





## Prayer Power Lab: 5-Week Children’s Ministry Curriculum

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 **Big Idea:** God wants to hear my prayers and answer in powerful ways!

 **Memory Verse:** Matthew 6:9–13 (the Lord’s Prayer)

 **Theme Hook:** Kids are junior researchers in a hands-on Prayer Lab. Simple, safe demos (bubbles, magnets, light, pressure) model how unseen forces work—just like prayer. Each week they test a “Prayer Hypothesis,” record “Field Notes,” and add a Toolbelt Badge (Praise • Kingdom • Bread/Grace • Protection • Amen).

 **Gospel Connection:** We come to the Father through Jesus. He died and rose so we can be welcomed and heard. The Spirit helps us pray when we don’t know what to say.



# THE SUNDAY SCHOOL STORE

You love children's ministry, but some days, *it feels like too much.*

*You're pulled in every direction—lesson prep, volunteers, tight budgets—and wondering if all your effort is really making a difference.*

But children's ministry should be joyful, not stressful. That's why we create Bible-centered, ready-to-use curriculum for small churches like yours.

✔ No complicated prep

💡 Just fun and Biblically solid lessons that kids love

🏰 And volunteers can actually teach with confidence

Because when teaching is simple, ministry becomes joyful again.

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👉 Take **25% off any curriculum** with code [SAMPLE25](#) at checkout.

Thank you for serving God's children. May He bless your ministry for His glory and the joy of the next generation.

Tony Kummer  
Founder & Editor  
[The Sunday School Store](#)

# 5-Week Lesson Overview

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## Week 1 — Start with Praise: Our Father Is Holy

- Bible Story: Jesus Teaches About Prayer (Matthew 6:5–9)
- Key Discovery: God is our holy Father—close to us and worthy of worship.
- Takeaway: I can praise God’s name and trust His fatherly care.

## Week 2 — Kingdom First: Your Way Be Done

- Bible Story: God’s Kingdom & Will (Matthew 6:10; Luke 17:20–21; Colossians 1:13–14)
- Key Discovery: God is King now; I can pray for His will here like in heaven.
- Takeaway: I can choose God’s way in my everyday decisions.

## Week 3 — Daily Bread, Daily Grace: Ask and Forgive

- Bible Story: God Provides and Forgives (Matthew 6:11–12; 6:25–34)
- Key Discovery: God meets my needs—and my biggest need is forgiveness.
- Takeaway: I can ask God for what I need and forgive others as He forgives me.

## Week 4 — Guide and Guard: Deliver Us from Evil

- Bible Story: God Guides and Rescues (Matthew 6:13; 1 Corinthians 10:13; Ephesians 6:10–18)
- Key Discovery: God never tempts me; He protects and shows a way out.
- Takeaway: I can turn to God’s Word and ask for help when I’m tempted.

## Week 5 — All Glory to God: Amen!

- Bible Story: Forever King (1 Chronicles 29:11; Ephesians 3:20–21)
- Key Discovery: All glory belongs to God forever; we end our prayers with faith.
- Takeaway: I can say “Amen” believing God hears and keeps His promises..



## Matthew 6:9–13 NIRV

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This is how you should pray.

“ Our Father in heaven,  
may your name be honored.

May your kingdom come.

May what you want to happen be done  
on earth as it is done in heaven.

Give us today our daily bread.

And forgive us our sins,  
just as we also have forgiven those who sin  
against us.

Keep us from sinning when we are tempted.

Save us from the evil one.”



## Week 1 — Start with Praise: Our Father Is Holy

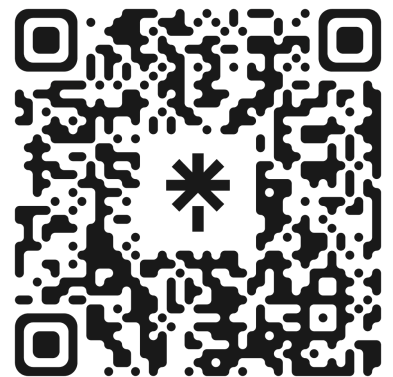
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- Bible Story: Jesus Teaches About Prayer (Matthew 6:5–9)
- Key Discovery: God is our holy Father—close to us and worthy of worship.
- Takeaway: I can praise God’s name and trust His fatherly care.

