

## **CPR—Children's Prayer Revival**

### **Service 1**

#### **Heart Attack!**

#### **Cardiac Praise Resuscitation**

**Scripture Text:** Matthew 6:9, 13; Psalm 150

**Memory Verse:** Matthew 6:9, 10

**Lesson Objective:** Prayer should start and end with praise.

**POWER Line:** Let everything that hath breath praise the Lord!

#### **Schedule**

- I. POWER of Worship (25-30 minutes)
  - A. Welcome and Introduction (5 minutes)
    - CPR Class
    - Prayer Spinner
  - B. Praise Generator (7 minutes)
    - A Breathing Test
    - Praise Choruses
    - Praise Cheer
  - C. Prayer Time (5 minutes)
    - Give It to God
  - D. Offering (12 minutes)
    - Praise Stations

## Building a Giving Tower of Power

### II. POWER of the Word (25-30 minutes)

#### A. Memory Work (7 minutes)

The Lord's Prayer (Matthew 6:9, 10)

#### B. Spirit Generator (3 minutes)

"Breathe on Me"

#### C. Illustrated Sermon (10-15 minutes)

Meet the Super EMT

Testimonials about Children and Prayer

A-B-C's of Responding to Heart Attacks

EPW Commitment

#### D. Invitation and Prayer (10 minutes)

Entering into His Gates

### Supply List

- Children's Prayer Revival buttons
- Children's Prayer Revival banner
- prayer spinner
- name tags, wide black marker
- white uniforms for Harry the Helper and the Super EMT; dishtowel cape for Super EMT, optional
- black bag, small strip of paper
- pennies, 4 money bags

- chalk or dry erase board, markers or overhead projector, transparency
- construction paper or cardstock, markers
- rhythm band instruments
- masking tape

## **Preparation**

- At least a week before the prayer revival, give copies of the lesson to Harry and the Super EMT.
- Hang the Children's Prayer Revival banner.
- Print Matthew 6:9, 10 on a board or a transparency, if an overhead projector is available.
- Make a flashcard of each phrase of the Lord's Prayer, using the text as written in Matthew 6:9-13. These are used in each service.
- Make copies of the Praise Cheer and give it to three children before the service. Practice with them.
- Place a table in the center front. In each corner of the room display one of the station posters: (1) Give Thanks; (2) Praise the Lord; (3) Worship God, and (4) Love God. Arrange for a helper with a bag of pennies to be at each station during the prayer time. Two or three hundred pennies should be enough. Station an adult at the table to help the children build a Giving Tower of Power.
- Make flashcards of heart attack symptoms: (1) Indigestion or tummy ache; (2) Tightness, heaviness, or pain in the chest; (3) Pain in the neck, jaw, upper back or inside of left arm. Make another set of flashcards for giving CPR: (1) A—

airways; (2) B—breathing; (3) C—circulation.

- The teacher and the EMT prepare to share with the children two or three testimonials from the Children's Prayer Revival material. Or share the testimonials with two or three older children and ask them to be prepared to give a report. Another option would be to ask children in your group who have been intercessors to be ready to give their testimonies.
- Meet briefly with your assistants and go over the schedule. Explain carefully the plan for the altar call. Ask them to be prepared to pray with the children as they march into the court of the King of kings.

### **POWER of Worship**

#### **Welcome and Introduction (5 minutes)**

Be sure that an adult helper greets each child as he enters. Print his first name in bold, large print on a nametag. Also give him a Children's Prayer Revival button.

Open with a welcome and prayer led by the pastor.

**Welcome to your first CPR class. This is going to be a lot of fun. I would like you to meet my helper, Harry, who will be assisting.**

HARRY: Hurries to the front. Stumbles over an inanimate object and speaks to it. **Excuse me. Say, have you seen my glasses?**

Retrieve Harry and whisper in his ear. Harry smiles, gets his glasses off his head, and puts them on.

