

# Prayer - Going To God with EVERYTHING

Welcome to Calvary's Sunday School To Go program, we hope you find this an enjoyable family experience. Attached you will find a scripture to focus on, a craft, and some supplemental activities for the family. Here at Calvary UMC we are working to provide ways to **CONNECT**, **LEARN**, and **SERVE**, and this month's Sunday School is touching on all of these areas.



## January: Prayer

This Month's Powerful Experience

Bible Theme: Prayer

Memory Verse: Pray About Everything

Craft: Prayer Bucket

Additional Family Activities: Pretzel making, Neighborhood Prayer Walk, Praise Collage, Nature Prayer Walk, Family Prayer Journal



This month's **Bible Verses** come from Mark 11:24, Matthew 21:22, Philippians 4:6, Matthew 6:9-13  
Additionally, check out our website for video lessons and music videos focused on our theme  
[www.calvary-mtairy.org/sstogo](http://www.calvary-mtairy.org/sstogo)

## Memory Verse



Don't worry about anything instead pray about everything  
Philippians 4:6

## Craft: Prayer Bucket



Instructions:

Decorate your metal bucket with the stickers and markers provided. You may also use anything in your home that an adult gives you permission to use.

Take out the craft sticks. Write on each craft stick something or someone you want to pray for in the future. Write only one thing on each stick.

Place the sticks in the bucket.



Now each time you pray pull out 3 or 4 sticks randomly these will be the things you pray for that time. This allows you to mix up the things you pray for each time. Put the sticks back in the bucket to pray for again in the future.

# Additional Family Activities:

## •Pretzel Recipe –

check out the legend of the pretzel on the next page

### FOR THE DOUGH:

- 2.25 tsp instant quick rise yeast
- 1 cup warm water *110 degrees F*
- 1 tsp sugar
- 12.5 oz all purpose flour, by weight (*2.5 cups, if measuring*)
- 1/2 tsp sea salt

### •FOR THE TOPPING:

- 1/2 cup warm water
- 1 tbsp baking soda
- vegetable oil for greasing the sheet pan
- coarse sea salt *for sprinkling*
- 3 tbsp unsalted butter *melted*

### •Instructions

•Combine the yeast, warm water, and sugar in the bowl of a stand mixer, and let sit for 10 minutes until foamy. This indicates the yeast is alive and working. Add the flour and salt. Mix with the dough hook by hand for a few seconds to roughly combine, then fit the hook and bowl on the mixer and knead on medium low for 5 minutes. The dough should feel soft and smooth, not sticky to the touch.

•Cover the dough and let rise for 30 minutes.

•Preheat the oven to 450 degrees F, and lightly grease a baking sheet with vegetable oil. You could use parchment paper or a silicone mat.

•Place the dough onto a lightly oiled countertop. Divide the dough into 8 pieces (just cut it with a knife).

•Whisk to combine the warm water and baking soda and cook in the microwave for 1 minute. FYI it's not going to dissolve completely, and that's okay.

•Roll each of the eight pieces into a long rope, and shape each one into a pretzel (see the step-by-step photos on the blog post to see how to do this). Dip each pretzel into the soda wash and place onto the greased baking sheet. Sprinkle with coarse sea salt, then let them rest for 10 minutes.

•Bake for 9 to 10 minutes until the pretzels are golden brown. Brush the pretzels with the melted butter while they are hot out of the oven. Enjoy while they are hot, and keep in mind these don't taste as amazing the next day. Enjoy!

## Family Neighborhood Prayer Walk

1. Take a walk around your neighborhood or town.
2. Pray for your neighbors as you pass by their homes
3. If you walk around town stop in front of town hall, the fire department, the police station, the schools, Lorient, the library, small businesses, and pray for their protection and that God's support.

## Make a Praise Collage

Supplies: - Magazines, ads, newspapers, or printed pictures from the internet or your own photos. - A piece of cardstock or posterboard - Markers, crayons, or colored pencils - glue

Directions: - Cut out pictures of things that represent what you are thanking God for. Maybe it's a favorite meal, family, friends, nature, or something you like to do. - Glue the pictures together on your paper or posterboard. - Have each family member talk about the pictures on their collage and what they mean. - Take a few minutes to pray and thank God out loud for the things on your pictures. - Hang the pictures somewhere in your home where you will be reminded of all you are thankful for!

## Activity Sheets Included

Create a Family Journal  
Nature Walk with Psalms  
Pray Paul's Prayer  
Write a Letter To God  
Coloring Pages  
Word Search

## Closing Prayer

Our Father, which art in heaven, Hallowed be thy Name.  
Thy Kingdom come. Thy will be done in earth, As it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses, As we forgive them that trespass  
against us.  
And lead us not into temptation, But deliver us from evil.  
For thine is the kingdom, The power, and the glory, For ever and ever.  
Amen.

THE LORD'S PRAYER  
MATTHEW 6:9-13

We welcome you to join us at home for our online Sunday service at 9am through Calvary–MtAiry Facebook page or our website at [www.calvary-mtairy.org/sstogo](http://www.calvary-mtairy.org/sstogo)



# The Legend of the Pretzel



Popular legend states that a long time ago, there was a kind Italian Monk. He knew the importance of prayer. He created a very special treat for the children who memorized their prayers. The Monk cut soft bread dough into long strips and then folded them into a special shape before baking them. The unique shape of the pretzel is like a child with folded arms.

He called the treats "pretiolas" or "little rewards."

Just like the little children in the story, we are rewarded when we fold our arms and bow our heads to pray to our Father in Heaven. We are rewarded with love, peace, comfort, guidance, strength and forgiveness.