

Unit 11: Divided Kingdom

OT11.3 The Prayer of Jabez Lesson

Scripture: 1 Chronicles 4: 9-10

Lesson Goal:

This lesson is about a man named Jabez from the tribe of Judah who was known not for what he did but for how he prayed! In this lesson we will learn the importance of learning to pray for God's blessing on our life.

Introduction:

This lesson is found in the books of 1 Kings and 2 Chronicles. These books tell the history of the kings of Israel and Judah. It is in the second group of Old Testament books called the historical books. Let's say the name of the books of history in the Old Testament-- Joshua, Judges, Ruth, 1 Samuel, 2 Samuel, 1 Kings, 2 Kings, 1 Chronicles, 2 Chronicles, Ezra, Nehemiah, and Esther.

Attention Getter: "Take My Hand"

"Take my hand!" That is a something you have probably heard your parents say to you many times. When you were little and learning to walk, your Mom or Dad probably helped you by taking a hold of your hand. They were keeping you from falling! When you were a little older, you may remember having to hold Mom or Dad's hand when crossing the street or going up and down stairs or maybe walking through a crowded shopping mall.

When our parents were holding our hand, they were protecting us, guiding us, and keeping us from falling down. They were giving us something to hang on to or hold on to! God does the same thing with us no matter how big or small we are right now! While we cannot see His hand, we can know that it is there for us.

During the time of the Kings of Israel, there was a man named Jabez who asked to hold God's hand! His prayer is important because it shows us the importance of learning how to pray for God's blessing on our lives.

Opening Prayer:

"Dear Father in heaven, We thank you for the example of Jabez who was an honorable man. Help us to learn to pray with boldness and ask for your blessing in our life like he did! We need your help and guidance in everything that we do! Without your protection and strength we are without hope. Forgive us of our sins. Thank you for loving us and giving us the gift of salvation. In Jesus' name we pray. Amen.

Memory Verse:

The memory verse is Matthew 7:7 "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you."

Lesson Video: <https://youtu.be/vXXjAmVEBUU>

Many years ago a baby boy was born to parents who belonged to the tribe of Judah. Judah was one of the twelve tribes of Israel that God brought out of Egypt to give them the land that was promised to Abraham, Isaac, and Jacob. The tribe of Judah was also promised to be the family in whom God would one day bless the world. That blessing would be that the Lord Jesus Christ would be the descendant of King David and that he would bring salvation to everyone.

This baby boy that was born during the time of the kings of Israel was a cousin of King David. His name was Jabez. Jabez's father was named Koz. The name Jabez is a Hebrew word that means "pain." When he was born his delivery was apparently so painful for his mother that she named him "pain." Imagine having to grow up with a name like that! Every time people saw you, your name reminded them of something awful!

But Jabez didn't let his name keep him from having faith in God. The Bible says he was "more honorable" than his brothers. To be honorable means that you are honest and keep your word. In the Bible if a person is honorable he also must respect and obey God. So Jabez grew up to be a very good man who loved God!

Jabez was known not only as a good man but one who prayed to God and asked Him for His blessing! Jabez had great confidence that God would answer his prayer and God did! Jabez cried out to the God of Israel, "Oh, that you would bless me indeed and enlarge my territory! Let your hand be with me, and keep me from harm so that I will be free from pain." And God granted what Jabez requested in his prayer!

Let's look at Jabez's prayer and see what made it so great! First, Jabez prayed to the God of Israel. Jabez spoke to God in a personal way. He did not pray to some unknown idol or deity. He knew God as the great and mighty Jehovah God.

Jesus teaches us that when we pray we are to address God personally. The Lord's Prayer begins with the phrase "Our Father who is in heaven." God wants us to know him personally. He loves and cares for us as a Father does for His children! Prayer is talking to our Heavenly Father!

Next Jabez prayed, "Oh, that you would bless me." Jabez was asking God for help. He did not just want something that eventually would bring him problems. Some blessings like family, wealth, or security can in the end cause us to have many problems.