**Video Bible Stories:** Use this link to access recommended Bible story videos and bonus content for this curriculum series.

<https://linktr.ee/PrayerPowerLabLessons>

**Parent Connect:** Print extra copies of this overview page to share with the families in your ministry.



# Week 1 – Supply List

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## **Group Game: Praise Power Freeze**

- Open space for movement
- Phone or music player to play a praise song to pause during the game

## **Lab Demo: Praise Eruption**

- Clear plastic cup or small clear container
- Baking soda
- Vinegar
- Dish soap
- Tray or pan to catch spills
- Safety goggles (leader only)

## **Bible Story Teaching**

- Optional: lab goggles or lab-themed prop for visual cue

## **Coloring Page**

- Printed Week 1 coloring page (Jesus teaching the disciples, portrait orientation)
- Crayons or colored pencils

## **Craft: Praise Toolbelt Badge**

- Cardstock or construction paper, cut into circles or shield shapes about 3 inches across (trace a cup or use a circle punch – no template needed; kids draw freehand on the blank shape)
- Markers or crayons
- Hole punch
- Yarn or string
- Tape (optional, to reinforce holes)

# Introduction Game (5 minutes)

## Praise Power Freeze

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### **SUPPLIES NEEDED:**

- Open space for kids to move safely
- Phone or music player to play a praise song to pause during the game

**TEACHER:** Welcome to the Prayer Power Lab, junior researchers! Today we're learning what happens when praise starts the reaction in prayer.

When the music is playing, you will move around the room like busy scientists. You can walk, march, or tiptoe—no running. When the music stops and I say a praise word, everyone freezes and looks up.

*(Demonstrate freezing and looking upward.)*

When you freeze, listen carefully. I will say a word that praises God, like holy, loving, or mighty. When I point to you, say Amen and stay frozen until the music starts again.

*(Start and stop the music several times, using different praise words.)*

Each time we freeze, remember this: praise helps us stop, focus, and remember who God is before we talk about anything else.

Great job, researchers!

**DEBRIEF:** When we praised God's name, our bodies stopped and our focus changed. That's what praise does in prayer—it helps us remember God is holy and close to us.



# Object Lesson (5 minutes)

## Praise Eruption (Baking Soda & Vinegar)

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### **SUPPLIES NEEDED:**

- Clear plastic cup or small clear container
- Baking soda
- Vinegar
- Dish soap
- Tray or pan to catch spills
- Safety goggles (leader only)

**TEACHER:** Welcome back to the Prayer Power Lab, researchers. Today we are testing what happens when praise starts the reaction.

*(Put the clear cup on a tray.)*

Before we add anything, notice this cup. Nothing is happening yet.

*(Add a spoonful of baking soda to the cup.)*

Still nothing exciting. Now I'm adding just a little dish soap.

*(Add a small squirt of dish soap.)*

Everything is ready, but the reaction hasn't started yet. Before we pour the vinegar, we're going to start with praise—just like Jesus taught us to pray.

*(Hold the vinegar and pause.)*

Let's say this part of the Lord's Prayer together: Our Father in heaven, hallowed be  
Your name.

*(Slowly pour the vinegar into the cup as kids speak.)*

Look at that! The reaction starts right away. The bubbles rise up as soon as the vinegar touches the baking soda.

Praise didn't wait until the end. Praise came first and started the reaction.

In prayer, we don't begin by asking for things. We begin by praising who God is. He is holy. He is our Father. He is close and worthy of worship.

*(Point to the bubbling cup.)*

Just like this reaction, praise changes what's happening right away—even before anything else is added.

# Bible Story (15 minutes)

## Jesus Teaches About Prayer (Matthew 6:5–9)

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**Key Discovery:** God is our holy Father—close to us and worthy of worship.

**Takeaway:** I can praise God’s name and trust His fatherly care.

**TEACHER:** Today we are learning about prayer straight from Jesus. The disciples watched Him pray and wanted to know how to talk to God the right way. Jesus taught them that prayer is not about showing off or using fancy words. Prayer is about talking to our Father in heaven.

