**Sunday School from Home**

**March 21, 2021**

**Jesus prays in the garden**

* Read the story: Luke 22:39-46
* Use the journal page. For younger children, have them draw a picture of Jesus praying in the garden. For older children, ask them to write how Jesus was feeling at this time. Point out that Jesus was aware of what was to happen next, and that he would have had real human feelings about that (fear, anxiety, etc.).
* Talk to your children about different ways to pray. Practice different prayer positions together:
  + Folded hands
  + Hands help out with palms up
  + Hands high over the head
  + Kneeling
  + Bowing the head with eyes closed
  + Standing upright
  + Holding hands with a neighbor
  + Laying prostrate on the floor or in child’s pose (yoga)

Ask your children to identify what positions feel best to them and why, and what prayer positions they have observed from others. Some people like to pray silently, others aloud. Some people like to pray outside, some people like to pray inside in private. Is there a right or wrong way to pray? Why is prayer important?

* Older kids and adults might like to research prayer poses practiced in other religions or other places around the world.
* Go for a prayer walk. If the weather permits, take a walk around the neighborhood. Try not to talk to each other, but notice your feelings as you walk and talk only to God. Thank God for the things you see, and talk to God about whatever is on your heart. Remind children that God is always listening when they pray.
* Make a garden stepping stone – follow or adapt these instructions for a simple craft to put outside in your own garden: [Concrete Stepping Stone Tutorial (skiptomylou.org)](https://www.skiptomylou.org/how-to-make-stepping-stones-lowes-giveaway/)
* Some additional printables are available for your convenience!