



SESSION I: MARY AND MARTHA: WHOLEHEARTED DEVOTION

1—UP, UP AND AWAY!

Jam over to James 5:16-18 and get in on the super power.

Imagine you're designing a superhero named "Prayer Warrior." You can choose two of the following for his superhero uniform (check two):

- ☐ Kneepads, so he can pray for hours on end
- ☐ Scotch tape, so he can tape open his eyes when he gets sleepy
- ☐ Nose plugs, so the smell of food won't distract him
- ☐ Gloves, so he won't get his prayer journal dirty
- ☐ Soft-soled shoes, so he can prayer-walk at night without waking anyone
- ☐ Mind-reading glasses, so he can look inside people to find out what they really need prayer for

Well, surprise! Each of us has the chance to be Prayer Warrior. In James 5:16-18, we learn that we can pray for each other for healing and that the prayer of a righteous person (junior-highers included!) can accomplish much. You don't need a superhero uniform; you just need a relationship with God.

Spend a few extra minutes praying for your friends today—especially friends who don't know Christ yet. Be their superhero warrior of prayer!

2—IT'S THAT TIME AGAIN

Before you check your watch, find Hosea 10:12.

Dawn's small-group leader, Carol, had a really cool watch. It was gold and silver and had this really cool black band. Dawn had been admiring it for months when she noticed something strange on it: Carol had put a little green dot sticker on the band. At first, Dawn thought she had put it there on accident, but when she saw Carol the next week at Bible study, she was still wearing it.

Dawn liked the watch so much that she decided to ask Carol, "Why'd you have to ruin the watch by putting the green dot sticker on it?"

The youth leader replied, "Every time I look at the watch and see the sticker, it reminds me to pray and ask God for help in whatever I'm doing."

Suddenly, Dawn began to like that green dot sticker.

Maybe Carol read Hosea 10:12 and found out that no matter what time it is, we can always stop for a moment and pray.

Make a mark on your hand or put a rubber band on your wrist or do something to remind you to stop and spend a few seconds talking with God every time you see it.

3—NOW IS GOOD

If you're wondering when a good time to pray is, check out 1 Thessalonians 5:16-18.

When do you think is the best time to pray?

- ☐ During your church's service
- ☐ While trying to ignore a really boring TV commercial
- ☐ Walking to school
- ☐ While your mom or dad lectures you about your history grade

The truth is that *anytime* is the best time to pray. Paul wrote in 1 Thessalonians 5:16-18 that we are to "pray continually." Maybe you're wondering if that means we should pray in our sleep. Well, that's pretty tricky, so a better idea is to pray as often as we can and look for reminders of God around us.

What is one way you can be reminded of God today? Pray and ask God to help you think about Him today more than you usually do.

4—MAKING INTRODUCTIONS

Skip and hop your way to Acts 2:42-44.

Keith couldn't believe his luck. Just as he is walking into a movie theater with his friends, he literally bumps into Josh, the lead singer of Keith's favorite local band. The group is really popular and plays at all the best Christian parties and local concerts.

Keith introduces himself, and since Josh can tell that Keith is his number-one fan (Keith's forgetting his own name was a clue!), he spends a few minutes talking with him. As Keith turns to go, Josh asks if he wants to grab some ice cream after their movies are over.

Keith ditches his friends after the movie and races to meet Josh. As they enjoy their banana splits, Josh asks Keith why his friends hadn't come with him; they looked like pretty cool people and Josh would have liked to meet them. Keith mumbles something about wanting to spend time with Josh alone and quickly changes the subject.

Being a real friend means that when we meet someone cool, we invite our friends to come along to spend time with the new person. That's what the Early Church members did in Acts 2:42-44; they were constantly introducing others to Jesus through prayer.

Is there someone you can spend time with while you spend time with Jesus today? Maybe you have a friend you can pray with at lunch, thanking God for your food and the day He has given you. Pray and ask God to show you how to pray with someone else today.