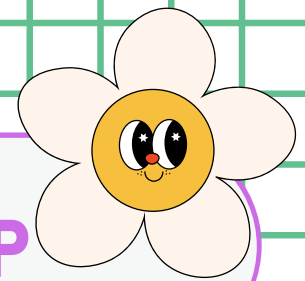




FEBRUARY 2024



CHODAE COMMUNITY CHURCH

SEED FAMILY WORSHIP

Connecting Parent and Child Generation through a Spiritual Conversation

SPENDING TIME WITH GOD

READ JOHN 5:19-20

BY MYSELF I CAN DO NOTHING... (JOHN 5:30)

FAMILY ACTIVITY "PRAYER CUP"

Prepare: two paper cups for each family, string, scotch tape, Prayer topic print out.

1. Each family will be given two paper cups, string, and scotch tape. use the tip of a pencil to poke a small hole at the bottom of each of your two cups.
 2. Next, thread the string through the hole of one cup. Tie a knot on the inside of the cup to keep it in place. You can put a tape on it to secure it.
 3. Children can pick one of the prayer topics (from the print out). When the prayer topic is chosen, they can speak into the paper cup phone to talk about their needs to their mom or dad who is holding the other cup. (keep the string straight in order for the sound to be delivered clearly).
 4. Switch topics and switch roles. Mom and dad can also pick topics and share their needs to family members through a phone
- Connection:** Talk about how talking to God is just like talking to someone you love about anything. In a casual and free way, we are able to tell God whatever is on our mind.

Did Jesus require prayer time? Yes he did. He would go into the quiet places by himself early in the morning before sunrise and spent time with God. Why did he need this time so much to himself? What did prayer mean to him? Jesus saw himself as a little child before God, and was completely dependent upon God. Prayer time was absolutely necessary because without God, He could do nothing.

'Relationship' was the keyword for His prayer life with God. Prayer time wasn't a time where He performed a ministry work, it was simply a time when He came near to Father God as a child in need of intimacy with the father.

1) **Spending time with God does not have to begin grand.**

Doing 30 minute prayer everyday may sound ambitious, but starting as 5-minute prayer and slowly building up the time can be the wiser approach. Praying out loud is recommended. It helps pouring out what has been on our mind out unto the Lord in a physical and tangible way.

2) **Helplessness pushes us to pray.**

When we are still competent enough, we don't pray. But God tells all who are tired and are carrying heavy loads to come rest in him. He does not require us to be perfect ready, but rather come as we are. When we are helpless, God comes to fill in our needs.

3) **Not a discipline, but a broken and contrite spirit**

Prayer isn't something to be educated or trained in. It is something that comes out of us naturally where there is nothing but Father God whom we can turn to in our time of distress. At times we may be too exhausted that we cannot even identify our issues. When we start calling onto Abba Father in the midst of problems, God starts creating a room in our lives where Holy Spirit starts doing His new ministry.

4) **Anxiety is the beginning.**

Instead of fighting against our anxiety, we can make it be a stepping stone to come to God nearer. Instead of suppressing our anxious feelings with temporary pleasures, we can simply bring our anxiety to God. When we start doing that, we will discover ourselves entering the presence of God deeper than ever, Instead of controlling our lives, we can let God do begin something so new and extraordinary which God had been preparing from before.

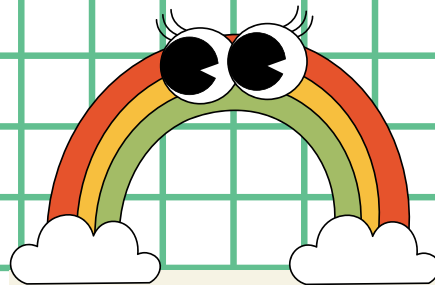
TALK



1. How does it feel to spend lots of time with someone you love the most?
2. When are some moments when you felt helpless or anxious?
3. Spend some time praying together for each other that we will feel drawn nearer to God as we strive to spend more time with Him through prayer this year.

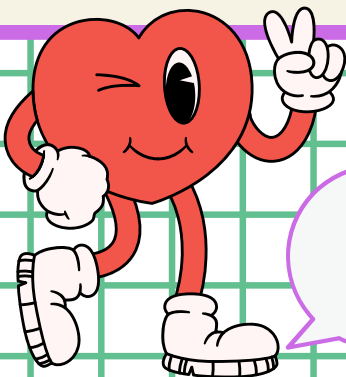
CONCLUSION

At times, prayer feels like a burden to us because we feel obligated to do. But when we know that prayer means spending quality time with the one you love the most, it makes it so much easier. Prayer doesn't come easy at first. But when we understand how prayer is truly supposed to be, it sets us free to be who we are before the Lord. God meets us exactly where we are, though at times it may be in the middle of our anxiety or helplessness. When we are broken, He meets us even more intimately and powerfully because we are clearly aware that we can only depend on Him, no one else. We truly can do nothing without God. This realization is the beginning of a truly genuine prayer.



ENDING PRAYER

Dear God, help us be just the way we are before You. We do not need to pretend to be strong or even to be right before You. We come as we are anxious and helpless, knowing that You accept us and see us through our brokenness. We pray that You would draw us nearer as we cry out to you. In Jesus' Name we pray, Amen.



Seed Worship Training meeting takes place every last Sunday of the Month after 3rd Service Worship (1-1:30PM) at PJM Room, Education Building (Snack provided). All of our curriculum and video resources can be downloaded at Chodae Church website!