For example, the rich man who came to Jesus was told to go sell all that he had and give it to the poor. Jesus knew the young man's heart. He cared more about his riches than he did for God. The young man turned and left Jesus. That is an example of how a "blessing" can be a problem. Jabez did not want that!

Sometimes things that we think are a curse may end up being a blessing. For example the blind man who came to Jesus was healed. Being blind for most of your life would usually be considered to be a big problem. But when people asked Jesus whether this was a sin and a judgment from God, Jesus said, "No, it was to show the glory of God!" So in that case, something thought to be bad really turned out to be a good blessing!

Jabez was wise enough not to ask for just blessings that would be for a season but would be lasting! Jabez showed great wisdom in his prayer!

Next Jabez prayed that God would bless him "indeed." This phrase shows us that Jabez was praying with earnestness. "Indeed" is for emphasis! Jabez's prayer was not just aimless. He was asking God for a specific request. He was not just using vague words or trite expressions.

When Jesus was teaching his disciples how to pray, he warned against using meaningless words. Matthew 6:7 says "And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. Jabez's prayer was short and to the point!

Jesus wants us to be specific in our requests. In Luke 11:9 Jesus said, "Ask and it will be given you..." Jabez knew for what he was praying. God is pleased when we are clear with our requests. Then we can know for sure when He answers those prayers and praise Him for His mercy!

In the next phrase of his prayer Jabez requested that God would “enlarge his territory.” Here Jabez is asking God to give him more influence and opportunity to bring glory to God. Jabez was making a bold request by asking God to give him big things. He may have wanted God to enlarge his wisdom and understanding.

Perhaps he was asking to have good health, to enlarge his physical strength, and improve his character. Jabez wanted God to give him success and material prosperity. Some people feel that asking God for helping them prosper in material blessing is wrong but God is clearly showing that is not necessarily so!

“Enlarging one’s territory” is a phrase found in Exodus 34:24 and Deuteronomy 12:20 and 19:8. These passages indicate that enlarging the territory of Israel as a nation was one of the ways God said He would bless His people if they remained faithful. Certainly Jabez was an honorable man who was faithful to God.

Jabez’s request may have meant that he was asking God to help him to drive out the wicked Canaanites who were occupying the land that had been promised to his ancestors. Israel and the tribe of Judah were to overcome their enemies. As a godly man Jabez would have wanted the people in his land to come to know and obey God!

It is interesting to note that some of the ancient manuscripts from that time record the name of a city that is associated with his name. God may have certainly answered this part of Jabez’s prayer by allowing him to found a city of people who followed God as he did!

In his prayer Jabez asked “that the hand of God would be *with* him.” The “hand of God” was a term that was used in the Bible to show God’s power and presence in the lives of his people. Jabez wanted God to be with him.

“With” is an important word. When we are “with” God’s hand, it means there is no separation. It means that God is always with us and right here, no matter if we are at home, at school, at camp, or in a boat or in an airplane. That is, Jabez wanted God to never leave him! He wanted to take a hold of God’s hand!

The final request in the prayer of Jabez was “keep me from harm so that I will be free from pain.” This request was that he wanted to be kept from evil and that he would not cause pain. Because his name meant grief or pain, Jabez did not want to cause pain to himself or to others!

Jabez recognized that there was evil in this world because he had lived through much pain in his life. Jabez recognized that he needed God to keep him from evil. He knew that the hand of God could bless him by transforming the evil and pain of life into something good. Jabez was seeking God’s guidance and help to go the right path. He wanted God to protect him from evil and pain.

God granted to Jabez what he requested. James wrote that the prayer of a righteous man is powerful and effective. (James 5:16) In his prayer Jabez asked for prosperity, which is not necessarily granted to everyone who asks for it, not even to everyone who is as honorable as Jabez was. But in this instance God granted the prayer request of this honorable man.

So what things can we learn from Jabez’s prayer? First, we need to pray to Almighty God. He is our heavenly Father and the supplier of all our needs. He loves and cares for us and desires only what is best for us. We need to recognize Who God is and that only He is worthy of our praise.

