

Many young believers who have grown up in the Church find themselves at a crossroads in a world filled with countless distractions. Although they have learned the significance of prayer, establishing a profound and personal relationship with Jesus Christ can be difficult.

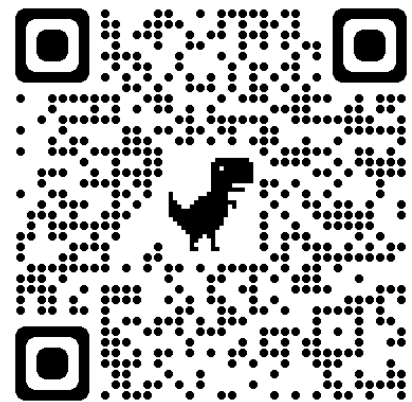
The "**Pumpkin Prayer Challenge**" seeks to bridge this divide, presenting the transformative journey of a pumpkin seed as a metaphor for the blossoming of a genuine, personal relationship with our Savior through consistent prayer.

**Target Age Group:** Children 6-12 Years Old

**Setting:** Children's Church or Sunday School

**Series Memory Verse:** Philippians 4:6

**Digital Files:** You are viewing week #1 as a free sample lesson. Use this link to purchase the complete 4-week curriculum.



<https://sundayschool.store/products/pumpkin-prayer-challenge>



## Quick Start Guide

**Memory Verse:** Philippians 4:6

**Big Idea:** Because Jesus loves me, I can always talk with Him in prayer.

### Week 1: Planting Your Prayer Seed

**Main Idea:** Connecting with Jesus through daily prayers can lead to spiritual growth.

**Bible Story:** The Mustard Seed (Matthew 17:20)

**Learning Objective:** Students will learn that beginning a daily prayer is like sowing a seed, and growing a closer relationship with Jesus.

### Week 2: Nurturing Your Prayer Life

**Main Idea:** Establishing and maintaining a consistent prayer life strengthens our relationship with Christ and draws us closer to Him every day.

**Bible Story:** Daniel's Unwavering Prayer Life (Daniel 6:10-23)

**Learning Objective:** Students will learn that consistent prayer, like watering a plant, grows a strong relationship with Jesus.

### Week 3: Overcoming Prayer Obstacles

**Main Idea:** Prayer to Jesus strengthens our relationship with Him, even in tough times.

**Bible Story:** Jonah's Reluctance and Redemption (Jonah 1-3)

**Learning Objective:** Students will understand that challenges and distractions are opportunities to strengthen their prayer life.

### Week 4: Harvesting the Blessings

**Main Idea:** Expressing gratitude can strengthen our relationship with Jesus.

**Bible Story:** The Grateful Leper (Luke 17:11-19)

**Learning Objective:** Students will celebrate the blessings that come from a consistent prayer life and learn the importance of gratitude.

Each lesson includes various engaging activities for children, such as group games, object lessons, interactive Bible stories, memory verse exercises, teaching skits, discussion guides, craft activities, word searches, and coloring pages.

# 28-Day Pumpkin Prayer Challenge

## Week 1: Planting Your Prayer Seed

- Sunday: Say a morning prayer asking God to help you focus on Him throughout the week.
- Monday: Draw a "prayer seed" and write one thing you'll pray for this week.
- Tuesday: Pray before lunch for the people who prepared your food.
- Wednesday: Pray for your teachers and friends at school.
- Thursday: Pray for your family members individually.
- Friday: Say a bedtime prayer, thanking God for getting you through the week.
- Saturday: Review your "prayer seed" and notice if there has been any change or answer to your prayer.

## Week 2: Nurturing Your Prayer Life

- Sunday: During church, pray for the message to touch not just your heart but others too.
- Monday: Pray for someone who is sick or in need.
- Tuesday: Say a prayer of gratitude before dinner.
- Wednesday: Pray for wisdom to understand your school lessons.
- Thursday: Write down or draw something you're thankful for.
- Friday: Pray for peace and rest in your home.
- Saturday: Reflect on your week and say a prayer thanking God for his guidance.

