

# **ADDITIONAL FAMILY RESOURCE**

**FOR SOLEMN ASSEMBLY**



A Ministry of  
**SHERWOOD PARK**  
ALLIANCE CHURCH

## INTRODUCTION

This week is Solemn Assembly; a week in January where we, as a church family, pray first. It's a time to listen for God's voice, ponder His thoughts, and talk to Him.

Time spent with God is an important thing for adults to do, but equally important for kids. This prayer resource is especially made for kids. It is designed with elementary age children in mind but adaptable for preschoolers. It works well alongside the adult version as it follows the same prayer themes. Kids can do it on their own or parents can do it with them. Either way, invite God's Spirit to guide you and pay attention to His promptings.

## A PRAYER FOR THIS WEEK

Father, Son and Holy Spirit, I give this week of prayer to You. Sometimes I get too busy with all kinds of things. This week would you help me to slow down and put you first. Show me who You are and how I can be a part of Your Mission. Would I experience your love, your presence and your thoughts as I listen and learn. I pray this in the powerful name of Jesus. Amen.

**Pray your cares to Jesus and He will give you rest**  
**Monday, January 8**

**Pray for wisdom from God and He will show you what to do**  
**Tuesday, January 9**

**Pray your request to God and trust that He knows best**  
**Wednesday, January 10**

**Pray for those who are sick and sad and believe**  
**that Jesus can help**  
**Thursday, January 11**

**Pray that others will experience Jesus' love and forgiveness**  
**Friday, January 12**



## DAY 1

# PRAY YOUR CARES TO JESUS AND HE WILL GIVE YOU REST

A few years ago around Christmas time, Teacher Jenna was travelling home for the holidays. She was so excited to visit her family and celebrate with them! When she arrived at the airport she found out that her flight was delayed. Then it was cancelled! She prayed and prayed, trusting that God would get her where she needed to go. A whole day later, when she finally arrived home, her Daddy met her at the airport with his arms wide open, and gave her the biggest hug. God took care of Teacher Jenna and got her home to rest in the loving arms of her father. What a wonderful reminder of our Father in Heaven.

That sweet rest is what God wants us to enjoy all the time. And we can when we give all our cares to him. The good thing is, Jesus says that kids get this more than anyone. Most of the time kids find it easier than adults to depend on God for help and to really believe that He is with them. Go ahead; give your cares to God and rest in his loving arms.



## WHAT DOES GOD'S WORD SAY

**Read Matthew 11:28-30**

*Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light."*



## PRAYER ACTIVITY

Write down on paper everything that is concerning you today (maybe it's a test that is coming up or someone that is bugging you). When you have all your cares written down on paper, one at a time pray them out like this...

**”Jesus, I give you (your care). I trust that you are taking care of it.  
Thank you Jesus!”**

Then rip them up and put them in the garbage or if you have a fireplace, put them in the fire! God is caring for you, you don't have to worry!

## QUESTIONS

- 1. What is a yoke? (look it up) Why is it like carrying a really heavy yoke when we worry?**
- 2. How does taking Jesus' yoke help us?**
- 3. How did it feel to name your concerns? How did it feel giving them to Jesus?**
- 4. What should you do when concerns start to come into your mind again?**

## DAY 2

# PRAY FOR WISDOM FROM GOD AND HE WILL SHOW YOU WHAT TO DO

When Shane was in third grade he was on his way to summer camp. He knew a boy from his class at school was going to be there too and they didn't really get along. Shane didn't really want to go to camp because of this, but his mom encouraged him to pray. All week he and his mom prayed together, asking God for wisdom to say the right words, and to love his friend as Jesus has loved him. By the end of the week, Shane and his friend had an unbreakable bond. God had given Shane the wisdom needed to build a new friendship, and share God's love.

We can take everything and anything to God in prayer. Do you always remember to pray first? What do you do when you have a problem or need to make a decision and you don't know what to do? It makes good sense to go to the wisest one we know. God hears us and He will show us what to do. If you don't hear His answer right away, it's ok. Just be patient and keep asking! And be listening and watching. You will know His wise answer because it will sound like something a loving father would say...instead of being afraid, you will feel His peace.



## WHAT DOES GOD'S WORD SAY

**Read James 1:5 (NLT) out loud a few times.**

*“If you need wisdom, ask our generous God, and he will give it to you. He will not rebuke you for asking.”*



## PRAYER ACTIVITY

On colorful post it notes, write down reminders that God is wise and that he will show you what to do. Here's some ideas but you can think of lots more...**Need Wisdom?, Go to God!, Pray first!, Keep Asking.** Now stick them all over the place...on your bathroom mirror, in your van, under your pillow, etc. They will help you remember to pray to God first whenever you need wisdom. When you see them, pray!

**“God, I Need your Wisdom for (your problem or decision). Please show me what to do.”**

## QUESTIONS

- 1. Has there been a time you have asked for God's wisdom when you had to solve a problem or make a decision? What happened?**
- 2. Why is it important to go to God first?**
- 3. How can you be sure that you are hearing God's wisdom?**

## DAY 3

# PRAY YOUR REQUEST TO GOD AND TRUST THAT HE KNOWS BEST

Cohen and his family were moving to Kelowna. When an excellent work opportunity came up for Cohen's dad, they prayed about it as a family and it seemed like the right thing to do. They planned to make the big move but their house didn't sell so Cohen's dad started work in Kelowna and Cohen and his mom and brothers stayed in Sherwood Park. They kept praying that the house would sell and they could move soon. Surely God would answer so they could move and be together as a family. Eventually Cohen's dad decided to move back to Sherwood Park, all the plans changed. Now Cohen and his family don't know what will happen next, but they are trusting God.