Second, we need to ask God for His help and blessing regularly and in a big way. God wants to bless us and give us only what is good for us. We cannot expect to have God’s blessing if we do not ask for it! God loves us and wants us to come to Him with our needs.

Third, we need to ask to hold on really tight to God's hand! Our prayers should be persistent and with great earnestness! God is pleased when we are sincere and heartfelt in our requests. Intense strong prayer shows that we truly believe that only God can supply our needs.

Next we need to ask God for specific requests. God does not want to hear meaningless phrases and repetitious words. He wants our prayers to be a like a savory aroma of incense burning before Him. He desires to answer our prayers and make His goodness known to us.

And finally we should ask for God's protection in every situation. God is pleased when we recognize that we cannot trust our own knowledge or strength and we must solely rely on His Spirit for direction. He desires to give us guidance, safety, and protection.

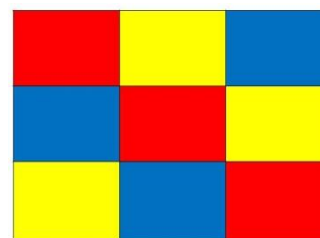
Our memory verse is Matthew 7:7 "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you." In this verse Jesus is telling us to persist in praying. We should not just pray one or two times and then give up! Knowing and receiving God's blessing takes faith, focus, and follow-through. If we continue, God will answer our prayers! Let's say our verse again. Matthew 7:7 "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you."

Remember pray for God's blessing in your life!

Review Questions: "Nine Squares"

Preparation: You will need a beanbag, 3 sheets of 3 colors of construction paper.

Procedure: Divide the class into two teams. Lay out 9 squares of paper: 3 each of 3 different colors like a tic tac toe game. Assign point values to each color. For example: red=10, blue=30, and yellow- 50. Teams will alternate in tossing the beanbag onto a sheet of paper. If they answer a question right, they earn that number of points.



1. What eternal promise did God make to the nation of Judah? (God promised that this family would inherit some of the Promised Land that was given to Abraham, Isaac, and Jacob. The tribe of Judah was also promised to be the family in whom God would one day bless the world. That blessing would be that the Lord Jesus Christ would be the descendant of King David and that he would bring salvation to everyone.)
2. Into what family or tribe was Jabez born? (Jabez was born into the tribe of Judah.)
3. What is the significance or meaning of Jabez's name? (The name Jabez is a Hebrew word that means "pain." When he was born his delivery was apparently so painful for his mother that she named him "pain.")
4. What word is used to describe Jabez as a man and what does it mean? (The Bible says he was "more honorable" than his brothers. To be honorable means that you are honest and keep your word. In the Bible if a person is honorable he also must respect and obey God. So Jabez grew up to be a very good man who loved God!)
5. Why was the short story of Jabez included in the Bible? (He was known not only as a good man but one who prayed to God and asked Him for His blessing! Jabez had great confidence that God would answer his prayer and God did!)
6. What was Jabez's short prayer? (Jabez cried out to the God of Israel, "Oh, that you would bless me indeed and enlarge my territory! Let your hand be with me, and keep me from harm so that I will be free from pain.")
7. What was special about Jabez praying to the "God of Israel?" (It showed that he believed in the Almighty God of Israel. Jabez spoke to God in a personal way. He did not pray to some unknown idol or deity. He knew God as the great and mighty Jehovah God.)

