



LESSON 5

REFERENCES: MARK 1:35-38; *THE DESIRE OF AGES*, PP. 259, 260, 362, 363.

Anytime, Anywhere

What is the most quiet place you know? Is it a special place you like outside? Is it your own special thinking spot? Jesus had a favorite quiet place too.

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he night birds cooed, and the crickets chirped. Almost everyone was asleep. That's because it was very early in the morning, just before daylight. But

someone was up.

It was Jesus. Every morning Jesus woke up very early, before everybody else. He liked this time

because it was so quiet. It gave Him a chance to spend time alone with God.

Later in the day people would crowd around Jesus to listen to Him and ask questions. They would bring sick people for Him to heal. Children would ask for stories.

Jesus loved to tell stories, and to help and to heal people. But



Memory Verse

“Pray to me, and I will listen to you.”
JEREMIAH 29:12, NIV.

The Message

We can talk to Jesus anytime, anywhere.

before He could spend all day with the people, He knew that He needed some time alone to talk to His heavenly Father.

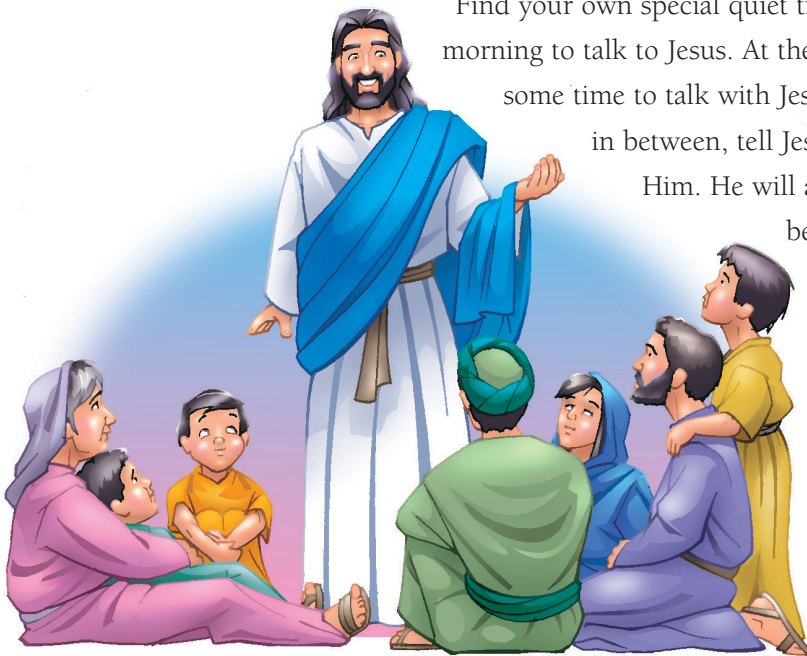
Jesus told His Father, God, how much He loved Him. He told God about the sinful things all around Him that made His heart sad. He told God about the people who were sick and the people who needed help. He told God about His special friends, the disciples. Jesus asked God to keep Him strong so He could help others.

And God always answered Jesus' prayers. He would help Jesus feel safe and calm. When Jesus finished praying, His heart was full of love. Then He was ready to start His day with the people.

Jesus talked to God early in the morning. Later in the day, while teaching and healing and telling stories, He prayed to God silently by thinking the words in His head. He asked God to help Him heal the sick, to tell the right stories, to be kind and patient. He talked to His heavenly Father all day long.

You can talk to Jesus anytime, anywhere too. You can talk to Jesus anytime you're sad or happy or afraid. You can talk to Jesus in the car, at day care, or at home.

Find your own special quiet time in your house in the morning to talk to Jesus. At the end of the day, find some time to talk with Jesus about your day. And in between, tell Jesus how much you love Him. He will always listen to you, because He loves you.



Do and Say

SABBATH

If possible, read the Bible lesson story outside. Use the following actions as you say the memory verse together this week.

“**Pray** Fold hands in front of you.
to me, and I . . . Point index finger upward.
will listen. Touch ears with hands.
to you.” Point outward.
Jeremiah 29:12 Put palms together; then open.

SUNDAY

Assist in saying the memory verse as your child shares the “praying hands” made in Sabbath School.

Review the Bible story. Talk about when and where your family can pray (anytime, anywhere). Sing a prayer song before you pray.

MONDAY

If possible, early in the morning read the Bible lesson together from Mark 1:35-38. Talk about early-morning times. Sing a song about morning.

Thank God for the morning light.

TUESDAY

Use bubble solution and let your child blow some bubbles. Ask your child

to think of something for which to thank Jesus before blowing each bubble. Count the bubbles together. End with prayer.

WEDNESDAY

Listen to bird songs. How many different songs do you hear? Ask: What do you think Jesus heard when He got up early? What do you think He prayed about?

While you are outside, thank Jesus for the birds.



THURSDAY

Encourage your child to decide on a special place to pray. Help your child make a picture that shows him or her praying in that special place.

Sing a prayer song; then thank Jesus for listening to your family’s prayers anytime, anywhere.

FRIDAY

Help your child act out the Bible lesson for family worship by leading the family to four different places for prayer. Pray a part of the “acts” prayer at each place (A—adoration, C—confession, T—thanksgiving, S—supplication).

Have your child lead your family in saying the memory verse (with motions). Sing some praise songs together.

