture aloud. Have other family members sit quietly, with eyes closed, and listen as the passage is read. Try to imagine the Scripture coming to life, see the people talking and interacting together as the Scripture is read. Following the reading, rest for a short time in silence. Talk with one another about what you saw and heard from the Scripture.

Sincerely,

Memory Challenge Cards, NIV

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



⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (Philippians 4:6-7, NIV)



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²⁵ “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? ²⁶Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? ²⁷Can any one of you by worrying add a single hour to your life? ²⁸And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. ²⁹Yet I tell you that not even Solomon in all his splendor was dressed like one of these. ³⁰If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? ³¹So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ ³²For the pagans run after all these things, and your heavenly Father knows that you need them. ³³But seek first his kingdom and his righteousness, and all these things will be given to you as well. ³⁴Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”
(Matthew 6:25-34, NIV)



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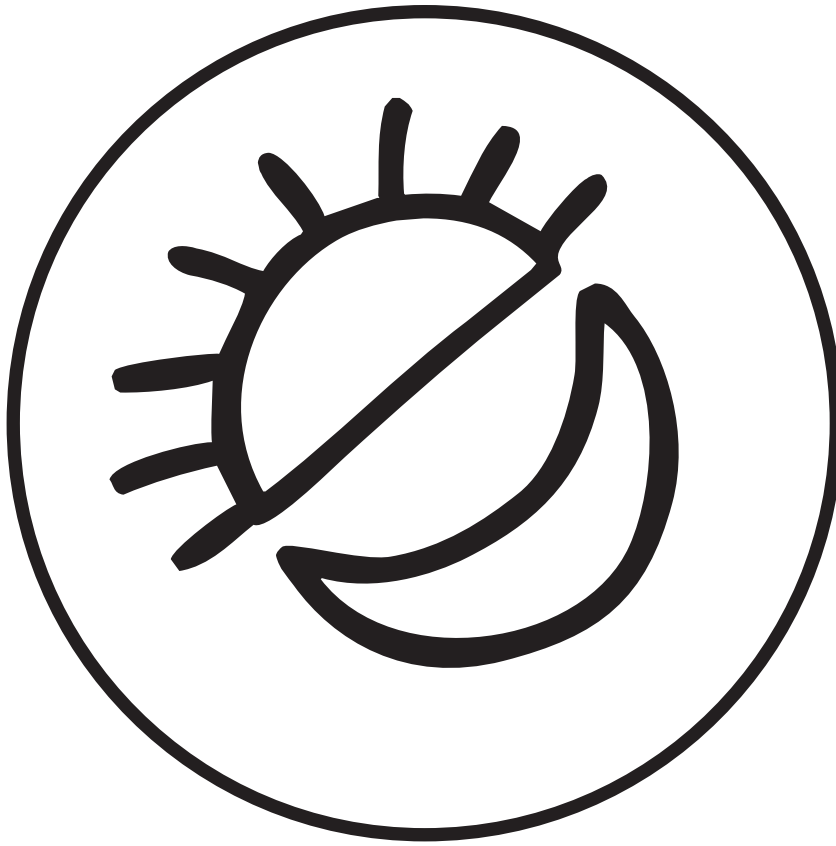
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Year 3, Unit 3, Session 1