8. When Jabez prayed that God would bless him what did that mean? (He wanted God to give him help. He did not just want something that eventually would bring him problems but in the end would be to his benefit.)
9. What is the significance of the word “indeed” in Jabez’s prayer? (It showed that he was praying in earnest. Jabez was not just saying many meaningless words and trite expressions. He wanted to sincerely make his requests known to God.)
10. What does the phrase “enlarging one’s territory” mean? (It may mean that Jabez was praying for health, for wisdom, for material blessings, or perhaps to be able to influence those in the land of Israel to love and obey God. A city may have been named after him.)
11. What did Jabez mean when he prayed “that the hand of God would be with him.”? (The “hand of God” was a term that was used in the Bible to show God’s power and presence in the lives of his people. Jabez wanted God to be with him giving him protection and direction.)
12. What was Jabez’s final request and what did it mean? (The final request in the prayer of Jabez was “keep me from harm so that I will be free from pain.” This request was that he wanted to be kept from evil and that he would not cause pain. Because his name meant grief or pain, Jabez did not want to cause pain to himself or to others!)
13. What things can we learn about prayer from the example of Jabez’s prayer? (1. Pray to Almighty God. 2. Ask God for help and blessing. 3. Ask to hold on to God’s hand. 4. Ask God for specific requests. 5. Ask God for protection.)
14. What is the memory verse? (The memory verse is Matthew 7:7 “Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.”)
15. What does the memory verse mean? (In this verse Jesus is telling us to persist in praying. We should not just pray one or two times and then give up! Knowing and receiving God’s blessing takes faith, focus, and follow-through. If we continue, God will answer our prayers!”)

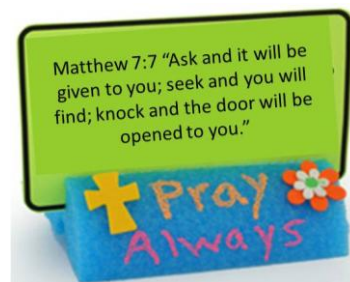
Bible Memory Verse Activity: “Pool Noodle” Verse Holder

The memory verse is Matthew 7:7 “Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.” Have the children locate the verse in scripture and read aloud together several times.

Say: “In this verse Jesus is telling us to persist in praying. We should not just pray one or two times and then give up! Knowing and receiving God’s blessing takes faith, focus, and follow-through. If we continue, God will answer our prayers!”

Preparation: You will need pool noodles, a bread knife, and liquid chalk markers, colored pencils, glue, colored note cards, and foam stickers.

Procedure: Before class use a ruler to mark off four-inch sections on the pool noodle. Cut the pool noodle at each mark with a serrated knife making cylinder shapes. Then cut the cylinder shapes in half, lengthwise to make the holders. Cut a slit at the rounded top of the holder lengthwise across the center of the cylinder about 1/2" deep. Use this slit to hold Bible verse card.



Print out the Bible verse cards onto card stock or have students print the verse on colored note cards. Encourage the students to take their verse holders home to display in a prominent place so they can refer to the verse often.

Group Learning Activity: “Enlarge my Territory” (Grades 2-5)

Preparation: You will need a large sheet of chart paper, and marking pens.

Say: “In this lesson we learned that Jabez asked God to bless him. He used the phrase “enlarge my territory.” We are going to play a game that will help us understand what this means.”

Procedure: Using your chart paper and markers make a chart with two columns. On the left list words that mean “enlarge.” On the right make a list of different kinds of “territory” that students might have that they would want God to help them. Here are some suggestions:

Enlarge	Territory
Make bigger	Ability to play sports, music or art
Widen	Wisdom to be kind and loving
Broaden	Knowledge to do schoolwork
Deepen	Understanding of others
Heighten	Making and keeping friends
Lengthen	Be a peacemaker and stop arguments
Improve	To have more toys and games
Increase	Having goals and dreams for the future
Grow	Being brave to tell others about Jesus
Stretch	Being obedient to authority
Extend	Taking tests at school

Have children take turns coming to the chart and drawing a line from a meaning of “enlarge” to one of the territories on the right. The lines can go in any direction. No one answer is right. Students cannot make any mistakes. The idea is to help students understand ways that they can pray to God that will be for their individual lives.

Say: “What is something that you can ask God to help you “enlarge your territory”? Obviously the word territory is not just having more land. It can be asking God to increase our abilities in many different ways. Choose a word from the left and then a phrase from the right side. We will talk together about ways that God can enlarge your territory. God wants us to pray and ask Him for help.”

Use the chart as a discussion starter about ways we can ask God to bless our lives. Encourage students to be specific and direct when they pray to God.

Group Learning Activity: “Mancala” Game (Grades 3-6)

Preparation: You will need a Styrofoam egg carton, two plastic cups, and 48 dried beans for each group of two students. Of course, you can use anything for game pieces, beads, pennies, or anything small and easy to scoop!

