



TALKING WITH GOD

Spotlight on Prayer 5: *The Woman Who Listened* (Condensed Version)

MEDITATING ON GOD'S WORD (Scripture: Luke 10:38-42)

**Objectives:** To explain that: \*Today's story is about talking with God and listening to him. \*Mary and Martha were both serving Jesus. Mary chose the most important thing when she sat and listened to Jesus. \*Listening to what Jesus says to us in the Bible is a bit like chewing gum. We need to keep chewing until we get all the flavor (meaning) out. This is called meditating on God's Word.

**"I Wonder" Questions:** (*Point to poster picture*) \*What do you see in this picture? \*I wonder why the woman who is carrying food looks upset. \*I wonder why the other woman is not helping her. Let's find out more in our lesson....

**Lesson Props:** Bible, piece of chewing gum, colouring pencils, drawing handout (found in Option 1 – Props Document) – print 1 for each child

**Lesson Summary:** In today's story Jesus was visiting the house of his friends Mary and Martha. In this picture both women are serving Jesus. Martha is carrying food, and Mary is sitting by Jesus' feet. What do you think Martha is doing for Jesus? (*Children respond*) Yes, she is wanting to cook a special meal for him. What is Mary doing? (*Children respond*) Yes, she is sitting down, listening to Jesus. Martha is upset because she wants Mary to help her. But Jesus said: "Martha, Martha, you are worried and upset about many things. But only one thing is needed. Mary has chosen what is better. And it will not be taken away from her." What did Mary choose that was better? (*Children respond*) Yes, listening to Jesus was the best and most important thing! Jesus wants us to sit and listen to him too, just like Mary did. This is a type of **prayer**. Jesus wants us to be still and **really listen** to what he says to us in the Bible. Listening to what Jesus says in the Bible is a bit like chewing gum. (*Hold up piece of gum*) How do you get the flavour out of the chewing gum? (*Children respond*) Yes, you keep chewing and chewing to get as much flavour out as you can! The Bible is our spiritual food. (*Hold up the Bible*) Jesus wants us to take time to read and to chew on his Word until we get all the flavour from it, just like we do with the chewing gum. Chewing on God's Word means that we are meditating on it. We are really listening and understanding what Jesus is saying to us. We meditate on God's Word by slowly reading it over and over. We take time to think about it and absorb it. We take it into our mind and soul and let it shape us to become more like Jesus. We are going to spend some time meditating on God's Word right now. We will listen to what Jesus wants to say to us. Listen carefully as I read our memory verse. (*Read verse*) This verse talks about how a tree grows strong when it is planted next to the river and can draw water from the river all the time. In the same way, we can grow strong spiritually when we read and think about God's Word often. Now we will take a few minutes by ourselves, to meditate on this verse, to think about what the verse really means. I want you to find somewhere in this room where you can sit alone, away from the others. When you have sat down by yourself, you can draw a picture of something you love from this verse and ask yourself, "What does Jesus want to say to me through this verse?" Let's pray before we start: "Lord Jesus, speak to us now through your Word. Help us to listen to you like Mary did in our story. Amen." (*Give the children colouring pencils and the drawing handout with the memory verse. When everyone is settled, read the verse again for the benefit of the non-readers. Play quiet instrumental music for 6-10 min. Then invite children to share their drawing if they wish. Encourage children to do this exercise and meditate on God's Word at home.*)

**Suggested Questions:** **What did you learn about prayer today?** (Jesus speaks to us through the Bible.) \***How was Mary an example to us in today's story?** (She took time to listen to Jesus. This was the most important thing.) \***What did we do today to "chew" on or meditate on God's Word?** (We read a verse from the Bible over and over, and then we sat by ourselves and thought about it, and drew a picture of it, thinking about each word.)

**Bible Memory Verse:** Happy are those who .... love the Lord's teachings, and think about those teachings day and night. They are strong, like a tree planted by a river." (Psalm 1: 1-3a NCV)