

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 in your Bible we used last week, the one that lists all the books of the Bible. 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, let's look at the Book of Matthew. 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. The **Gospels** are each different stories of one life, and so sometimes we find the same story told different ways in the different books. Let me show you what I mean:

Turn to page 1064 in your Bible. If you look at the very top of the second column, you'll see the words "Pray then in this way:" followed by the words to the Lord's Prayer. We say this prayer almost like this on most Sunday Mornings, with a few small changes. Does it sound familiar to you?

Now, turn to page 1146 in your Bible. If you look at the first full line of words below the giant orange “11” on the page, you’ll see these words: “He said to them, “When you pray, say:” followed by Luke’s version of the Lord’s Prayer. This version is a little shorter than the one in Matthew, but I bet it still sounds pretty familiar, am I right? When we see that this prayer was important enough to be written into the story of Jesus life by TWO different authors, we can see why this prayer is still important today. 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?

Now I want to show you something else handy in your Spark Bible, the Glossary. Go ahead and flip to the back of your Bible, right before the thicker map pages (we’ll get to those later!) Starting on page 1403 you have a glossary to help you make sense of what you read in your Bible. Can you find “Daily Bread” in your glossary? Is that what you thought that phrase meant?

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

In the Lord’s Prayer, 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*