Say: ‘In this lesson we learned that Jabez prayed that God would bless him and expand his influence and material blessings. God answered his prayer. For this lesson we are going to play a game called Mancala. It is a game that has been around for centuries. Forms of this game were played in ancient Africa and Asia. There are many different names, boards and rules of play for Mancala. but most are played on wooden boards with beads, stones or glass game pieces. Children in



Africa would play by scooping holes in the dirt to create a game board. We are going to play the game to help remind us how God wants to bless us if we will just ask.”

Procedure: Divide the students into groups of two. Give each group of students a game board and two plastic cups. Place 4 dried beans in each of the cups of the egg carton. You will need 48 dried beans for each game.

Place the board between the two players so that the long sides face the players- and the two plastic cups (Mancala cups) are on the right and left. You will have six cups of beans facing each player. Place 4 beans in each cup. Each player has a Mancala cup which is the plastic cup on their LEFT. This cup is where they put the beans they collect.

Object of the game: Each player takes a turn and tries to collect as many beans as possible in their Mancala cup before the other player clears their side of the board.

Game rules: One player starts. In his or her turn, they pick up all of the beans from one cup on their side of the board- Then – going clockwise- they place one bean at a time in each cup- including their Mancala (collection cup) until they run out of beans.

For Example: If you go first and pick up all the beans in the cup on the far left- you would drop one bean in your Mancala (collection) cup and one bean each in the cups on the other side of the board. You must put one bean in each and every cup you pass over- EXCEPT for the opponent’s Mancala cup. You just skip that cup. If the last bean a player has drops into their Mancala cup, they get to go again!

(Strategy here would tell you to start with the fourth cup from the left. . . which would let you drop your last bean into your Mancala. . . then you get another turn. Also- in this version of the game, if you drop the last bean into a cup that already contains beans– you pick up all the beans in that cup and keep going. Your turn ends when you place the last bean into an empty cup! Then, it’s the other players turn.

The game ends when one player has no more beans left in the cups on their side of the board. The player with the most beans in their Mancala cup wins! *(There are many versions of the game. In my experience, kids seem to like this one the best.*

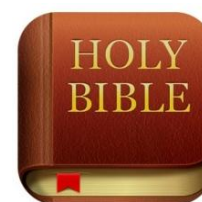
Say: “What did you like best about the game? How did it feel to have your partner win? How did it feel when you had the most beans and won the game? If we are obedient to God then God can bless our lives with many things. He wants to give good gifts to His children. God blessed Jabez because Jabez believed in God and knew that He was the true leader of his life. If God can do this for Jabez, do you think He can do it for you? Yes! When you pray God listens to you. Let’s pray right now together and thank God for listening us.”

Encourage each student to say something that they can thank God for and something that they need to pray about.

Group Learning Activity: “Hanging on to God” (Grades 3-5)

Purpose: To help students learn several people in God’s Word besides Jabez prayed for God’s hand to be upon them.

Say: “In this lesson we learned that Jabez asked God to hold his hand. Jabez understood the power and protection that God offers to His children. We are going to look at other scriptures that also compare God’s care for us to His hand and arm! Let’s see why we can also pray to “hang on to God.”



Preparation: You will need Bibles, spiritual journal page, pencils or pens.

Read the following verses about “holding God’s hand” aloud. Lead children in discussion of how God brings guidance and protection.

Psalm 119:116, 117 “Sustain me, my God, according to your promise, and I will live; do not let my hopes be dashed. Uphold me, and I will be delivered; I will always have regard for your decrees.” The psalmist is asking God to “hold him up” through the promises found in God’s Word. God has promised to always be with us and give us strength to do His will. That promise brings great hope.

Psalm 139: 7-10 “Where can I go from your Spirit? Where can I flee from your presence? If I go up to the heavens, you are there; if I make my bed in the depths, you are there. If I rise on the wings of the dawn, if I settle on the far side of the sea, even there your hand will guide me, your right hand will hold me fast.” These verses tell us that there is no place that we can where God’s Spirit and help cannot reach us. From the highest heavens to the deepest sea, God’s presence is with us! What an amazing God we serve!