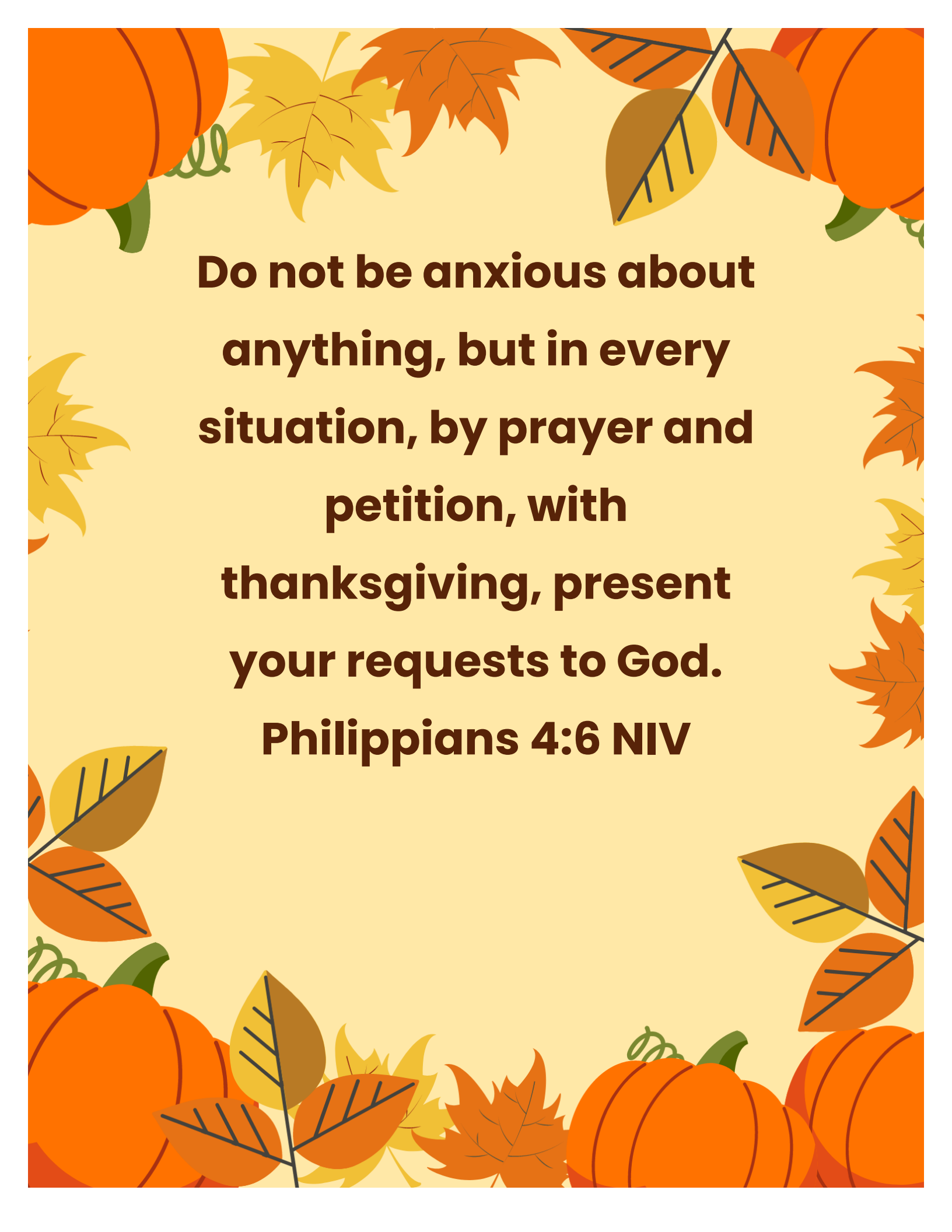
## Week 3: Overcoming Prayer Obstacles

- Sunday: Pray for a willingness to overcome challenges this week.
- Monday: Identify a distraction and pray for focus.
- Tuesday: Pray for courage when you feel scared or anxious.
- Wednesday: Create a "prayer jar" and add your first prayer request.
- Thursday: Pray for someone you have a hard time getting along with.
- Friday: Add a second prayer request to your "prayer jar."
- Saturday: Review the prayer jar and pray for each request.

## Week 4: Harvesting the Blessings


- Sunday: Begin your day with a prayer of anticipation for the week's blessings.
- Monday: Share a blessing from the weekend and pray a prayer of thanks.
- Tuesday: Pray with a family member or friend.
- Wednesday: Write down a blessing you've noticed today.
- Thursday: Say a prayer thanking God for your talents and abilities.
- Friday: Write a thank-you note to God.
- Saturday: Reflect on the week's blessings and say a prayer of gratitude.

**Make It Personal:** Use your creativity to find new prompts for prayer and share what you learn with the group. As always - you can substitute your own ideas for any of our challenges!