Year 3, Unit 3, Christmas Session



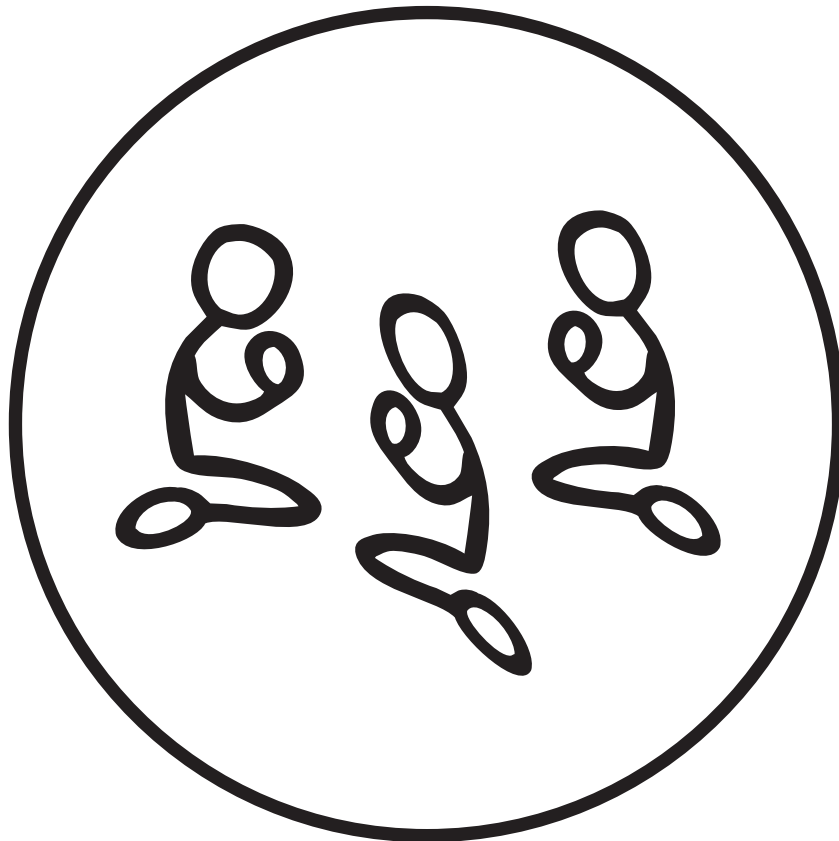
Year 3, Unit 3, Session 3



Year 3, Unit 3, Session 2



Year 3, Unit 3, Session 5



Year 3, Unit 3, Session 4

Emotion Strips

Emotions expressed in 1 Kings 19:1-18

Copy this page and cut apart each strip. Fold the strips and place them in a basket or container.

threatened	startled
afraid	surprise
unhappy	enthusiastic
depressed	lonely
despair	isolated
hopeless	searching
anguish	obedient
humble	dutiful
lowly	accusing
meek	devoted

Reader's Theater

for 1 Kings 19:1-18 (The Message)

Narrator: Ahab reported to Jezebel everything that Elijah had done, including the massacre of the prophets. Jezebel immediately sent a messenger to Elijah with her threat:

Jezebel's Messenger: "The gods will get you for this and I'll get even with you! By this time tomorrow you'll be as dead as any one of those prophets."

Narrator: When Elijah saw how things were, he ran for dear life to Beersheba, far in the south of Judah. He left his young servant there and then went on into the desert another day's journey. He came to a lone broom bush and collapsed in its shade, wanting in the worst way to be done with it all—to just die:

Elijah: "Enough of this, God! Take my life—I'm ready to join my ancestors in the grave!"

Narrator: Exhausted, he fell asleep under the lone broom bush. Suddenly an angel shook him awake and said,

Angel: "Get up and eat!"

Narrator: He looked around and, to his surprise, right by his head were a loaf of bread baked on some coals and a jug of water. He ate the meal and went back to sleep.

The angel of God came back, shook him awake again, and said,

Angel: "Get up and eat some more—you've got a long journey ahead of you."

Narrator: He got up, ate and drank his fill, and set out. Nourished by that meal, he walked forty days and nights, all the way to the mountain of God, to Horeb. When he got there, he crawled into a cave and went to sleep.

Then the word of God came to him:

Voice of God: "So Elijah, what are you doing here?"

Elijah: "I've been working my heart out for the God-of-the-Angel-Armies. The people of Israel have abandoned your covenant, destroyed the places of worship, and murdered your prophets. I'm the only one left, and now they're trying to kill me."

Voice of God: "Go, stand on the mountain at attention before God. God will pass by."

Narrator: A hurricane wind ripped through the mountains and shattered the rocks before God, but God wasn't to be found in the wind; after the wind an earthquake, but God wasn't in the earthquake; and after the earthquake fire, but God wasn't in the fire; and after the fire a gentle and quiet whisper.

When Elijah heard the quiet voice, he muffled his face with his great cloak, went to the mouth of the cave, and stood there. A quiet voice asked,

Voice of God: "So Elijah, now tell me, what are you doing here?"

Elijah: "I've been working my heart out for God, the God-of-the-Angel-Armies, because the people of Israel have abandoned your covenant, destroyed your places of worship, and murdered your prophets. I'm the only one left, and now they're trying to kill me."

Voice of God: "Go back the way you came through the desert to Damascus. When you get there anoint Hazael; make him king over Aram. Then anoint Jehu son of Nimshi; make him king over Israel. Finally, anoint Elisha son of Shaphat from Abel Meholah to succeed you as prophet. Anyone who escapes death by Hazael will be killed by Jehu; and anyone who escapes death by Jehu will be killed by Elisha. Meanwhile, I'm preserving for myself seven thousand souls: the knees that haven't bowed to the god Baal, the mouths that haven't kissed his image."

Personal Prayer Cards

Make one copy of this page for each participant.

