

# Bible Bowl Training: Week 3

Grab your Bible, strap on your thinking cap, warm up your page flipping fingers and let's dive into our training!

## Warm Up

Find a quiet place to go through this lesson. Sit comfortably and take a moment to calm your thoughts. Take a deep breath and slowly exhale as you count to 10. Repeat the memory verse from last week slowly, as a prayer. Find the page we used last week, the one that lists all the books of the Bible. Turn to it now. If you have trouble remembering how to find it, take a minute and review last week's lesson.

## Stretch

Let's ease into things by looking up a couple more Old Testament books. How about Job? (Hint: Job looks like "job", but when you say it, it actually rhymes with "robe"!) Look down the list of books until you come to the name Job. Find the page number where the Book of Job begins. Turn to that page.

You're doing great! The first line of the Book of Job tells you who the story is about: "There was once a man in the land of Uz whose name was Job."

Now let's find the Book of Jonah. It is also in the Old Testament. See if you can find it on your own.

Did you find it? The first line of the Book of Jonah says "Now the word of the Lord came to Jonah..." (If you did not find the book of Jonah in your Bible, ask someone to help you before you go any further.)

## Exercise

Now find the last book in the Old Testament: the Book of Malachi. Turn to the end of Malachi, and right at the end you'll see a few more full color pages in our Bible. Turn to the first of those now.

The first 3 full color pages show pictures of some things from Bible times. Can you find the picture of the coin? How is it different than the coins we use today?

Turn to the next two full color pages, with the words to the Lord's Prayer and the Beatitudes. These are two very important pieces of Scripture (remember that word from week one?) that many Christians have memorized. At our church, we say the Lord's Prayer every Sunday in our 9:00 worship service. Read the prayer in your Bible aloud. Do the words sound familiar? The prayer in your Bible is the same prayer we use on Sunday, but in words that sound more like how we talk everyday. So it's the same, but still a little different.

Do you see below the prayer where it says "See Matthew 6:9-13"? That tells you that this prayer is found in your Bible, in the Book of Matthew. The Book of Matthew is the

first book of the New Testament. Let's look at the Book of Matthew now. Can you find the first page?

The Book of Matthew is the first book of the New Testament, but it is also the first of four books in the Bible with a special name: **Gospels**. The **Gospels** are the first four books of the New Testament, and they tell the story of the life of Jesus. Sometimes the Book of Matthew is called the **Gospel** According to Matthew. And sometimes, we just call it "Matthew." The other **Gospels** are Mark, Luke, and John.

Turn to page 1116 in your Bible. If you look way down to the bottom of the page, 8 lines up from the bottom on the left side, you'll see the words "Pray then in this way:" followed by the words to the Lord's Prayer. We say the prayer almost like this on Sunday Mornings, with a few small changes. This prayer has been said by Christians for thousands of years. When you say this prayer, you are connected to all those people who loved God before you, and to all those who will come after you. Pretty cool, right?

## **Cool Down**



This week we will learn the beginning of the Lord's prayer, the way we say it here at Chapel Hill.

### **Memory Verse: Matthew 6:9-11**

*Our Father, who art in Heaven, hallowed be your name.*

*Your kingdom come, Your will be done, on earth as it is in heaven.*

Read this prayer to close your time today:

*Our Father, who art in Heaven, hallowed be your name.*

*Your kingdom come, Your will be done, on earth as it is in heaven.*

*Give us this day our daily bread,*

*And forgive us our trespasses, as we forgive those who trespass against us.*

*Lead us not into temptation, but deliver us from evil.*

*For thine is the kingdom, the power, and the glory forever, Amen.*



## **Stretch Again**

Look for the "Compass Icon" next to the Lord's Prayer in Matthew in your Bible. Read the box there. Jesus taught us to call God father, because God is like a parent in some ways. Can you think of three ways that your relationship with God is like your relationship with your mother or father? Submit your list at the Bible Bowl website.



## **New Training Equipment**

**Gospel:** *Gospel is another word for "Good News." The story of the life, death, and resurrection of Jesus Christ is THE best news Christians know of, so we call the books that tell those stories Gospels. The four Gospels in our Bible are the Gospels According to Matthew, Mark, Luke, and John*