5. Jesus Prays (Matthew 26:36-46)

If I, your Lord and teacher, have washed your feet, you too must wash each other's feet. (John 13:14)

PLAN

Session Outline

1. Gather

Greeting
Prayer Bracelets
Gardening Play
Transition to Explore

2. Explore

Sacred Conversations
Hear and See the Bible Story
Interact with the Bible Story
Say the Bible Verse
Transition to Respond

3. Respond

Loving God, Loving Neighbor
Keep Watch
When I Am Anxious or Worried, "I CAN"
Transition to Bless

4. Bless

Inviting
Praising
Blessing
At Home with God

Supplies

Basic Supplies: Tape | Stickers | Fine-line markers | Crayons | Pencils | Glue | Paper | Scissors| Ink pens

Gather: Pretend gardening tools | Silk or plastic flowers and plants | Plastic flower pots | Aprons | Chenille stems | Plastic or metal beads

Explore: No additional supplies needed

Respond: Small envelopes | Seeds | Clear, self-adhesive paper or lamination pouches & washable, dry-erase markers (optional) | Clean plastic jars or similar plastic containers | Large craft sticks

Bless: No additional supplies needed

Before You Teach

The story of Jesus' visit to the garden of Gethsemane to pray before his arrest and death appears in all four Gospels. As is often the case, the story differs slightly in each account. Matthew and Mark say Jesus went to Gethsemane, John says he went to a garden, and Luke says that Jesus made his way to the Mount of Olives.

In the garden of Gethsemane, Jesus displays his humanness. Jesus knows his time of death is drawing near. When Jesus goes to the garden to pray, we see him sad and anxious as he contemplates the events to come. Jesus also wants human companionship. He takes Peter, James and John with him as he goes farther into the garden. Jesus begs his closest friends to stay awake with him. The disciples fail in the task Jesus gives them; instead of praying, they fall asleep. In Matthew and Mark this scene repeats itself three times with Jesus admonishing the disciples for falling asleep each time.

There is something comforting in knowing that the Son of God has experienced human emotions such as sadness and anxiety. Jesus knows how we feel. He gets it! Just as we can be comforted by these thoughts, we can also learn from Jesus' example by the way he responded to these emotions. Jesus prayed. We also can pray and receive comfort when we are sad and anxious. Prayer does not mean always getting what you want. Jesus asked God to take away his suffering. We know that isn't what happened. Jesus ultimately prayed for God's will to be done rather than his own. Just as Jesus turned his troubles over to God, we can too.

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GATHER

Greeting

Before class: Display the Attendance Chart (Class Kit—pp. 15–18) at eye level. Put together the model of the zoo and the figures of Benjie, Cinnamon, and the baby elephant (Class Kit—p. 9).

- Play, "A Whole New Level of Love" (Annual Music CD or Adventure DVD and Leader Guide—p. 91) as you welcome each child.
- Show the children where to place their offerings, and help each child mark the Attendance Chart with a sticker or permanent marker.
- Place the Deep Blue Shores Map (Class Kit—p. 11) and the zoo and Benjie, Cinnamon, and the baby elephant figures (Class Kit—p. 9) on a table or on the floor for the children to play with and explore. If available, add the Deep Blue Shores Maps, buildings, and figures from previous quarters.

A—Prayer Bracelets (Art)

- Give each child a chenille stem and place plastic or metal beads on the table.
- Invite the children to think about who they would like to remember to pray for. Suggest members of their family, friends, people they like, and people they don't like.
- Have each child choose one bead to represent each person he or she would like to remember to pray for.
- Have the children add their chosen beads to their chenille stems. Help each child connect the ends of his or her chenille stem to create a bracelet.
- Show the children how to pray for each person one by one as they touch the beads on their bracelets.

OR

B—Gardening Play (Dramatic Play)

Before class: Create a gardening dramatic play center with pretend gardening tools, silk or plastic flowers and plants, plastic pots, and aprons.

- Invite the children to explore and play with the gardening tools. Encourage them to pretend to be gardeners.

Transition to Explore

- Have the children help you clean up and then move to the Bible story circle. Encourage them to move like a caterpillar in a garden.

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EXPLORE

Sacred Conversations

SAY: During the season of Lent, the time our faith communities prepare for the season of Easter, we are learning stories about Jesus and his faith community. I wonder what we can learn from them.

ASK: I wonder:

- How many friends are here with us today? Who is missing?
- How do you feel today?
- What's one thing that happened in your community this week that you really liked?

Hear and See the Bible Story

SAY: Today our Bible story is about a time when Jesus asked his friends to stay awake with him while he prayed.

- Tell the children the story, "In the Garden" (*Deep Blue Bible Storybook*—p. 250).
- Watch the Deep Blue Adventure for Session 5 (Adventure DVD) with the children.

ASK: Who prays with you when you are anxious or worried?