● My God	● Praise	● Shadow of your wings
● Seek	● Live	● Cling to you
● Thirst	● Your name	● Right hand upholds me
● Long for you	● Lift up my hands	● Destroyed
● Dry and parched	● Fully satisfied	● Depths of the earth
● Sanctuary	● Singing lips	● Sword
● Your power	● Remember	● Rejoice
● Glory	● Through the night	● Liars
● Love	● My help	● Silenced
● Life	● Shadow	



Materials: poster board or colored masking tape to make a border, colorful sticky note pads, pens

Preparation: Hang a poster board or mark off a designated blank space on a wall. Provide colorful sticky note pads and pens.

Instructions: Write simple prayer requests for yourself, a friend, a family member, or others on separate sheets of sticky note paper. You may also offer prayers for your news topics. Stick the notes to the board or wall. The notes stand as prayer offerings to God.



Materials: copies of poetry prayer sheets for cinquain and haiku found in your *Dive* magazine, blank paper, colored pencils

Preparation: The *Dive* magazine provides templates and samples of the two prayer styles: cinquain and haiku.

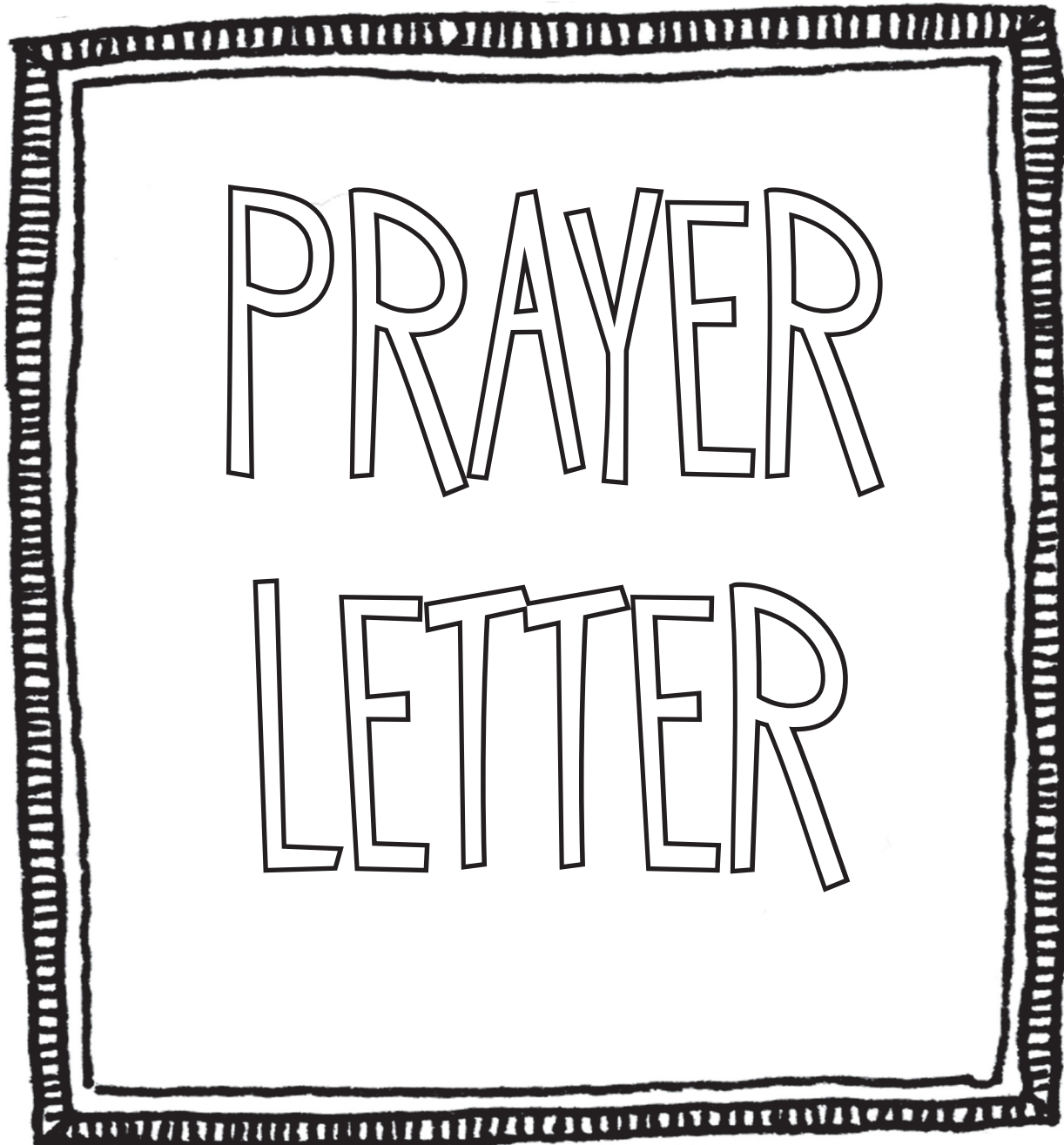
Instructions: Write a prayer for yourself or for another following one of the two styles: cinquain or haiku. You may also develop your own prayer form using rhyme or free-verse if you prefer. Use the template in your *Dive* magazine.