Jesus wanted His followers to know that God is close and loving, but also holy and worthy of praise. That’s why He taught them to start prayer in a special way.

**READ (NIV): Matthew 6:6** But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.

Prayer is not a performance. It’s a real conversation. God sees us, hears us, and cares about us—even when no one else is watching. He is our Father, and He wants to hear from us.

Then Jesus taught His disciples the words we call the Lord’s Prayer. He showed them how to begin.

**READ (NIV): Matthew 6:9** This, then, is how you should pray: “Our Father in heaven, hallowed be your name.”

Jesus didn't say to start prayer by asking for things. He said to start by praising God. He reminded us that God is our Father—close and loving—and that His name is holy.

*(Hold up lab goggles or gesture toward the lab setup.)*

In our lab today, we saw that when praise starts the reaction, everything changes right away. Praise helps us remember who God is before we think about what we need.

When we praise God, we are saying:

- You are holy.
- You are good.
- You are worthy of worship.

That changes our hearts. It helps us trust God as our Father.

Jesus wants us to begin prayer with praise, because praise helps us focus on God instead of our problems.

**GOSPEL CONNECTION:** Jesus is the reason we can pray to God as our Father. He died on the cross and rose again so we could be forgiven and welcomed into God's family. Because of Jesus, we are heard, loved, and never alone when we pray.

That's why we can say with confidence: Our Father in heaven, Your name is holy.

# Discussion Questions & Prayer (5-10 minutes)

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**TEACHER:** You did a great job listening and thinking today. We learned that prayer begins with praise because God is our holy Father. Praise helps us focus on who God is before we think about what we need.

Let's talk about how this works in our own lives.

## **Discussion Questions:**

1. What does it mean that God is our Father?
2. Why do you think Jesus wants us to start prayer with praise?
3. What is one word you could use to praise God today?

**Prayer:** Let's pray together — and we'll start with praise, just like Jesus taught.

God, thank You for being our Father.

Thank You that You are holy, loving, and close to us.

We praise Your name today.

Help us remember to start our prayers with praise and trust You with our lives.

In Jesus' name, Amen.





# Word Search Puzzle

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PRAYER – PRAISE – FATHER – HOLY – JESUS – TRUST

HEAVEN – LOVE – TALK – GOD – AMEN – HEAR – CLOSE

W A E F P I P H U E U  
D I R T D H O L Y H B  
I P R A Y E R L E M G  
M Q D E S A S P J J H  
Y O M O L V Y R F K K  
G G L X O E E A A K W  
W C X H V N V I T W V  
M A L J E S U S H E C  
G T Q M U A U E E B K  
U T A L K R R S R O K  
Q G Y M T F I F X H M



# Word Search Answers

W A E F P I P H U E U  
D I R T D H O L Y H B  
I P R A Y E R L E M G  
M Q D E S A S P J J H  
Y O M O L V Y R F K K  
G G L X O E E A A K W  
W C X H V N V I T W V  
M A L J E S U S H E C  
G T Q M U A U E E B K  
U T A L K R R S R O K  
Q G Y M T F I F X H M

# Craft Activity (5-10 minutes)

## Praise Toolbelt Badge

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### SUPPLIES NEEDED:

- Cardstock or construction paper, cut into circles or shield shapes about 3 inches across (trace a cup or use a circle punch – no template needed; kids draw freehand on the blank shape)
- Markers or crayons
- Hole punch
- Yarn or string (for lanyard or toolbelt)
- Tape (optional, to reinforce holes)



**TEACHER:** Today you are making your very first **Prayer Power Lab Toolbelt Badge**. This badge reminds us that prayer starts with praise.

*(Hold up a sample badge.)*

On your badge, draw a simple symbol that reminds you to praise God. You could draw a crown to remember that God is King, a star to remember that God is holy, or hands raised to remember worship.

*(Pause while kids draw.)*

When you are finished drawing, we'll punch a hole at the top so you can wear your badge or attach it to your Prayer Power Lab toolbelt.

*(Punch holes and help kids add yarn as needed.)*

Every week, you'll add a new badge as we learn more about prayer. This first badge reminds us that before we ask for anything, we praise God for who He is.

Let's say it together one more time: Prayer starts with praise.