

## LESSON SNAPSHOT

**BOTTOM LINE:**

Prayer keeps our faith fresh!

**OBJECTIVE:**

Kids will learn that God does amazing things when I pray.

**KEY PASSAGE:**

Acts 2:1-12, The Holy Spirit Comes At Pentecost

**MEMORY VERSE:**

*“But anyone who drinks the water I give them will never be thirsty. In fact, the water I give them will become a spring of water in them. It will flow up into eternal life.”*

*- John 4:14 (NIRV)*

**SUMMARY:**

Subway invites us to “Eat Fresh.” After Jesus went up to heaven, his followers gathered to pray. God answered them by sending the Holy Spirit, who gave them a fresh new excitement to share the good news of Jesus.

**SIMPLE PRAYER:**

*Dear God,*

*Refresh our faith every day as we pray!*

*In Jesus’ name,*

*Amen*

## MEMORY VERSE

*“But anyone who drinks the water I give them will never be thirsty. In fact, the water I give them will become a spring of water in them. It will flow up into eternal life.”*

*- John 4:14 (NIRV)*

*“But whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life.” - John 4:14 (NIV)*

### **LARGE GROUP:**

See which group can recite the memory verse from memory the loudest - the boys or the girls.

### **SMALL GROUP:**

Without putting the verse on display or looking it up, see how many kids can recite the memory verse.

## SKIT

### PRAY FRESH

#### ITEMS NEEDED:

Two small tables  
Two chairs  
Two phones with tripods or stands  
A Subway bag

#### CHARACTER BREAKDOWN:

1M, 1F

#### CHARACTERS:

Pat – A YouTube host specializing in fast food  
Jim – A YouTube host who talks about faith

*Each week, the set for these skits will be the same: two small tables with a chair behind each table.*

*Pat and Jim sit at the tables with a bag of Subway sandwiches. Pat sets up her phone on a small tripod or stand to film herself.*

PAT: Hey, guys, it's Pat. I'm here at another restaurant with my buddy Jim.

JIM: What's up, dudes?

PAT: And it's time for another edition of Fast Food Faith!

JIM: That's right, our two shows are now combined into one! If you haven't already, click the subscribe button to tell YouTube you love me, and let's get on with today's video!

PAT: Well, Jim, after all that high calorie fast food we've eaten the last couple of weeks, I thought we better eat something a little healthier. I hope that's okay.

JIM: Okay? I think it's great. We all need to be responsible and stay in good shape, and you can't do that eating Double Quarter Pounders, Double Whoppers, and Double Decker Tacos every day.

# SKIT

PAT: Today's restaurant is a sub sandwich shop that wants us to eat fresh! That's why my turkey sub has lettuce, tomato, green pepper, olives, and cucumbers. How about yours?

JIM: Okay, so I got the meatball sub with extra meatballs and double cheese. But I promise, I'll get veggies next time.

PAT: Jim!

JIM: I know, I know, I'm not eating fresh, but you know what's more important?

PAT: Let me guess: keeping your faith fresh?

JIM: Exactly. We need to stay fresh every day in our love for God, and I can't think of a better way to do that than prayer.

PAT: Oh I love praying! I love getting up in the morning and just thanking God for a new day.

JIM: That's awesome, Pat. We should all thank God for his blessings each day, and we can do that through prayer.

PAT: And we can use it to ask forgiveness for our sins, and ask for God's wisdom!

JIM: You're so right! When we became Christians, the Holy Spirit came to live in our hearts. The more we pray, the more the Holy Spirit will keep our hearts and minds fresh!

PAT: Wow, Jim, I can't think of a better way to end this series than fresh food and fresh faith.

JIM: What do you mean end the series?

PAT: The web series is over. I'm going to be a missionary. And I'm going to keep my faith fresh every day through prayer.

JIM: And I'll keep my faith fresh every day too by praying through the Holy Spirit!