Isaiah 41:13 “For I am the Lord your God who takes hold of your right hand and says to you, Do not fear; I will help you.” God is right beside us wherever we may go or whatever we may do. He is our protection and we can rely on Him! We can live fearlessly!

Isaiah 59:1 “Surely the arm of the Lord is not too short to save, nor his ear too dull to hear.” God can hear and reach us no matter where we are or what we are doing! He loves us and cares! We can trust in Him.

Jeremiah 32:17 ““Ah, Sovereign Lord, you have made the heavens and the earth by your great power and outstretched arm. Nothing is too hard for you.” God’s arm and hand are very powerful. They created the heavens and the earth so we can know that He is able to control all that may come upon us. He is able to save!

Have students record the principles they have learned from this lesson in their spiritual journal. Close in prayer

Craft Learning Activity: “Taking God’s Hand” (Grades K-3)

Preparation: You will need white card stock, a variety of paints, large paint brushes, paper plates, variety of colored paper, scissors, glue sticks, and pens or pencils.

Say: “In this lesson we learned that Jabez asked God to hold his hand. We took can ask God to guide and protect us. For this lesson we are going to make a craft that will help us remember that we as His children are in His protective hand.”



Procedure: Give each child a piece of card stock. Ask them to write their name in the bottom corner of the paper to keep track of whose is whose.

Squirt a bit of each color onto separate paper plates. Designate one paintbrush per color. One at a time, ask children which colors they want to make their handprint. (I let them choose up to three.) Help child paint their hand as desired, then stamp it onto their paper. Repeat if the print comes out splotchy.

Set hand print aside to dry and pass child on to a helper who can help them clean their hand. Let each child pick out a smallish piece of colored card stock that they want to use for their heart. Help children who don’t know how to draw and/or cut out the heart shape. Write “We Are All in God’s Hand” in the middle of the heart. Once the handprint is dry, glue the heart in the middle of the hand.

Craft Learning Activity: “Paper Cup Phone” Prayer (Grades K-5)

Preparation: You will need 9 oz. party paper cups (2 cups per child), string, darning needle or other a sharp object to punch holes in the bottom of the cup, kite string, paper or stickers, and colored pencils.

Say: In this lesson we learned that Jabez was known for his prayer. We too should pray often. Prayer is talking to God. For this lesson we are going to make a fun craft project that we can use to remind us to pray.”



Procedure: Help students poke holes in the bottom of cups with a large needle. Thread kite string or other string through the holes from the outside to the inside of the cup using the needle to poke the string through. Pull the string through the hole with tweezers. Tie knots in the end of the string and cut off the end of the string up to the knot. Pull the string back through the cup so that the knot is tight up against the bottom of the cup. Thread the other end of the string through another cup. Make the strings about 6 feet long.

Have students color designs on plain paper, cut them out, and then tape them to the cups. Or have children decorate the cups with stickers or magic markers.

Have your children sit or stand in two lines that are opposite each other. Each child should have a cup from his set of phones and a cup from another child's set in his hands. The first child should hold a cup from the teachers set in his hand. The teacher speaks through a cup to the first child who has the other cup to his ears. The next child repeats what the teacher said to the child opposite him. Keep going until all the children have had a turn. Tell the children that they should be speaking through their own cups and listening with another child's cup. This way they are not putting their mouths on the other child's cup.

Remind your children that they have to hold the cups so the string is tight (don't let it sag in the middle) and put the cups up against their cheeks with their mouths inside the cup for the phones to work properly. Have them practice telling each other and listening to hear the Bible verse. Also remind them not to touch the string with their hands when holding the cups. These phones work very well if your children use them properly. It is hard for younger children to keep the string tight as they hold the cups so you may want to talk to each child through a different set of cups if they are having a hard time.

Craft Learning Activity: “Stained Glass Suncatcher” (Grades 2-5)

Preparation: You will need a printed copy of the stained glass template printed on card stock below for each child. You will also need black construction paper, colored art tissue, and a sheet of laminating paper or contact paper.

