LJ & FAMILY · MINISTRY KIT · EPISODE 23

Too Busy to Pray

A 20-minute lesson for Sunday school, VBS or midweek kids · 1 Thessalonians 5:17 and Luke 10:38–42

Questions or a church request: hello@ljandfamily.com · ljandfamily.com

AGES	4–10 (adaptations for 3–5 and 10–12 at the end)
YOU NEED	A screen for the episode · a jar and paper slips · crayons · the coloring page
EPISODE	Ep 23, Too Busy to Pray (3:42) · youtu.be/81UgRQnNphg
MEMORY VERSE	"Early in the morning… he went out… and prayed." Mark 1:35
BIBLE STORY	Mary and Martha (Luke 10:38–42)
THE ONE THING THEY TAKE HOME	God always loves to hear from us. Talking to Him first makes our whole day better.

The class plan

MIN		WHAT HAPPENS
0–2	**Welcome**	Ask: "What is something that keeps you really busy? Have you ever been too busy to do something important?" Let a few children answer.
2–6	**Watch**	Show Ep 23, Too Busy to Pray (3:42).
6–10	**Talk**	Three questions below. Let them answer before you do.
10–13	**Bible**	Tell how Martha was busy, but Mary sat with Jesus (Luke 10:38–42).
13–18	**Activity**	Make a class prayer jar (below).
18–20	**Pray**	Close with the episode prayer.

Talk about it (5 minutes)

1. Why did LJ skip praying at dinner and at bedtime? How did he feel lying in the dark?
He wanted to finish his castle and thought he had no time. He felt like something was missing. Help children see that God wants to hear from us every day.

2. Dad's grandpa taught him to pray first thing in the morning. What did Jakayla help LJ make?
A prayer jar filled with paper slips of people to pray for. Each morning LJ pulled out one name and prayed for that person.

3. Martha was busy, but Mary sat with Jesus. When is a good time in your day to talk to God?
Help children name real times: when they wake up, before meals, at bedtime, in the car. Any time is a good time to talk to God.

Open the Bible (4 minutes)

"Pray without ceasing." 1 Thessalonians 5:17 (WEB)

How to tell it

Set the scene: Jesus came to visit His friends, two sisters named Martha and Mary (Luke 10:38). Martha rushed all around the house, cooking and cleaning and hurrying (Luke 10:40). Pause and ask: have you ever been so busy you didn't stop? Mary sat right at Jesus' feet and listened to every word He said (Luke 10:39). Martha was upset, but Jesus said kindly, "Martha, Martha, you are worried about many things. Mary has chosen the good part" (Luke 10:41–42). Being busy is okay, but time with Jesus matters most.

Going deeper with older kids

With older kids, read Luke 10:38–42 and Mark 1:35 together. Was Martha doing something bad? Why did Jesus say Mary chose the good part? Jesus was very busy too, but He got up early to pray. Connect it to 1 Thessalonians 5:17: we can talk to God all through the day.

Activity: Make a prayer jar (4 minutes)

- Give each child two or three paper slips. Ask them to write or draw someone they want to pray for.
- Fold the slips and put them all into one class jar.
- Pull out three slips and pray together for those people in a short, simple prayer.
- Optional: send each child home with a small jar or envelope to start their own prayer jar.

A WORD OF CARE

Some children may want to pray for someone who is sick, a family member who has died, or a hard situation at home. Thank them for sharing and pray simply. If a child shares something worrying, listen calmly and follow your church's safeguarding steps.

Close in prayer (2 minutes)

Have the children fold their hands and repeat after you, one line at a time:

God, thank You that You always love to hear from me. Even when I am busy, help me remember to talk to You first. Thank You for my family and for today. Amen.

Adaptations

Ages 3–5

Let them draw one person on a slip and say a one-line prayer: “Thank You, God, for ___.”

Ages 10–12

Do the Going Deeper section. Talk about what distracts us from prayer, like screens and busy schedules, and plan one daily prayer time.

Large group

Make one big prayer jar for the whole group and pray for a few slips each week.

Short on time (10 minutes)

Watch from the prayer jar scene (2), one question (2), tell Mary and Martha (3), say the verse (2), pray (1).

A note for teachers

The heart of this lesson is that God always loves to hear from us, and time with Him is the best part of the day. Children should leave with a simple habit: talk to God first.

Send the family guide home with every child so families can watch and talk about it together. It is free to print and share at ljandfamily.com.