PAT: Click that like button, kids, and keep on praying.

JIM: Keep the faith, and keep it fresh!

PAT: Bye!

## OBJECT LESSON OR KIDS SERMON

### ITEMS NEEDED:

A Subway sandwich with lots of fresh veggies

A fast food cheeseburger

Who here can tell me some of the differences between these two sandwiches?

*Have the kids point out the obvious differences. Put special emphasis on the fresh veggies on the sub.*

One of these sandwiches definitely looks fresher than the other, doesn't it? Subway became one of the largest fast food chains in the world by offering something the others don't – fresh ingredients. Fresh veggies. A healthy alternative to burgers and fries that can keep you feeling fresh.

It's a challenge to keep your faith fresh. The ups and downs of life can wear us out, and it can be challenging to make time for God. If we spend time praying every day, communicating with God through the Holy Spirit, we can renew that faith daily. God will give us a fresh passion for sharing Jesus and serving others.

Keep your faith fresh every day. Start and finish the day with prayer, and pray all you can in between.

## LARGE GROUP GAME

### SANDWICH ARTISTS

#### ITEMS NEEDED:

Bread (pre-cut)

Turkey

Cheese (optional: mayo, mustard, etc.)

Fresh veggies (as many as you want: lettuce, peppers, onions, spinach, etc.)

Sandwich wrappers

#### INSTRUCTIONS:

Choose two teams for this game. The teams will run a relay race to see who can be first to make a turkey sub sandwich using all the ingredients provided and wrap it up in paper. Have the teams line up 10-15 feet from a table. Give the first person in each line a piece of bread, the 2nd to last person a piece of bread (for the top) and the last person the sandwich wrap. Everyone else will get one of the sandwich contents.

When you say go, have the kids run back and forth one at a time until everyone has their part of the sandwich on it. The last person has to wrap it as fast they can. The first team to complete the sandwich and get it wrapped wins.

#### VARIATION:

You can vary the number of ingredients based on the age of the kids. You can also include mayo or other spreads if desired.

#### WHAT'S THE POINT?

Subway helps us eat fresh. Prayer keeps our faith fresh.

## LARGE GROUP LESSON

**BOTTOM LINE:**

Prayer keeps our faith fresh!

**OBJECTIVE:**

Kids will learn that God does amazing things when I pray.

**KEY PASSAGE:**

Acts 2:1-12, The Holy Spirit Comes At Pentecost

**INTRO:**

Over the last six weeks we've "consumed" a lot of lessons about faith through some of our favorite fast food places. McDonalds, with their kid-friendly Happy Meals taught us that we need to be livin' our faith. Burger King, with their fully customizable menu of burgers and Whoppers, reminded us that we need to do things God's way. Pizza Hut, with their endless menu of incredible toppings, showed us that if we want to make it great, we must become the least and serve others. Taco Bell, home of burritos, tacos, Chalupas, and nachos, taught us to think inside the Bible. And Arby's, where they have the meats, showed us how we can let the world know we have the faith by doing good works for the Lord.

I'm sure some of these lessons have made you guys hungry. They've made some of us adults hungry as well. But let's be honest: we can't eat all that heavy, greasy fast food all the time. Eating nothing but Whoppers and Chalupas and French Dips and Meat lover's Pizza is a recipe for poor health. It will weigh you down and make you feel sluggish.

Thankfully, there are alternatives to all that grease and fat. Like Subway! The founders of Subway set out to create a fast but healthy alternative to traditional fast food, offering fresh, healthy sandwiches loaded with fresh, healthy veggies. A healthy Subway sandwich isn't going to weigh you down like a burger. It's going to make you feel as fresh as the cucumber and lettuce and pickles on top.

Sometimes life can make us feel sluggish and weighed down. As much as we want to keep our faith fresh, the problems and worries of the day to day can wear us down. But just like Subway can make our body feel fresh, we have God's Holy Spirit to refresh us, and He will refresh us every time we pray.