HARRY: **Oh, there you are! And the children are here, too. I can't wait to learn open-heart surgery.**

TEACHER: **Harry, we are not here to learn how to do open-heart surgery.**

HARRY: **I thought this was a CPR class. Let's see. Is that C for Cadillac, P for Parking and R for Relocation? Or is it Cat Paw Regulation? Cookie Passing Rules? Carnations, Petunias and Roses? Or could it be C for Candy, P for Pretzels and R for Root Beer? I like that better.**

TEACHER: Points at the banner. **Kids, please help Harry. Tell him what CPR stands for.**

CLASS: **Children's Prayer Revival!**

HARRY: **Children's Prayer Revival? Ooooooh, that's better yet! I am very good at praying.** Folds hands. Bows head. Closes eyes. **"Thank you for my food. Amen!"** Looks up. **See?**

TEACHER: Doubtfully. **That is a start, Harry, but there are lots of other prayers besides mealtime grace.**

Brings out the prayer spinner and ad-libs with Harry about how it works. Calls on various children to spin the arrow and lead in prayer. If a child is reluctant, does it for him. Encourages the class to join in corporate prayer for each area. After four or five spins and prayers, concludes with a short praise break.

**Now, Harry, why don't you sit down now, before you hurt yourself.**

Harry hurries back to his seat on the front row. He is in such a hurry that he misses the chair and lands in the floor.

TEACHER: **Harry, slow down. Getting in too big a hurry can get you into lots of trouble.**

Harry slowly takes a seat.

**CPR usually means Cardiac Pulmonary Resuscitation. CPR can keep someone who is not breathing alive until help comes. Even children can learn to do CPR.**

**Prayer is like spiritual CPR. It pumps oxygen in our spirit. It keeps us alive and growing. When we pray, we add oxygen to our spiritual bloodstream. Prayer helps us keep going. It keeps our energy level up and quickens healing when we are hurt.**

**Praise Generator** (7 minutes)

**Prayer builds strong heart muscles, just as deep breathing strengthens the heart and lungs.**

**Prayer should start and end with praise.**

**Harry is going to help me give a volunteer a breathing test.** Make a big deal of giving Harry the needed medical equipment (a black case containing a small strip of paper).

**Who wants to take this important test?** Call a volunteer to the front.

Harry urges the patient to “hurry and get ready.” Then he worries and frets as he goes through a detailed procedure getting the patient seated and in the right frame of mind for this vital test. He tells the children that if the patient fails to pass this test, he does not have much chance of survival. Then Harry pulls from his

medical bag his “costly, hi-tech piece of equipment,” the strip of paper. He holds it a few inches in front of the patient’s mouth and instructs him to “blow.”

As the patient blows and the paper moves, Harry becomes ecstatic! The patient is alive! He passed the test!

**Psalm 150:6 says, “Let every thing that hath breath praise the LORD.”**

**If we stop praising God, we will die spiritually. We cannot praise the Lord if we do not have breath. Praise the Lord, (*volunteer*) has breath so he can praise the Lord.**

**We do not have time to give everyone a breathing test, but you can test yourself. Hold your hand in front of your mouth. Now blow. Did you feel anything? Then you have breath. You are alive, and you should praise the Lord.**

Ask the children to repeat the *POWER line* after you. **“Let every thing that hath breath praise the LORD.”**

**No matter how down and blue you are feeling, if you will praise the Lord, you will feel better!**

**The first step in prayer is praise. Prayer without praise is usually just whining and begging or worrying.**

**Take a big breath, and then let it out loudly. Take another big breath. Now let it out, hitting a note. This is turning into praise. Let’s get the rest of the way by singing.**

For each song choose different children to be praise singers. (Harry joins them, singing off-key.)

Select lively praise choruses the children are familiar with and enjoy.

“Praise Him”

(Harry's version):

Praise Him. Praise Him.

Praise Him without yawnin'.

Praise Him with a prime rhyme.

Praise Him. Praise Him.

Praise Him when you're upside down.

“I Feel Like Praisin' Him”

Do an orchestral version. For the second time through a chorus, the children pretend to pick up instruments and play them.

Try the nasal oboe. Let someone do an air guitar. Another child could play the lap drums. One child could do a tuba: “Ooom-pa-pa,” complete with deep knee bends.

The leader should have a list of suggestions ready. “I have a saxophone here” (non-existent, of course). “Who wants to play this accordion?”