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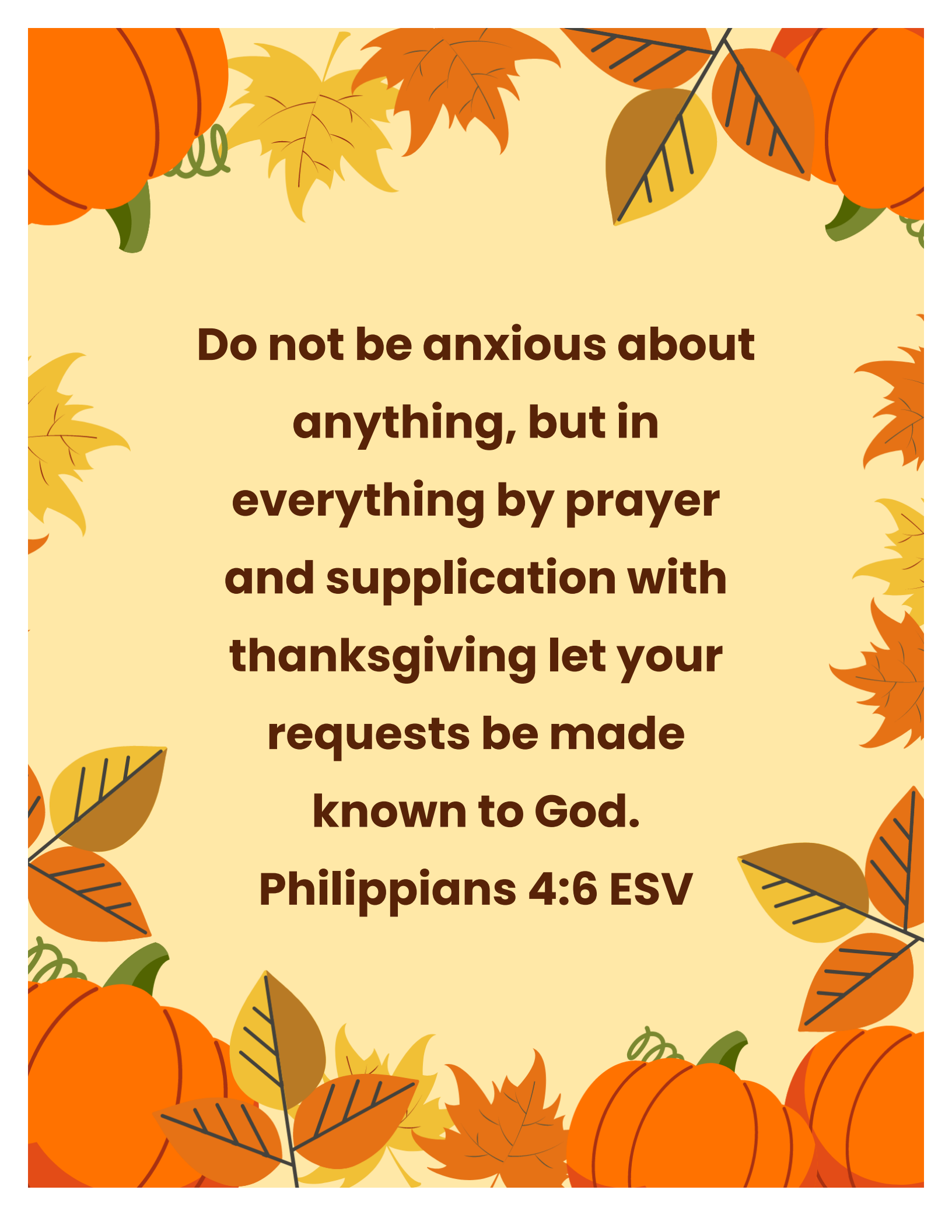
**Do not be anxious about  
anything, but in every  
situation, by prayer and  
petition, with  
thanksgiving, present  
your requests to God.**

**Philippians 4:6 NIV**

The background is a light yellow color with a decorative border of autumn-themed illustrations. At the top and bottom, there are several orange pumpkins with green stems and leaves. Interspersed among the pumpkins are various types of leaves in shades of yellow, orange, and brown, some with detailed vein patterns. The text is centered in a bold, dark brown font.


**Be careful for nothing;  
but in every thing by  
prayer and supplication  
with thanksgiving let  
your requests be made  
known unto God.**

**Philippians 4:6 KJV**

The background is a light yellow color, decorated with illustrations of pumpkins and autumn leaves. The pumpkins are orange with green stems and are scattered around the edges. The leaves are in various shades of orange, yellow, and brown, with some showing detailed vein patterns. The text is centered in a bold, dark brown font.

**Do not be anxious about  
anything, but in  
everything by prayer  
and supplication with  
thanksgiving let your  
requests be made  
known to God.**

**Philippians 4:6 ESV**


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**Don't worry about  
anything; instead,  
pray about everything.**

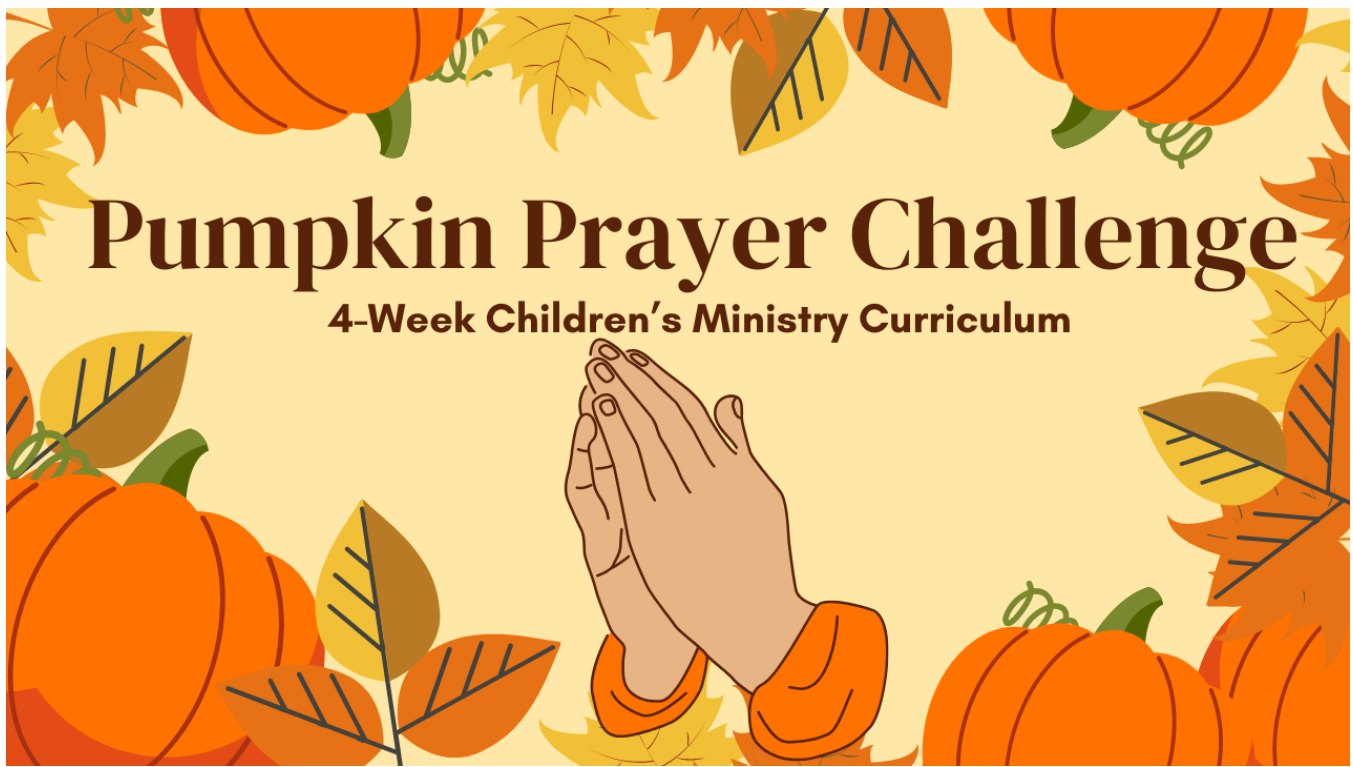
**Tell God what you  
need, and thank him  
for all he has done.**