Interact with the Bible Story

- Give each child a copy of "Jesus Prays" (Bible Story Sheets—Session 5).
- Read the story with the children, encouraging them to read the words in blue.

TIP: Printable "Word Cards" for the words in blue are available each quarter to download and print at *www.deepbluekids.com/This-Sunday.*

Say the Bible Verse

Before class: Post the Bible Verse Poster—Unit 1 (Class Kit—p. 3) on a wall or bulletin board.

- Point to the Bible Verse Poster. Say the Bible verse for the children, and then repeat it together.
- Teach the children signs from American Sign Language for some of the words in the Bible verse (Leader Guide—p. 94 and *www.deepbluekids.com/This-Sunday*).
- Watch the Unit 1 Bible Verse video (Adventure DVD) with the children.

Transition to Respond

- Have the children move to the next activity. Encourage them to move like they are very sleepy.

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RESPOND

Loving God, Loving Neighbor

Before class: Post "All Are Welcome" (Class Kit—p. 27) and "Meet Our Neighbors" (Class Kit—p. 13) on a wall or bulletin board.

- Play, "All Are Welcome" (Annual Music CD or Adventure DVD). Sing along and dance to the music.

SAY: Gardens are very important places. Some gardens are beautiful places where you can pray, think, and enjoy God's creation. Some gardens produce food for people and for animals. Gardens are a blessing. Every garden starts with seeds. We are going to create seed packets to share the blessing of gardens. You may take your seeds home and plant them, or give them to a friend as a gift.

- Give each child a small envelope.
- Show the children the seeds, and give each child a few seeds to place in his or her envelope.
- Seal the envelope and have the children write or draw a picture of the enclosed seeds on the front of the envelope.

A—Keep Watch (Activity Sheets)

- Give each child a copy of Activity Sheets—Session 5.
- Invite the children to create the "Keep Watch" cards and use them according to the instructions.

OR

B—When I Am Anxious or Worried, "I CAN" (Craft)

Before class: Make a copy of "When I Am Anxious or Worried, 'I CAN'" (p. 36) for each child. Gather and wash a plastic jar or a similar container for each child.

- Give each child a copy of "When I Am Anxious or Worried, 'I CAN.'"
- Encourage the children to cut out and color the "I Can" label and the ten strips. Help as needed.
- Give each child a jar or container and ten craft sticks.
- Have each child glue the large label onto a jar, and glue the ten strips onto individual craft sticks.
- As the children work, read and discuss how each of the listed strategies can help them when they are anxious or worried.
- Help the children come up with ideas to write on the two blank strips.

Transition to Bless

- Have the children help you clean up and then move to the Bible story circle. Encourage them to breathe deeply and say, *"God is with me,"* as they move.

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BLESS

Inviting

Before class: Cut out the Walking with Jesus Mural Pieces (Class Kit—p. 19) and place them in an envelope or zip-top bag. Post the Walking with Jesus Mural (Class Kit—pp. 2 & 31) on a wall or bulletin board. Find and prepare one or two pictures of people in your church, family, or community to add to the mural.

- Gather the children around the mural. Invite a child to tape the image of the disciples sleeping **(F)** somewhere on the mural.

ASK: What do you remember about the Bible story we heard today? What do you think we can learn about community from this story?

SAY: In the coming weeks, we will be adding more pictures of people from the Bible who knew Jesus. Some of them knew Jesus before Easter, and some didn't know Jesus until after Easter. We know Jesus too! I wonder who you can think of who is "Walking with Jesus" like the people in our Bible stories.

- Tell the children about the pictures you prepared before class, and then tape the pictures to the mural. Invite the children who brought in their own pictures to tell about them and add them to the mural. Remind the children that they are invited to bring their own pictures of people who are "Walking with Jesus" to add next week.

Praising

Before class: Display "Singing Together" (Class Kit—p. 25) on a wall or bulletin board.

- Sing together, "My God" (Class Kit—p. 25).

TIP: *If time permits, invite the children to choose more songs to sing.*

Blessing

- Invite the children to stand with you in a circle.
- Turn to the child next to you and say, *"Peace be with you."* Have the child respond by saying, *"And also with you"* and then turn to the next child and say, *"Peace be with you."* Continue around the circle giving each child a chance to say both lines. Then conclude by saying, *"Amen."*

At Home with God

ASK: What's one thing about our time today that you can tell your family?

- Give each child a copy of Bible Story Sheets—Session 5. Look at "Family Faith Activities" together.

ASK: Which of these activities are you most excited to try this week?

- Send home the Bible Story Sheets—Session 5 with each child.

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5. Jesus Prays (Matthew 26:36-46)

When I am anxious or worried, I can...

When I am worried I CAN...

take a deep breath
sing a song
say a prayer
go on a walk
listen to music
read a book
talk to someone I trust
write or draw about my feelings

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