Another alternative is to give the smaller children rhythm band instruments. They love the noise.

**Praise Cheer.** This cheer is done with clapping on the offbeat (that means that you are not clapping on the main words). Let three children present it as a special, then teach it to the whole group.

(1) Leader. **Jesus is the best**

**When all is said and done.**

**When I say, “Number,”**

**You say, “One.”**

**Yell. Tell it! Number**

**Children. One!**

**Leader. Number**

**Children. One!**

**Leader. Number, number**

**Children. One. One.**

**Rest. Clap. Clap.**

(2) **Leader. Praise comes first,**

**When all is said and done.**

**When I say, “Praise”**

**You say, “God.”**

**Yell. Yell it! Praise**

**Children. God!**

**Leader. Praise**

**Children. God!**

**Leader. Praise, praise,**

**Children. God! God!**

**Rest. Clap. Clap.**

Repeat the *POWER line* together. **Let everything that hath breath praise the**

**Lord!**

**Prayer Time (5 minutes)**

**How do we start our prayers? With praise. So let's have a praise break before we take prayer requests. Do so.**

**Do you know what stress is? It is that nervous, uptight, worried feeling that you get in your stomach when it is test time. It is also that Christmas morning can-we-open-the-stuff-now feeling. If you have too little stress, you can sleep all day like a cat. If you have too much stress, you get a tummy ache, feel nasty, and cannot sleep at all.**

**Thinking about our problems will make us feel stressed. But the Bible gives something that we can do to lower our stress level. Pray about our problem. Ask others to pray, and then let God take care of it.**

**Hold out your right hand. Put your problem in your palm. Go shake hands with someone and don't let go.**

**Still holding on? That is what happens if you pray about something, then keep worrying about it. It is like never letting go of someone's hand after shaking it. What started out as a good idea, just ties someone up when you won't let go.**

**Now, let go. Whew!**

**When you pray and leave the problem with God, it leaves God's hands free to work on your problem. What a good deal! God really knows how to fix your problems. You don't.**

Take prayer requests. Ask the children to raise their hands, palms

outstretched, symbolizing giving their problems to God. **Hold your hand open so God can take your problem and fix it.**

Lead in prayer.

### **Plug In**

The concept of praying and letting go is especially important for children. They feel guilty when they have prayed for something and it does not turn out in a way they expected. People die; parents divorce; families move, and sometimes God says, "No."

Help the children understand that their responsibility ends when they pass the problem to God in prayer. Then it becomes God's responsibility.

Come to think of it, adults need some practice in this area also.

### **Offering (12 minutes)**

**People exercise to keep their heart muscles healthy. Did you know that there are ways you can exercise to keep your spiritual heart healthy? One way to keep your heart from becoming cold and hard is to give.**

Stands behind the table in the front of the room. **This table is the offering platform. In each corner of the room is a praise station. You can earn offering pennies to build a Giving Tower of Power on this platform (table).**

**Go to a station, pick a praise category from the poster, and tell someone**

**about a blessing that God has given you. You can earn up to three pennies (one per testimony) at each station. Then bring the pennies you earned, along with the offering you brought, to the table to add to the Giving Tower of Power. Then go to another station. You can add as many coins as possible in the next ten minutes.**

Set the timer and get started building.

Start the tower with several coins at the base. The children build the tower as high as they can within the time frame.

**All our little coins together can be used to do great things for the kingdom of God.**

### **POWer of the Word**

**Memory Work** (7 minutes)

**When you pray, it is like taking a deep breath from an oxygen tank.**

**In the middle of a crisis, rescue workers sometimes have to take a break to refresh themselves so that they can continue saving lives. You have seen pictures of rescue workers, covered with soot and dirt, wearing oxygen masks and taking deep cleansing breaths.**

**When we Christians feel a little foggy or tired, we can take a deep cleansing breath by praying, and our thinking will clear.**

**Once after Jesus' disciples had listened to Him pray, one asked, "Lord, teach us to pray."**

**Jesus' reply was what we call the Lord's Prayer.**

Show the flashcards of Matthew 6:9-10. Help the children find this passage in their Bibles. Read these verses aloud together.