**Philippians 4:6 NLT**



The page features a decorative border of autumn-themed illustrations. At the top and bottom, there are several bright orange pumpkins with green stems and leaves. Interspersed among the pumpkins are various types of leaves in shades of yellow, orange, and brown, some with detailed vein patterns. The background is a solid light yellow color.

**BIG IDEA:**  
**Because Jesus loves  
me, I can always talk  
with Him in prayer.**



## Week 1: Planting Your Prayer Seed

**Theme:** Initiating Intimate Conversations with Jesus

**Bible Story:** The Mustard Seed (Matthew 17:20)

**Supporting Scriptures:** James 5:16, Philippians 4:6

**Main Idea:** Small acts of faith, like daily prayers, can lead to monumental spiritual growth when rooted in a genuine desire to connect with Jesus.

**Learning Objective:** Kids will learn that starting a simple daily prayer is like planting a seed for a closer relationship with Jesus.

**Series Memory Verse:** Philippians 4:6

# Introduction & Group Game: Pass the Pumpkin Seed

**LEADER:** Good morning, everyone! I'm so excited to have all of you here today. We are starting a brand-new, super-fun series called the "Pumpkin Prayer Challenge."

You're wondering what pumpkins have to do with prayer, right?

Well, just like a tiny pumpkin seed can grow into a giant pumpkin, our small prayers can lead to big blessings. In this series, we will learn how to plant our "pumpkin seed prayers" and watch how they can grow our relationship with Jesus. This is more than just learning. We have a list of 28 daily challenges to help you build a habit of prayer in your own life. We'll talk about that a little later in our lesson. Let's get started with a group game called "Pass the Pumpkin Seed."

So, are you ready to start this amazing prayer adventure with me?"

**Group Game:** "Pass the Pumpkin Seed"

**Objective:** This game is designed to get the children engaged and excited for the lesson while introducing the concept of planting seeds of prayer.

**Materials Needed:**

- A small, easy-to-hold object to represent a pumpkin seed (e.g., a beanbag or a small ball)
- Upbeat music

## Instructions:

1. Have the children sit in a circle.
2. Explain that they will pass around the "pumpkin seed" while the music plays.
3. When the music stops, the person holding the "seed" will share a simple prayer request, something they want to talk to Jesus about (e.g., help with a school project, a sick family member, etc.).
4. After sharing, the child will pass the "seed" to the next person, and the music will start again.
5. Repeat until everyone has had a chance to share a prayer request.
6. Close the game by explaining that just like they shared their prayer requests with each other, they can also share them with Jesus every day.

# Object Lesson: Planting the Seed

**Object Lesson:** "Planting the Seed"

**Materials Needed:**

- A small potted plant with a visible seedling (or photo of the same)
- A packet of seeds
- A small cup of water
- A small container of soil

**Teacher Script:**

"Okay, everyone, gather around! Today, we will talk about something very special: how our prayers are like seeds. Can anyone tell me what happens when we plant a seed in the ground? That's right! It grows into a beautiful plant.

(Show the packet of seeds and the potted plant with a seedling.)

Look at this tiny seed and this small plant. This plant started as a seed, just like this one. Can you believe it? It's amazing how something so small can grow into something so big!

Now, let's think about our prayers. When we talk to Jesus, it's like we're planting a seed in our hearts. Every time we pray, we're watering that seed and helping it grow.

(Show the small cup of water and the small soil container.)

Just like this seed needs water and soil to grow, our prayers need our faith and our love for Jesus. The more we pray and trust in Jesus, the stronger our relationship with Him becomes.

(As you speak, slowly pour the water into the soil.)

When we plant our "pumpkin seed prayers," we show Jesus that we trust Him and want to be close to Him. And guess what? Just like this tiny seed can grow into a big plant, our small prayers can lead to big blessings in our lives.

(Show the potted plant with the seedling again.)

So, this week, let's start planting our "pumpkin seed prayers" and watch how they can grow our relationship with Jesus. Are you ready to start this prayer adventure with me?"