# LARGE GROUP LESSON

## READ ACTS 2:1-12

### MAIN POINT:

When Jesus returned to Heaven, He sent the Holy Spirit. The Holy Spirit is God's presence in the hearts of all believers. When you become a Christian, God sends the Holy Spirit to live in your heart. It is through the Holy Spirit that we can pray directly to God.

Prayer is how we communicate with God. It is how we thank Him for his blessings, share our concerns, repent of our sins, and praise His name. The more time we spend in prayer, the fresher our faith will be. We need prayer every day just as much as we need fresh fruits and veggies so we can keep our hearts fresh!

### DRIVE IT HOME:

Fast food is a great way to explain how we become a Christian. It doesn't take long to take that first step. With a simple prayer of repentance, we can ask Jesus to forgive our sins and send us His Holy Spirit. You'll spend more time sitting in the drive thru at Chick-Fil-A than you will saying that simple prayer.

That said, a growing faith is not something that comes in an instant. It's more like a brisket, slow cooking in a smoker for hours and hours. A growing faith is a process that will continue the rest of your life. You will have good days and bad days. You will have days when it's easy to share your faith and lend a hand to those in need. You will have some days when you just want to give up.

Prayer is important to a growing faith because it keeps us fresh. Serving God is hard work. Loving others will take a lot out of you. Your body needs to refuel with food, and our hearts need to refuel with the Holy Spirit. When you make time to pray, you are filling your spirit with God's Spirit. There's no grease, no sugar, no bad stuff in prayer. It's a fresher daily diet than even Subway can provide.

If you've never said that simple prayer, the drive thru is open. We want to pray that prayer with you and help you start on a journey to becoming a person of faith. If you are a Christian, we want you to pray right now for God to keep your faith fresh. If you need help, ask us. We will pray with you. The Holy Spirit will refresh our hearts and minds. It will refuel your faith so we can continue to serve God as best as we can.

Pray every day. Renew your spirit every day. Through His Holy Spirit, God will show you how to keep your faith fresh!

# LARGE GROUP LESSON

## **CLOSE WITH A SIMPLE PRAYER:**

*Dear God,*

*Refresh our faith every day as we pray!*

*In Jesus' name,*

*Amen*

## SMALL GROUP DISCUSSION (K-2ND)

### **ICEBREAKER:**

What's your favorite place to get sub sandwiches?

### **MEMORY VERSE ACTIVITY:**

**John 4:14**

Without putting the verse on display or looking it up, see how many kids can recite the memory verse.

### **SMALL GROUP GAME/ACTIVITY:**

Let the kids sample some of the fresh veggie ingredients typically found at Subway like tomatoes, olives, green peppers, cucumbers, and banana peppers.

### **DISCUSSION QUESTIONS:**

**Read Acts 2:1-12**

Whom did God send to the people in the upper room?

Who is the Holy Spirit?

What did the Holy Spirit allow the believers to do?

How can praying through the Holy Spirit keep our faith fresh?

How often should we pray?

### **SIMPLE PRAYER:**

*Dear God,*

*Renew our faith through the Holy Spirit every day.*

*In Jesus' name,*

*Amen*

## SMALL GROUP DISCUSSION (3-5TH)

### ICEBREAKER:

What's your favorite place to get sub sandwiches?

### MEMORY VERSE ACTIVITY:

**John 4:14**

Without putting the verse on display or looking it up, see how many kids can recite the memory verse.

### SMALL GROUP GAME/ACTIVITY:

Let the kids sample some of the fresh veggie ingredients typically found at Subway like tomatoes, olives, green peppers, cucumbers, and banana peppers.

### DISCUSSION QUESTIONS:

**Read Acts 2:1-12**

Who is the Holy Spirit?

How did the Holy Spirit freshen up these believers and their faith?

How can praying through the Holy Spirit keep our faith fresh?