**Notice that this prayer begins with praise, acknowledging God as “our Father,” and praising His name, “Hallowed [holy] be thy name.”**

**When we say “thy kingdom come,” we are praying for people to be filled with the Holy Ghost. (See Romans 14:17.)**

**When we say “thy will be done,” we are praying for what is good and right because God’s will is always good.**

Remove the flashcards and bring out the board with these verses written on it. Erase a word or two. Ask for a volunteer to read the verses filling in the missing word(s). Then erase another word or phrase. Children love memorizing using this method.

### **Spirit Generator (3 minutes)**

To introduce the lesson, lead the children in singing, “Breathe on Me,” a cappella.

**Breathe on me. Breathe on me.**

**Holy Ghost power, breathe on me.**

**Yesterday’s gone; today I’m in need,**

**Holy Ghost power, breathe on me.**

### **Illustration Sermon (10-15 minutes)**

Hold your hand in the middle of your chest. Open and close it like a heart

pumping. **Your heart pumps blood and oxygen all through your body, especially to your brain. When the heart muscle does not get enough oxygen, it stops pumping, and the person has a heart attack. If the heart stops for four minutes, the person has brain damage.**

**I have asked a Super Emergency Medical Technician, called an EMT, to teach us some heart attack warning signs.**

Applaud as a figure, dressed in white, comes into the room. A little white cape (dishtowel) can add some super-hero-ness. The EMT plays it straight to Harry's goofy suggestions.

EMT: **Thank you for inviting me to your Children's Prayer Revival.  
Children make great EPW's.**

TEACHER: **EPW's? What's that?**

EMT: **Emergency Prayer Warriors. A lot of souls have been saved  
because of a child's prayer.**

The teacher and the EMT (or some of the children) share with the congregation testimonies from the revival resources of children who have been prayer intercessors.

EMT: **With proper training, a child can be a big help in an  
emergency.**

**Here are some early warning signs of a heart attack. Show  
flashcards.**

**First—indigestion or tummy ache.**

HARRY: Grabs his chest and mutters loudly. **I have a tummy ache. My mother said I ate too much pizza last night, but I think I'm having a heart attack.**

EMT: Ignores Harry. **Second—tightness, heaviness, or pain in the chest.**

HARRY: Grabs his foot. **I have a pain in my little toe. Do you think I'm having a heart attack in my toe? Oooohhhh! This is scary.**

EMT: **Third—pain in the neck, jaw, upper back, or inside of left arm, even though the person has not bumped or pulled any muscles in an injury.**

HARRY: Grabs his neck. **My big brother says that I am a pain in the neck. Maybe he's having a heart attack.**

EMT: **If anyone has any of these symptoms, he should get help immediately and go to the hospital. Hearts do not like to sit around waiting.**

**Knowing what to do can be as easy as A-B-C.**

HARRY: Stands and interrupts. **A—Always Apply Aspirin All Over. B—Eat Bowls of Bananas and Bounce Out of It. C—Carry a Cute Coat and Cuddly Cap.**

EMT: Holds up his hand. **Stop! Stop, you are misinformed and misguided. Your suggestions will not help anyone. Sit down!**  
(Or he could call Harry to the front to use as a victim for his demonstration. The demonstration should be light and easy. We

are not conducting a class in CPR. We are simply using CPR as an analogy for prayer.)

**The A-B-C's I am about to give you are important. They can save a person's life.** Calls three children to hold the flashcards.

***A is for airway.* If a person falls to the ground, check to see if he is breathing. If he has stopped, yell for help and call 911. Then, tilt his head back and lift up his chin to clear an airway.**

***B is for breathing.* Look, listen, and feel for breath. If he is not breathing, pinch his nose closed and give two full breaths into his mouth.**

***C is for circulation.* Place the heel of your hand on the lower part of the victim's breastbone or sternum. With your other hand directly on top of first hand, push down about one to two inches. You are pressing his heart, squeezing out the blood that just got some fresh oxygen from you. Circulation starts when you compress the heart.**

**Continue doing this without interruption until help comes.**

The teacher takes charge of the class.