You can be sure that God always hears our prayers. He is always with us and for us. But sometimes His answers aren't what we expect and certainly not what we prayed for. We forget that God is much smarter than we are...he knows everything. Even though it is hard, we can trust His wisdom when he says "no" or "just wait". And the best news...he doesn't just leave us to figure it out on our own. God walks with us, helping us and loving us.



## WHAT DOES GOD'S WORD SAY

**Read Isaiah 41:10**

*"Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand."*





## PRAYER ACTIVITY

Brainstorm with a parent and think of the times in your life when things didn't go as you expected or maybe even prayed for. Get creative and find objects in your house that will remind you of that experience (e.g. – a picture or a little memento). Gather the items on a table and talk about God's surprising answers to those experiences. Hold each item up and pray something like this...

**“Thank you God that you were with me when (your situation). I can trust that you know everything and that you will never leave me.”**

Maybe there is something you are praying for right now...maybe a prayer that still hasn't been answered. Find a little item to represent that request and pray...

**“Thank you God that you are with me in (your situation). I can trust that you know everything and that you will never leave me.”**

## QUESTIONS

- 1. Have you ever wondered why a prayer was not answered? How did it make you feel?**
- 2. What changed in your heart when you accepted God's answer and trusted Him?**
- 3. Sometimes sharing and praying with someone who loves Jesus really helps to encourage you when you have questions. Can you think of one or two people that you could share and pray with?**

## DAY 4

# PRAY FOR THOSE WHO ARE SICK OR SAD AND BELIEVE THAT JESUS CAN HELP

Titus is a little boy in SonBurst. He is two years old. He was born months before his expected date. That meant that he was born with many health issues. His little lungs and organs were not fully developed. Titus spent the first 4 months of his life in the hospital. He was watched closely and carefully by doctors, nurses, his parents and his Heavenly Father. Many people were praying that he would get better and he did. Titus is our little miracle from God.

God hears our prayers for healing. Sometimes, like Titus, we pray for God to heal us when our bodies are sick. Other times we ask God to heal sadness or maybe a relationship that is broken. Jesus cares very much about our pain and hurt. He asks us to come to him and seek his help and healing. Then he invites us to believe and to always remember that He is with us.



## WHAT DOES GOD'S WORD SAY

**Read Psalm 103:35**

*“Praise the Lord, O my soul. And all that is within me, praise His holy name. 2Praise the Lord, O my soul. And forget none of His acts of kindness. 3 He forgives all my sins. He heals all my diseases.”*



## PRAYER ACTIVITY

Think of people that you know who are sick or sad. Draw a picture of each of these people. Create a little prayer wall by hanging your pictures on a wall that you look at all the time. Every time you pass by, pray this little prayer for one or two of the people on your wall.

**“Thank you God that you know (person’s name) so well. You know exactly what they are going through. I believe that you can heal them. Would you make them well. Please help them to know that you are with them. Amen”**

God loves us so much. He will never, ever leave us. Ask Jesus to give you a picture in your mind of His loving care for the person you are praying for; maybe his arms are around them, or he is reading them a book, or cuddling them or just listening. If you would like, add Jesus to your first picture.

## QUESTIONS

1. Can you think of a time that you prayed for someone to be healed and God healed them?
2. Was there a time when someone you prayed for wasn't healed? What did you do?
3. How does God show his care to those I am praying for?

## DAY 5

# PRAY THAT OTHERS WILL EXPERIENCE JESUS' LOVE AND FORGIVENESS

Karen has a very best friend who doesn't know Jesus yet. She prays often that her friend will accept Jesus and experience Jesus' love and forgiveness. Every time they've spent time together, Karen has tried to share a little bit of the good news of Jesus. This Christmas, Karen felt the Spirit tell her to give her Bible to her friend. She listened to God and obeyed. Karen prayed that this gift of love would help her friend ask more questions about God. After receiving the Bible, Karen's friend left her a note. It said "Thank you for your nice gift. I will think about believing in God." Jesus gave Karen the courage to share God's love with her friend, and she continues to pray that her friend will one day accept Jesus into her heart. Karen asks God to help her be an example of God's love to her best friend, and to everyone she meets.

God invites us to be part of His Mission. His Mission is to help all people know His love and forgiveness. Our part in His Mission is praying for opportunities and courage to share His love. It can be hard when we are the only ones on our team or in our class who follow Jesus. And, it's hard to love when we feel wronged or if we are holding a grudge against someone. Jesus helps us to love and forgive even when it's not fair or when we feel afraid.



## WHAT DOES GOD'S WORD SAY

Read John 13:34-35 "I give you a new Law. You are to love each other. You must love each other as I have loved you. If you love each other, all men will know you are My followers."



## PRAYER ACTIVITY

Every time you go somewhere this week, pause for a minute or two to pray for all the people you will meet. For example...if you are going to a hockey practice, arrive two minutes early and pray for your coach, your teammates, the people that clean the building, etc. When you go to the library, stop for a minute and pray for the library clerks and for the other people around you (omit rest of sentence). When you are at school pray for your classmates, even those that are mean. Pray that you will love well and that others will see Jesus through you. Pray something like this...

**“Thank you God for (whoever you are praying for). You know them and love them so much. Please be with them and help them in whatever is happening in their lives. Would I show your love to them.”**

## QUESTIONS

- 1. Have you ever felt Jesus' love and forgiveness?  
Tell someone about it or write it down.**
- 2. Is there anyone that you feel God is telling you to love even though it is hard? How could you do that in the next weeks?**
- 3. What could you and your family do together to show God's love to another family or person?**





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