

THE OBJECT LESSONS CHANNEL!



“The Balanced Life”

- A good one for kids of all ages •

Object Lesson: A Bicyclist Needs Balance. Materials Needed: Bicycle. NOTE: Do not mention the word Balance until kids have a chance to play the 20 Questions game.

Main Point: The Lord’s Prayer shows us the way to lead a perfectly balanced Christian life.

To Begin the Lesson: Show the bike and immediately begin a game of 20 Questions. The word you are looking for is Balance. Refer to the video for details (link below).

Discussion: Once the kids win or lose the game, hand out copies of the Lord’s Prayer Outline (the page following this one). Refer to the Outline as you and your listeners go over the Lord’s Prayer:

- Our Father in heaven, hallowed be your name.
- Your kingdom come, your will be done, on earth as it is in heaven.
- Give us today our daily bread.
- And forgive us our sins, as we also forgive those who sin against us.
- And lead us not into temptation, but deliver us from the evil one.

Link to the Object Lesson Demonstration Video: <https://youtu.be/X6JL4hfIfAQ>

Activity Page: The Lord’s Prayer Race

Materials Needed: Print one copy for every small group of 2-3 players. Each group needs a pencil and paperclip for the spinner. Each player needs a small object to serve as a player token.

Wrap Up: Invite everyone to recite the prayer with you.

Action Fun: Everyone loves bikes. For older kids, schedule a bike hike for an afternoon of fun. For younger kids, have kids bring their bikes to church for a decoration party. Provide colorful party paper rolls (streamers), tape and other things to dress up the bikes. Don’t forget playing cards and clothes pins for the “motorcycle sound” effects.

Key Steps for living a balanced Christian life, from

The LORD'S PRAYER Outline

1 God must be our **FATHER**.

We must be born into the Lord's family. If we do not belong to God, we will never be able to lead a balanced life as God intends. So, first order of business: Become a Christian.

2 God is awesome. We **WORSHIP** Him.

As we get to know God better, we have a **growing awe and respect** for who He actually is. Wow! We hallow His name: Honor, elevate, raise up, worship.

3 God is our **King**. We **SERVE** Him.

Kings are served by their subjects. Even little kids can be given simple tasks around the classroom. Let them know the things they do are loved by our King.

4 God is in charge. We **OBEY** Him.

God's will is found in the Bible. Learning God's wisdom and instructions in His word are key to spiritual growth and success.

5 God provides. We **DEPEND** on Him.

As we walk the road with Jesus we begin to understand that we must depend on Him rather than ourselves. The Lord takes care of us better than we can!

6 God loves us. We **LOVE** Him.

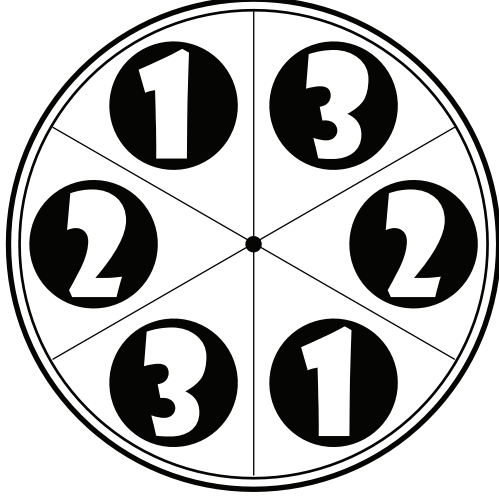
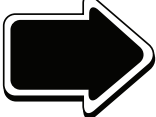
Christ showed His love by dying for our sins. We show our love for Him by keeping our relationship with Him healthy, the reason to confess and forgive.

7 God guides us. We **WALK** with Him.

No matter what happens to us on our travels through this world, those who stick with Jesus know that He will deliver us safe and secure in heaven!

The Lord's Prayer Race!

Here are seven great steps from the Lord's Prayer, steps that lead to a perfectly balanced Christian life. Two or three players take turns spinning to jump tokens around and around the game path. Keep track of the steps you land on; the first player to land on all seven wins.

GO BACK TWO!	Give us today our daily bread... Grow your faith by realizing He will take care of you!		Your will be done on earth as it is in heaven. God's will is found in the Bible. Read the Bible and do what it says!
And forgive us our sins, as we also forgive those who sin against us... A must-do to lead a truly balanced Christian life!	SPIN AGAIN!	You Kingdom come... Kings are to be served. Use your time, talents and treasure to serve the King!	LOSE TURN!
And lead us not into temptation, but deliver us from the evil one. We walk with Jesus all the way to heaven!		Hallowed be your name... Learn that God is awesome! Get to know Him and what He is like!	Use a paperclip and pencil to make a spinner. The paperclip must spin at least one full circle to count. 
START 	Our Father in heaven... Is God you Father? We must join God's Family!		