**Thank you very much, Mr. Super EMT. Please give him a round of applause. Rescue workers save lives every day.**

Super EMT exits.

**As I listened to those warning signs, I realized that some of you already have had heart attacks.**

**No, not the kind that our Super EMT was talking about. I am talking about good heart attacks—spiritual heart attacks. Here are some of the signs.**

**You feel bad when someone has a problem that you cannot fix. That person's pain causes you pain because you are tenderhearted.**

**Your eyes fill with tears, and you have a heaviness in your chest when you think about other kids who are suffering.**

**Your jaw moves and your hands go up, as you pray and ask God to help them.**

**This is a good heart attack—a feeling of love and compassion. Circulation of God's love begins when our hearts are touched.**

**Prayer brings immediate relief to these kind of attacks.**

**Knowing what to do can be as easy as A-B-C. Refer back to the flashcards.**

***A is for airway.* If a person has been hurt by troubles or problems, check for spiritual breathing. If he has stopped praying, praising the Lord, and/or coming to church, call your parents, pastor, and teacher for help. Then, clear an airway to heaven for him by praising God. Start by thanking God for the special things about that person.**

***B is for breathing.* Look, listen, and feel for spiritual life. Is this person angry, silent, and/or depressed? Give him two healthy breaths of love. Tell him why you are glad that you know him and why he is special to God. Hurting people desperately need to be told and showed that they are loved.**

***C is for circulation.* Raise your hands to the Great Physician, Jesus**

**Christ. As you praise and pray, you pump the breath of the Holy Spirit to this suffering person whose spiritual heart is failing.**

**Continue praying until relief comes.**

**Raise your hand if you will commit to being an EPW (Emergency Prayer Warrior). We are going to pray a special anointing upon you that God will use you as an intercessor as He did (*refer back to the testimonies given*).**

Ask the adults present to circulate among the children praying for them individually, as you lead in a corporate dedication prayer.

After this prayer, ask the children to be seated and continue with the service.

#### **Invitation and Prayer (10 minutes)**

**Praise is like the tube on the oxygen tank. It gets God's Spirit into us and those for whom we pray. Praise breathes new life into us.**

**Prayer should start and end with praise.**

Show the children the American Sign Language sign for praise (a silent handclap).

**Psalm 150 tells us who, where, how, and why to praise God. As I read this chapter, clap your hands silently once every time you hear the word *praise*.**

Slowly and dramatically read Psalm 150 from your Bible.

**Prayer should begin and end with praise because praise breathes new life into us. It puts us in contact with God and brings life to others.**

**Psalm 100:4 says that we are to “enter into his gates with thanksgiving,**

**and into his courts with praise.”**

**In Bible days there was a high, strong wall around the king's palace. In the wall was a gate. To get into the king's presence, one had to go through the gate. After he went through the gate, he came into the courtyard where the king sat on his throne.**

Take a roll of masking tape and go to the back of the center aisle. **The gate is here.** Lay a strip of tape marking the gate.

Move to the altar. **This area around the altar is the court of the King of kings. Imagine that the pulpit is Jesus' throne and that He is sitting there, waiting for you to enter His court.**

**Let's line up and march into His court.** Ask the assistants to help the children line up behind the masking tape. Appoint two or three older children or adults to be the leaders. Encourage all the adults to fall in behind the children. Ask a musician to be ready to play, "I Will Enter His Gates."

**We are to enter into His gates with thanksgiving. So, as you enter the gate by crossing the line, start clapping your hands loudly and thanking Jesus for something He has done for you.**

**When you get to the area around the altar, raise your hands and start praising Him with all your heart. If you have not received the Holy Ghost, you can be speaking in tongues by the time you reach the altar.**

After everyone understands what they are to do, signal for the music to start. As the line moves through the gate, the presence of the Lord will sweep over the congregation and the Holy Ghost will fall.

### **Plug In**

Looking for more effective ways to pray with children? Try Bob Morgan's book, *How to Pray with a Child*.

As the children leave, remind them to wear their Children's Prayer Revival buttons to school and bring their friends to the next service.