

# Bible Bowl Training: Week 1

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. Hold your Bible in your hands. Take a minute to ask God to open your heart to hear God's Word during this time of study. Say your own prayer or use this one:

*God be with me and help me understand your Word so I can know you better and live in your love everyday. Amen.*



## Stretch

You may have used your Bible before, in Sunday School or at home, but did you know that it has more than just Bible stories inside? Your Bible has all sorts of pages that are designed to help you get to know God and the **Scriptures** better! **Scriptures** is another word for the words in the Bible. And even though they're ancient words, you'll see that they still have something important to say for us here and now!



## Exercise

Open your Bible to the first color page. This page is a reminder that this Bible was presented to you, given to you, by your church family. The grown-ups in the church know that learning to read and understand God's Word for us is one of the most important gifts we can give you. And both pastors signed your Bible as a reminder that they are here for you when you run into some of those BIG God questions that your parents can't help you answer.

Turn the page. Now you see a timeline of ALLLLL the stuff in the Bible. Stories that go back to the really real beginning of time, Creation, and stories about everything that happened after that, all the way until the first people in the first churches began to worship God in ways a lot like we do today! It can be hard to imagine how people who lived thousands of years ago can have something to say that matters to your life here, today. But turn the page two more times...

Here you see the Icon Legend. In the next few weeks as we build our buff Bible brains, make sure to watch for these Icons. When you see the Compass Icon, *Finding the Path*, you'll know you can find help in figuring out what the **Scriptures** mean for YOUR life.

Turn back one page. Look at all the different ways you can pray! Prayer is just another word for talking to and listening to God. And just like you can talk to your friends in lots of different ways, you can talk to God in lots of different ways. You can sing your prayers, like we do in our worship songs at church. You can write your prayers in a journal. You can say your prayers out loud or just silently think them in your head. You can lay down, stand up, kneel, dance, whatever you want. The only thing that matters is that you DO talk to God. God's Spirit is the key to understanding all that the Bible wants to say to us. When we pray for God to help us understand what God wants to say through the **Scripture**, the Spirit will move our hearts and fill us with wisdom! What an awesome God we serve!!



## **Cool Down**

This first week we begin with a memory verse that reminds us that when we read the Bible we allow God's Spirit to lead us in life. And when we do that, we will live as children of God. You can see if you can find this scripture on your own, or you can just print out the memory verse card from the Bible Bowl website. We'll be learning how to look up verses soon, but for today, we just need to remember that we are God's children!

### **Memory Verse: Romans 8:14**

*For all who are led by the Spirit of God are children of God.*

Read this **Scripture**, and then pray, any which way feels right to you! If you'd like, you can use this prayer, or sing or dance your own!

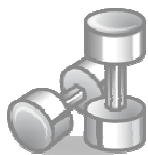
*God, thank you for this church that cares enough to give me this Bible. Thank you for the words that help me know You better and serve You in all I do.*

*Help me understand what I read. Help me to grow closer to you as I read the stories of people who have in years gone by. Create in me a love for your Word that will help me grow. Amen.*



## **Stretch Again**

Your assignment this week is to consider what it means to you to have this Bible gift from the church. Put your thoughts into a sentence or two and submit them on the Bible Bowl website.



## **New Training Equipment**

**Scripture:** *The words in the bible. As Christians we believe that through the Scriptures, God is able to touch our lives.*