# Bible Story: The Mustard Seed (Matthew 17:20)

**Teacher:** "Who here has ever seen a mustard seed? (Show a mustard seed or picture of one.) They're tiny, aren't they? But do you know what Jesus said about a mustard seed? Let's find out!"

## **READ: Matthew 17:14-16**

In these verses, a man asked Jesus for help because his son was suffering, and the disciples couldn't help. Can you imagine how sad and desperate the father felt?

How do you think the father felt when the disciples couldn't help? What about the disciples?"

## **READ: Matthew 17:17-20**

Jesus said that with faith as small as a mustard seed, we can move mountains. That means even a little faith can do big things! What do you think Jesus meant when He said that faith as small as a mustard seed could move mountains?

## **READ: James 5:16**

The Bible says that when we pray with faith, our prayers are powerful. That means our prayers, like tiny seeds, can lead to big things! Can you share a time when you prayed for something and saw God answer your prayer?"

## **READ: Philippians 4:6**

God tells us to pray about everything and not to worry. So, when we have a problem or need, we can plant our 'pumpkin seed prayers' and trust God to help. What is something you would like to pray about this week?

Let's take a moment to write down or draw a picture of something we want to pray about this week. (Each child can draw their own, or the leader can take suggestions and draw them on a whiteboard.)

**Closing:** "Just like a tiny mustard seed can grow into a big plant, our small prayers can make a big difference. Let's start planting our 'pumpkin seed prayers' and see how God will bless them!"



# Memory Verse Activity:

**Activity:** "Memory Verse Puzzle"

**Materials Needed:** Index cards, markers.

**Preparation:** Write one word from Philippians 4:6 on each index card. Mix up the cards.

## **Instructions:**

1. Divide the children into two teams.
2. Hand out the mixed-up index cards to each team.
3. Explain that the words on the cards make up the memory verse for the series, Philippians 4:6
4. Challenge each team to arrange the words in the correct order as fast as they can.
5. Once both teams have arranged their cards, read the verse aloud and have the children check their arrangement.
6. Have the children say the verse aloud together, using their arranged cards as a guide.
7. Shuffle the cards and repeat the activity a few times to help the children memorize the verse.

**Closing:** Remind the children that this verse will be the series' memory verse, and encourage them to practice it at home. Let them know they'll have a chance to recite it from memory in the coming weeks.

# Teaching Skit: The Giant Pumpkin Problem

## Characters:

- JORDAN: a child who loves to garden
- CASEY: Jordan's sibling, who isn't so sure about gardening
- MOM: Their mother

## Setting: A backyard garden with small pumpkin plants.

*(Jordan and Casey stand in the backyard garden, looking at small pumpkin plants.)*

**JORDAN:** I'm so excited about these pumpkin plants! In a few months, we're going to have giant pumpkins!

**CASEY:** *(looking skeptical)* Giant pumpkins? These plants are tiny!

**JORDAN:** *(with a confident smile)* Just wait and see. I've been praying every day for big, healthy pumpkins. I call them my "pumpkin prayers."

**CASEY:** *(rolling eyes)* Pumpkin prayers? Seriously?

**MOM:** *(coming outside)* What are you two talking about?

**JORDAN:** My pumpkin prayers, Mom! I've been praying for our pumpkin plants every day.

**MOM:** That's wonderful, Jordan. Prayers, even small ones, can lead to big blessings. It's like planting a tiny seed and watching it grow into something amazing.

**CASEY:** *(looking at the small plants)* I still don't see how these tiny plants can become giant pumpkins.

**JORDAN:** *(with a sly grin)* I heard that talking to plants helps them grow. Let's tell them some jokes.

**CASEY:** *(rolling eyes but smiling)* Fine, I'll try it. *(leaning towards plants, speaking in a funny voice)* Why did the pumpkin sit in the sun?

**JORDAN:** *(looking curious)* I don't know, why?

**CASEY:** *(smirking)* To become a sun-tanned squash!

*(Jordan and Mom laugh.)*

**JORDAN:** *(smiling at Casey)* Okay, here's one. Why did the pumpkin cross the road?

**CASEY:** I don't know, why?

**JORDAN:** To get to the other pie!

*(Casey and Mom laugh.)*

**MOM:** *(smiling)* It's good to have fun, but remember that prayer is the most important part of helping our garden grow. Keep planting your "pumpkin prayers," and we'll see how God blesses them.

**CASEY:** *(nodding)* Okay, I'll try praying too.

*(Jordan, Casey, and Mom join hands and pray together for their garden.)*

THE END

# Discussion Questions & Prayer

**LEADER:** "Great job paying attention to today's Bible lesson, everyone! You're doing an awesome job. Now let's talk about what we learned and how it applies to our lives."

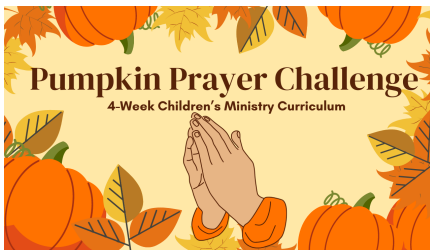
## **Discussion Questions:**

1. "Can you remember a time when you prayed for something small, and God answered in a big way? What happened?"
2. "In our Bible story, Jesus said that faith as small as a mustard seed can move mountains. What do you think that means?"
3. "What are some small prayers or 'pumpkin prayers' you can start praying every day? What are some things you want to ask God for?"
4. "How do you feel when you talk to God in prayer? What does it mean to have a personal relationship with Jesus?"