Say: “In this lesson we learned that Jabez was a honorable man who was known for his prayer. For this lesson we are going to make a stained glass suncatcher that will remind us to pray.”

Procedure: Distribute the supplies to all the students. Have students cut out the template and glue it to a sheet of black construction paper. Have students cut out all of the white from the template. You will be left with the stained glass window border shape.

Place the stained glass window shape onto a self laminating sheet or contact paper, construction paper side down. Fill the inside of the stained glass window



with a random combination of tissue paper. Cover with another sheet of self laminating sheet or contact paper. Cut out the stained glass window from the laminating sheet or contact paper. Stick the stained glass window to your window with double sided tape.

Encourage the students to put the suncatcher in a prominent window where they will be reminded to pray when they see it each day!

Craft Learning Activity: “Pretzel Praying Hands”

Preparation: You will need a stiff 5 x 8” index card or sheet of colored card stock, pens or pencils, decorative items such as stickers, glitter, and glue, baked pretzels, and scissors. Be sure to have enough pretzel for each child to have a snack.

Say: “Pretzels were first made by monks who gave them as rewards to children who had learned their prayers. The special twisted shape looks like the folded arms of a child praying. The word pretzel means reward. Pretzels are a symbol of prayer because it reminds us of God wrapping His arms around us. In a way it is a sign for God hugging us or loving us. In this lesson



we learned that Jabez prayed that God would keep him from evil. He wanted God to protect Him. We, too, can pray to God and ask Him for help. We are going to make some pretzels and pretzel cards to remind us to ask God for safety.”

Procedure: You can use prebaked pretzels to have students make prayer cards. Have students write Prayer Pretzels at the top of the card. Then glue a pretzel to the card. Below the pretzel have them write “The shape of a pretzel reminds me to pray, arms crossed like my snack. I will do it each day.”



Optional: Make Pretzels together using the following recipe:

2 loaves (16oz) frozen whole wheat bread dough, thawed, 1 egg white, 1 tsp water, Coarse salt, optional

Thaw dough in refrigerator overnight. Roll into 24 balls (12 each loaf). Roll into ropes and shape into pretzels by forming a knot and looping ends through. Place 1 inch apart on well greased cookie sheet. Let stand 20 minutes. Combine egg whites with water and brush on pretzels. Sprinkle with salt and bake at 350F for 20 minutes.

Life Application Challenge: “Learning to Pray”

Discover how your children or pupils pray by asking them to close their eyes and then pray aloud. Listen to each one talk with God. If they are reluctant to pray – start working on how to talk with God. Discuss the elements of prayer.

Say: “Prayer is just talking to God. We can talk to God like we talk to each other. Let’s pray a simple prayer of one sentence. What sentence of thanks could you give to God?”

Say: “Why do we ask God to bless us? We know that we need God to help us, don’t we? Do we ask God to bless us? We can pray any time of day or night. Do you pray when you get up in the morning? Do you pray before each meal? Do you pray before you go to sleep? Those are all good times to talk to God.”



Continue this activity each week until you see the students becoming more comfortable talking to God. As they gain confidence, add more to the structure of prayer. Discuss when to pray and why prayer is important.

The Prayer of Jabez



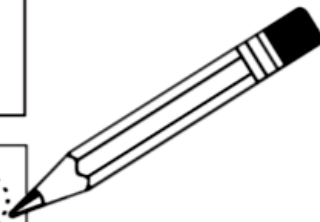
Matthew 7:7

“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.”

