



## OBJECT LESSON

### Tricky Tongue Twisters

[10 min]

#### Try Talking in Tongue Twisters

Say: **We're learning that God's family prays together. Let's see what some tricky tongue twisters can teach us about prayer.**

Have kids try saying these tongue twisters five times in a row, quickly:

- Toy boat
- She sells seashells by the seashore
- The top cop saw a cop top
- Clean clams crammed in clean cans
- Unique New York
- Three free throws
- Peter prayed in prison

Invite kids to share any other tongue twisters they've learned, and have kids try saying those.

#### Talk About It

Ask: • **What do you think makes tongue twisters so hard to say?**

Say: **Scientists have actually studied why some word combinations are so hard to say. For example, tongue twisters often contain similar but distinct sounds, like *sh* and *s*. Another trick is "inversions," when you say the same words in a different order (like "the top cop saw a cop top"). And scientists have seen how we're more likely to swap consonants than vowels. So you might say "She shells sheasells" because your brain is mixing up consonant sounds.**

**When researchers back in the 1980s studied what happens, they found evidence that our brains confuse the sounds before they ever get to our mouths. So it's not just a tongue twister—it's a brain twister!**

Have small groups discuss this question.

Ask: • **Do you ever struggle with knowing what to pray? Talk about that.**

Say: **Sometimes when we pray—especially in front of other people—we can be nervous that we'll sound just as silly as we do trying to say tongue twisters. We worry about not having the right words. But let me take the pressure off: Your prayers don't have to sound perfect. God's family prays together, and this is a safe space to pray with and for each other—even if you stumble over the words.**



## HIGH-ENERGY GAME Clusters

[10 min]

### Supplies

- upbeat music (optional)
- music player (optional)

### Tip

- You can purchase downloadable music and other items to enhance your DIG IN program [here](#).

### Form Groups

Say: **Today we're learning how God's family prays together. Let's try getting together in very specific ways. I'll call out a number, and you'll have to form a group of exactly that number of people.**

- If you'd like, play music during this game.
- Call out various numbers, and have kids form groups.
- Some kids will be excluded each round.
- For the very last round, call out the exact number of people in your room, including yourself.

Say: **In the Bible, Peter was left out of the group of pray-ers—because he was stuck in prison! Let's pray in our group for people who might be stuck in bad situations.**

- Lead kids in praying for people who are stuck in sickness.
- Lead kids in praying for people who are stuck in loneliness.
- Lead kids in praying for people who are stuck in worry.
- Lead kids in praying for people who aren't here today.
- Let kids think of other "stuck" situations to pray for.

### Talk About It

Have kids gather in their small groups to discuss these questions.

Ask: • **When have you been the one outside the group—the one everyone else needed to pray for?**

• **How can you make prayer a more regular part of your life?**

Say: **In the Bible, God's family gathered together and prayed for Peter. We can gather here every week to pray for each other—and for those who couldn't be here. God's family prays together.**



## LOW-ENERGY GAME

### Shoe Shuffle

[10 min]

#### Supplies

- upbeat music (optional)
- music player (optional)

#### Tip

- You can purchase downloadable music and other items to enhance your DIG IN program [here](#).

#### Play a Game With Shoes

Say: **In our Bible story, an angel woke Peter up in the middle of the night and told him to put on his shoes and walk out of prison. Let's see if we can put on our own shoes as quickly as Peter did.**

- Have kids sit in circles of one to two small groups.
- Have kids all take off their shoes and toss them in the middle of the circle.
- Have small-group leaders mix the shoes up with their hands.
- Count the seconds aloud as kids try to find their shoes and put them on. Don't stop counting until *all* small groups are done.
- If you'd like, play upbeat music as kids play.
- Announce the final time when the last child is done putting on (and lacing) their shoes. (For visibility, consider having small groups stand when they're done.)
- Play again and see if kids can beat their time.
- Play another round if time allows.

#### Talk About It

Ask: • **How did we work together in this game?**

• **Why do you think it's important to pray with others and not just by ourselves?** Have small groups discuss this question.

Say: **When God's family prayed together for Peter, God sent an angel and a miraculous answer to prayer. We can expect big things from God when we work together to ask for his help. God's family prays together.**