## **Prayer Requests:**

"Now, let's share any prayer requests you have. What are some things you'd like us to pray for?" (*Allow children to share their prayer requests.*)

"Dear Jesus, thank you for teaching us about prayer today. We're grateful for the chance to talk to you and ask for your help. Please bless our 'pumpkin prayers' and help them grow into big blessings. We lift up all the prayer requests shared today and ask for your comfort, guidance, and peace. In your name, we pray. Amen."



# Week #1

## Prayer Challenge

We're starting a Pumpkin Prayer Challenge! Each week we'll learn a new way to pray and get closer to Jesus. You'll find 7 fun and simple activities to help you pray every day of the week. Bring your tracker back next week to share how it's going. We want to help you make prayer a daily habit, something as normal as brushing your teeth but way more exciting because you get to talk directly to God!

### Week 1: Planting Your Prayer Seed

- Sunday: Say a morning prayer asking God to help you focus on Him throughout the week. (You can do this in class today).
- Monday: Draw a "prayer seed" and write one thing you'll pray for this week.
- Tuesday: Pray before lunch for the people who prepared your food.
- Wednesday: Pray for your teachers and friends at school.
- Thursday: Pray for your family members individually.
- Friday: Say a bedtime prayer, thanking God for getting you through the week.
- Saturday: Review your "prayer seed" and notice if there has been any change or answer to your prayer.

# Craft Activity: 5-Finger Prayer Poster

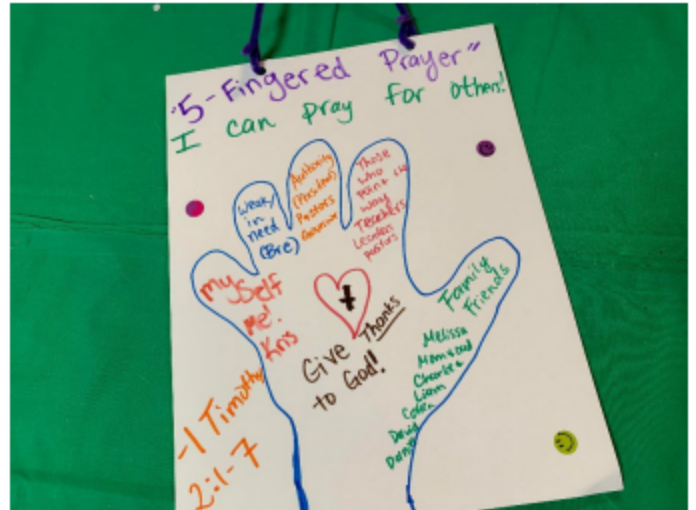
## Supplies:

- Construction Paper or cardstock
- Scissors
- Glue or tape
- Decorative elements as desired
- Markers or crayons



## Directions:

1. Draw or trace a large hand on the paper.
2. On each finger, write an element of prayer. You might use the traditional "five-finger" model or make up your own categories.



Have students fill in specific people and things in the fingers, as well.

3. If desired, cut the handout and glue or tape to another piece of paper. Add extra decorations or verses.
4. If preferred, attach a string or magnet to display the prayer poster in a spot that is easily viewed.