How often should we pray?

Is there anyone who wants to receive the Holy Spirit and become a Christian today?

### SIMPLE PRAYER:

*Dear God,*

*Renew our faith through the Holy Spirit every day.*

*In Jesus' name,*

*Amen*

## POWERPOINT REVIEW GAME

### TRUE OR FALSE

The Holy Spirit lives in the hearts of believers.

TRUE

Once we have become a Christian, we will never need to refresh our faith.

FALSE

When we pray, we pray through the Holy Spirit.

TRUE

We only need to refresh our faith on Sundays at church.

FALSE

The more we pray, the more we will keep our faith fresh.

TRUE



# MAKE IT STICK

5 Simple Ways You Can Make This Lesson Stick With your Kids

## Fast Faith Lesson 6

### THIS WEEK'S LESSON: PRAY FRESH



#### IN THE CAR:

Ask your child what they learned about this week on the drive home:

Subway invites us to "Eat Fresh." After Jesus went up to heaven, his followers gathered to pray. God answered them by sending the Holy Spirit, who gave them a fresh new excitement to share the good news of Jesus. Acts 2:1-12, The Holy Spirit Comes At Pentecost



#### HANGING OUT:

Make this week's lesson real:

Take a moment to pray with your kids each day, either before or after school. Say a prayer to refresh your faith every day so you can all serve the Lord that day.



#### AT DINNER:

Here are some great discussion starters:

- Who is the Holy Spirit?
- What did the Holy Spirit do for the early believers?
- How can prayer and the Holy Spirit keep our faith fresh?



#### AT BEDTIME:

Quiz your child on this week's memory verse:

*"But anyone who drinks the water I give them will never be thirsty. In fact, the water I give them will become a spring of water in them. It will flow up into eternal life." - John 4:14 (NirV)*



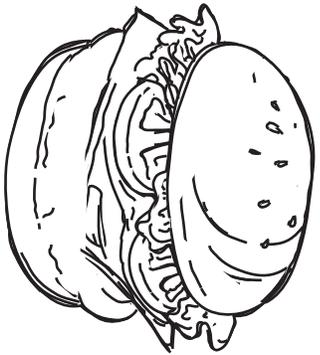
#### PARENT TIME:

What you need to know:

The Holy Spirit lives in the hearts of believers. When we pray, it is through God's Holy Spirit. God uses the Holy Spirit to refresh our faith. Pray that God will give your kids a desire to renew their faith every day and serve God with all their hearts.

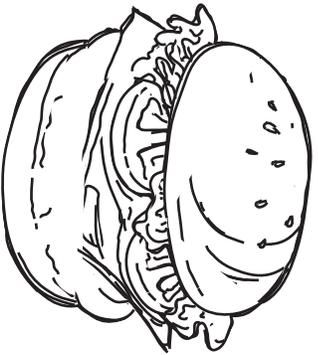
## CRAFT ACTIVITY

Use Subway wrappers or napkins to help the kids make a prayer chart for the coming week. List each day of the week and write something to pray about under each day. Encourage the kids to pray every day and check off each day when they do.



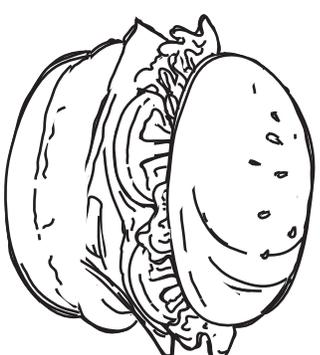
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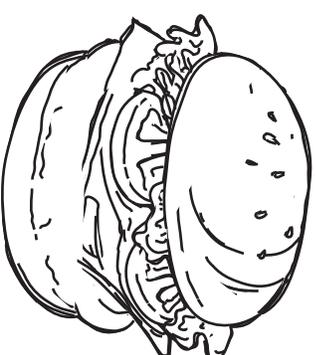
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