Materials: crayons, colored chalk, blank paper, Memory Challenge cards for sessions 3-5 from printable page 49 and 51.

Preparation: Provide crayons, colored chalk, paper, and Memory Challenge cards.


Instructions: Read the Memory Challenge Scripture. Visualize a person or subject for whom you are praying. This may be a friend or family member, or an image from the news article you read. Imagine the person's needs, the hopes you have for the situation, and how God might care for them. Record your images using a variety of colors, offering your images as prayer.



Materials: writing paper, colored pens and pencils, *Dive* magazines (optional)

Preparation: Gather writing paper, pens and pencils, and *Dive* magazines.

Instructions: As in the early Christian church, letter writing can be a way to encourage one another. Use the paper and pens to write a letter to the person for whom you are praying. You may also write your letter on page 26, My Prayer List/Letter, in your *Dive* magazine.



PRAYER LABYRINTH

Materials: finger labyrinth from page 27 *Dive* magazine

Preparation: none

Instructions: The labyrinth is a spiritual tool found in many ancient cultures. At first glance, the labyrinth resembles a maze. Instead, it is a path that leads to the center and back. A person can walk or trace the path, and not get lost. This frees walkers to use their time in the path to pray and meditate.

Use your index finger to trace the path of the labyrinth. Let go of sounds and concerns that fill your mind and focus on the simple tracing movement. Allow yourself to pray.

Reader's Theater Script

Acts 12:1-19, adapted from *The Message*

Reading parts:

Narrator, Peter, Angel, Rhoda, Soldiers, All

Narrator: King Herod got it into his head to go after some of the church members. He murdered James, John's brother. When he saw how much it raised his popularity ratings with the Jews, he arrested Peter and had him thrown in jail, putting four squads of four soldiers each to guard him. Herod planned a public lynching after Passover.

While Peter was under heavy guard in jail, the church prayed for him, day and night.

Peter: (*lying on the floor of the jail house, sleeping like a baby*)

Angel (*shaking Peter*): Hurry! Get dressed. Put on your shoes.

Peter: What?!? Am I dreaming? My handcuffs, my shackles, they're off. I can move!

Angel: Grab your coat and let's get out of here.

Narrator: Peter followed the angel, past the first soldier and then the second. They came to the iron gate that led into the city. It swung open before them on its own, and they were out on the street, free as the breeze.

Peter: I can't believe it—this is really happening! The Lord sent his angel and rescued me from Herod's vicious killing. I'm a free man!

Narrator: Peter went to Mary's house. The place was packed with praying friends. When he knocked on the door to the courtyard, a young woman named Rhoda came to see who it was.

Rhoda: It sounds like Peter, but how could that be? Peter's in jail! Hey, everyone, I think Peter is at the door!

All: No, it can't be Peter; he's in jail! You're crazy!

Rhoda: Really, I heard a knock at the door, then I heard Peter's voice.

All: It must be his angel.

Narrator: All this time Peter was standing out in the street, knocking away at the door to the house.

Rhoda (*opening the door*): Peter, it's you. It's really you! No one believed me when I said I heard your voice.

Peter (*following Rhoda into the house*): Friends, you've been praying for me. The Lord has freed me from my chains. An angel led me past the soldiers and now I'm here with you. I've got to go before Herod's men find me. Tell James and the brothers what's happened.

Narrator: Peter left them and went off to another place. (*Peter walks out of the scene.*) At daybreak the jail was in an uproar.

Soldiers: Where is Peter? What's happened to Peter? How did he get past us? What will we tell Herod?

Narrator: Herod sent for Peter, but the soldiers couldn't produce him nor explain why not, so Herod ordered their execution: "Off with their heads!"



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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?

Year 3

Unit 1 Worship

Unit 2 Justice

Unit 3 Prayer

Unit 4 Stewardship

Unit 5 Bible Reading

Unit 6 Missional Living



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