**NOTE:** You can find more printables for the five-finger prayer guide here.

<https://ministry-to-children.com/five-finger-prayer/>

# Planting Your Prayer Seed: The Mustard Seed (Matthew 17:20)

Prayer - Pumpkin - Faith - Seed - Blessing - Trust

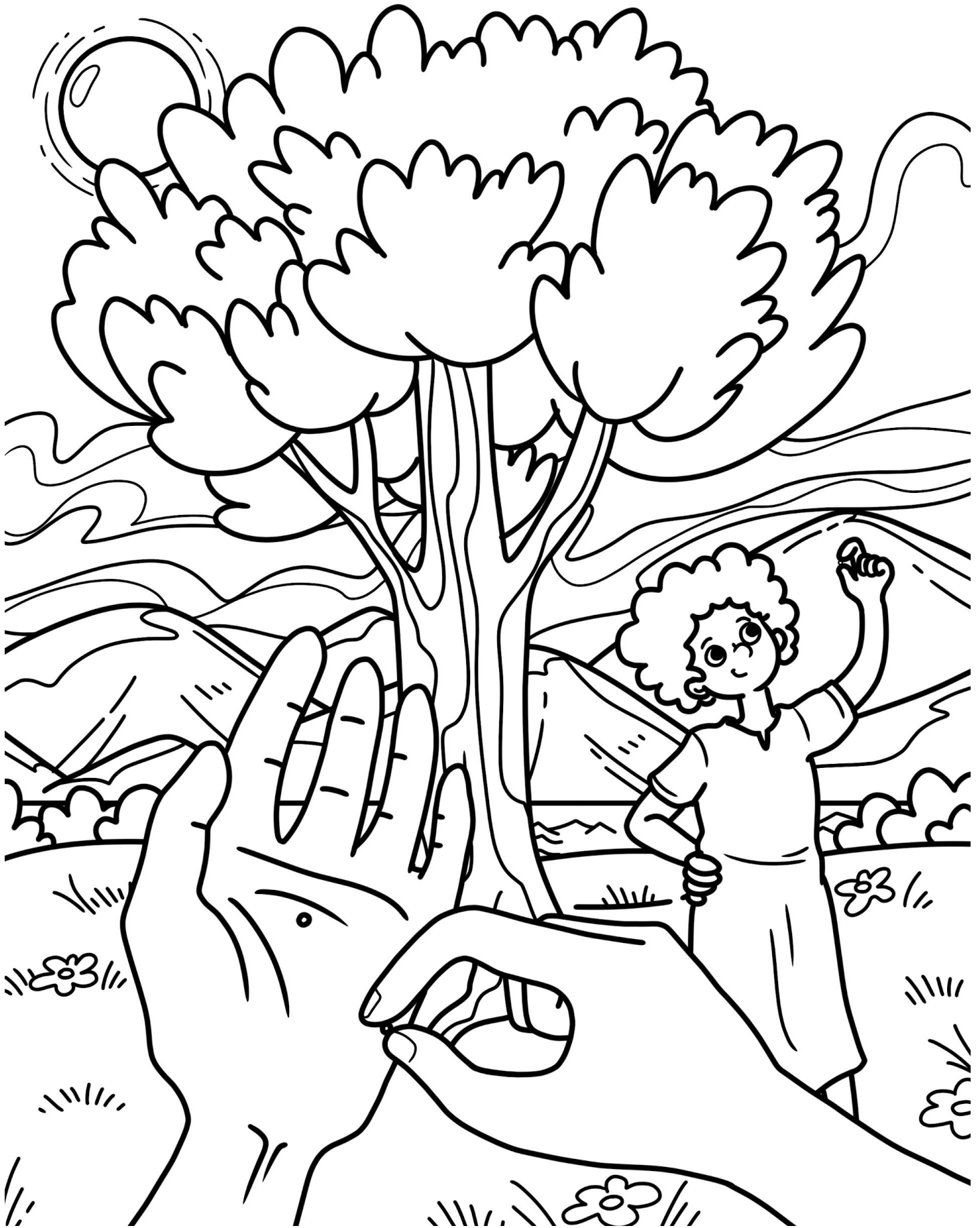
Grow - Garden - Jesus - Love - Ask - Hope