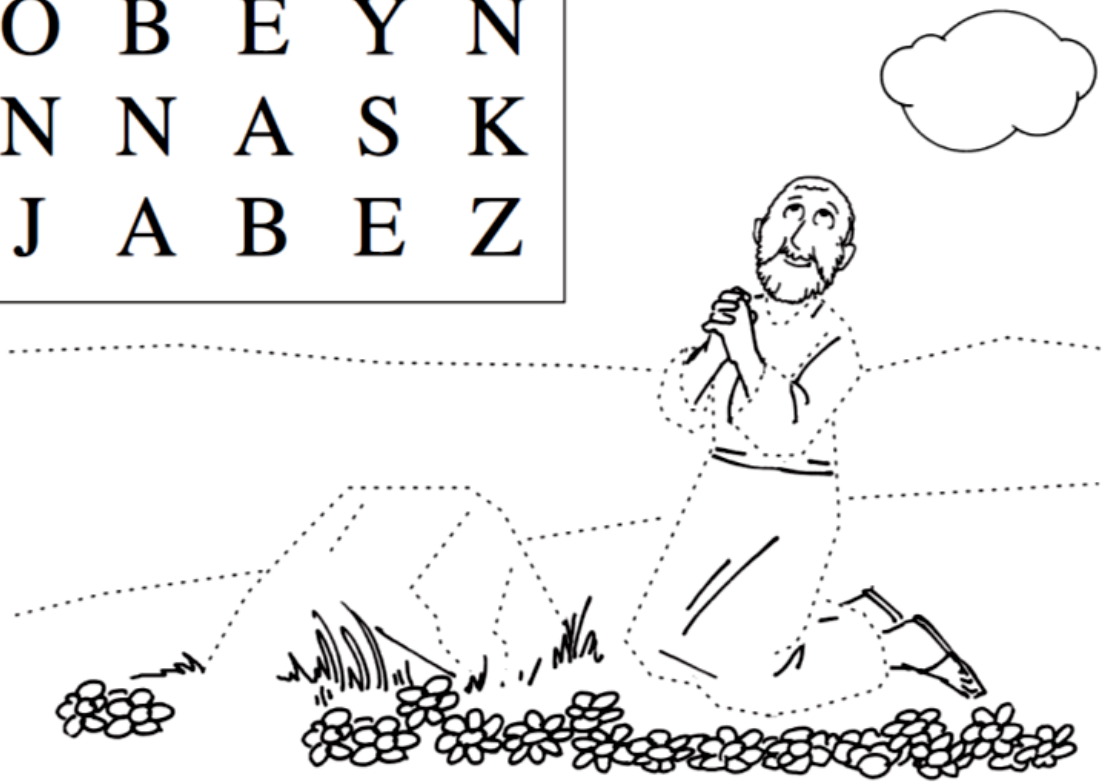
Jabez prayed to God.

Find and circle the hidden words in the puzzle.
BLESS KOZ OBEY ASK JABEZ

B	L	E	S	S
N	K	O	Z	N
O	B	E	Y	N
N	N	A	S	K
J	A	B	E	Z



Finish the picture of Jabez praying.



Jabez was an honorable man and
God answered his prayer.



Unscramble
the words
from Jabez's
prayer.
Then use
the circled
letters to
make a word
to finish the
sentence.

INPA.....() _ _ _
NELREGA..... _ _ _ _ () _ _
DNAH..... _ () _ _
OTRTRYRIE..... _ _ _ _ ()
KEPE..... _ () _ _
ROEB..... _ _ () _

We read about Jabez in the Bible and remember him because of his _ _ _ _ _.

Use the chart to decode the words of Jabez's prayer.

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

O H
P-E A-Z , N-B A-Z P-J N-B N-Z P-E P-Z N-E P-E P-Z I-A A-A

A-J I-A P-A N-A N-A I-B P-A P-J I-E A-A P-A I-E I-A P-J N-J A-E P-A

I-B N-Z N-B P-A N-J N-J P-B N-B P-E N-J N-Z ! I-A P-A N-B

N-Z P-E P-Z N-J A-Z P-J I-E A-A A-J P-A P-Z I-Z P-E I-E I-B P-A , P-J I-E A-A

I-J P-A P-A I-Z I-B P-A A-B N-J P-E I-B A-Z P-J N-J I-B N-A P-E N-B A-Z P-J N-B

P-B N-E P-B I-A I-A A-J P-A A-B N-J P-A P-A A-B N-J P-E I-B I-Z P-J P-B I-E

Prayer Maze

Color the stars through the maze to piece together the prayer of Jabez.

