

# Explore It FOR ME

APRIL  
SESSION 02

## SPIRITUAL EXERCISE

 1 Timothy 4:7-8; 1 John 2:24-25

Here are some ideas and activities you could do on your own



### Draw

Follow the tutorial to draw a child praying.

*How to draw a child praying* by Art for Kids Hub  
<https://www.youtube.com/watch?v=UmGqSCsxzpy>

Find the Lord's Prayer in the Bible and write it out next to your drawing. Put your drawing up somewhere in your home to remind you to regularly use the prayer that Jesus taught his disciples.



### Train

In this week's Explore It session you set yourself a spiritual training goal.

Write it down and post it somewhere you will see it regularly.

How is your goal going so far?

How do you think your spiritual training goal will help you to grow your spiritual muscles?



### Explore

Our Bible reading from this week (1 Timothy 4:7-8) reminded us how important spiritual exercise is, but it also encouraged us to take part in physical exercise as well. We already know lots about how exercise keeps our body fit, but how about our brains?

Watch the clip and discover how exercise affects your brain.

*How exercise affects your brain?* by Operation Ouch

<https://www.youtube.com/watch?v=XzBt1IOHPyQ>



### Pray

This week we talked about the importance of prayer. Have a go at the 'five finger prayer method'.

➡ Draw around your hand.

➡ Using the list below, label each finger or draw a picture to remind you who to pray for.

- ▶ Thumb: Those closest to you – your family and friends.
- ▶ Pointer finger: Those who give directions – for example, teachers and doctors.
- ▶ Index finger: Those who lead – this could be leaders in the Government, business leaders or leaders at your church.
- ▶ Ring finger: Those who are weak through sickness or poverty.
- ▶ Little finger: Pray for yourself.

Try using the 'five finger prayer method' the next time you pray.

### KIDS ALIVE! ONLINE

<https://www.salvationarmy.org.uk/kidsalive>

*Kids Alive!* The UK's only weekly Christian comic – is filled with jokes, competitions, Bible-based cartoons and much more... and is now available to read online!