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

# Word Search Answers

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





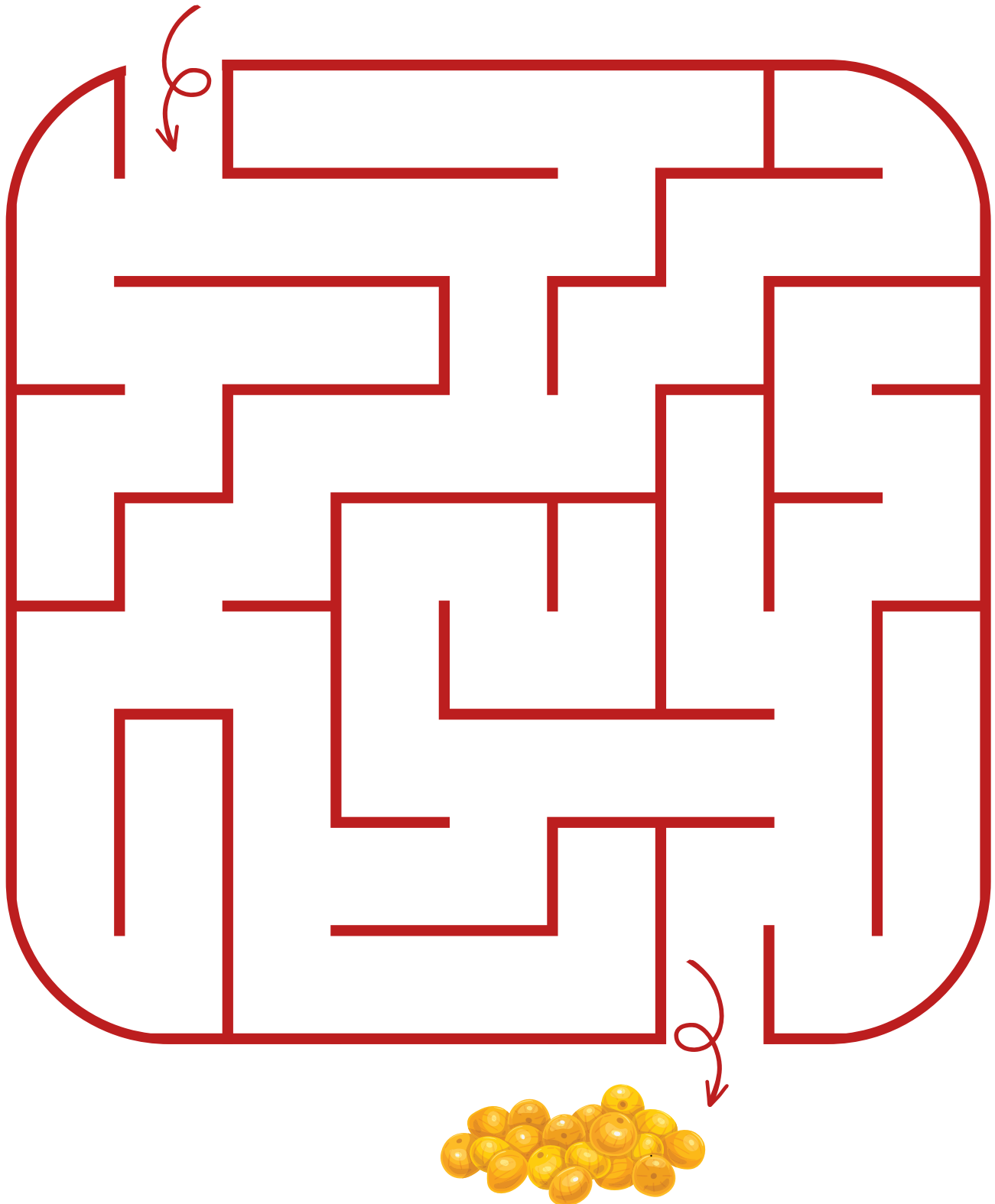
# The Mustard Seed

Color the given picture.



# The Mustard Seed

Can you find the way out of this maze?



## The Mustard Seed

Circle the hidden words in the puzzle below!

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

### WORD BANK

MUSTARD

SMALL

GROWTH

FAITH

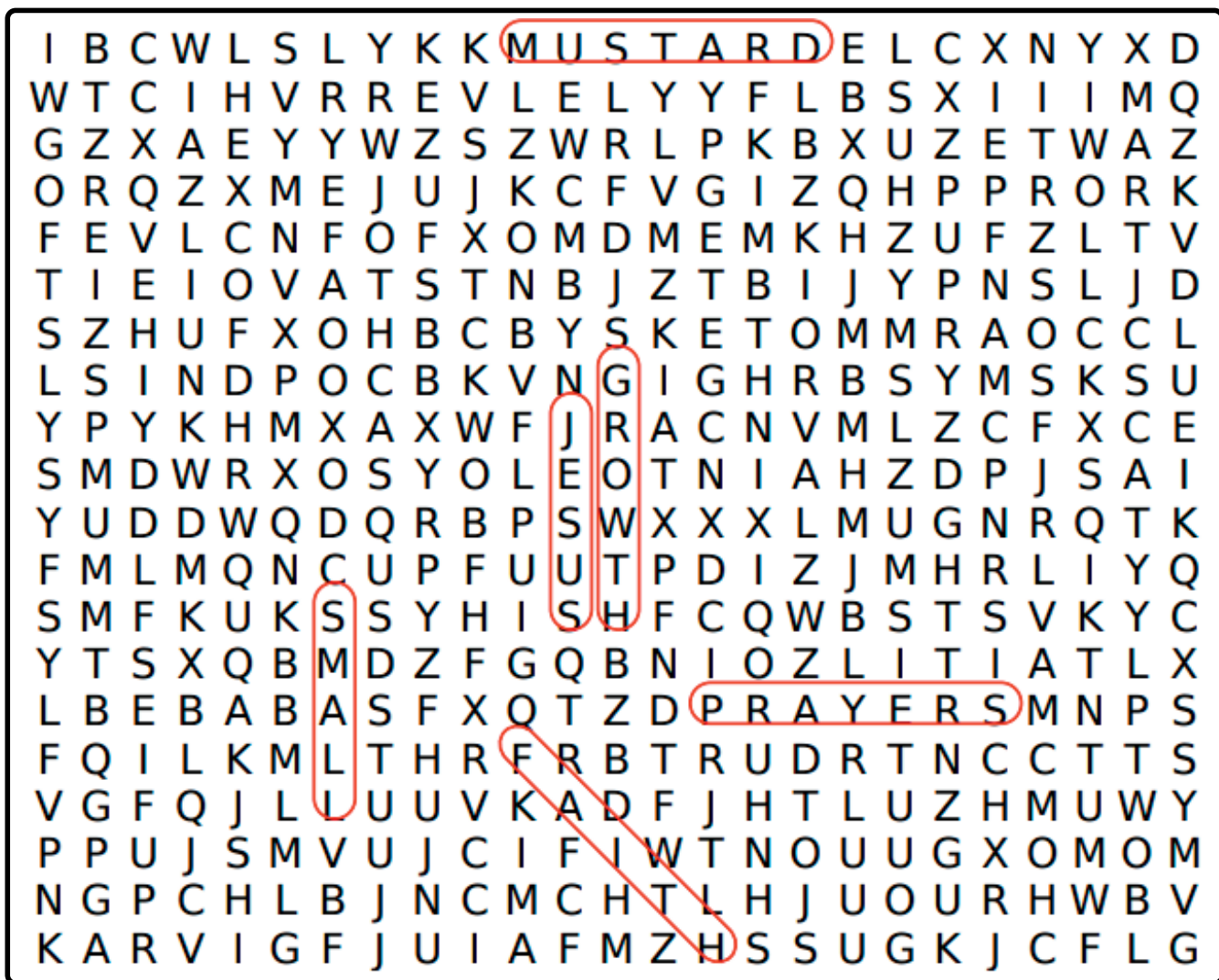
PRAYERS

JESUS

# The Mustard Seed

Circle the hidden words in the puzzle below!

## Answer Key



## WORD BANK

MUSTARD

SMALL

GROWTH

FAITH

PRAYERS

JESUS