

## SLEEPWALKING LIZ

Liz doesn't sleep for days because he is preparing for the big spelling bee.

### Let's Get Started

**Episode Theme:** Ask and Pray.

1. [Philippians 4:6-7](#) says, "Do not worry about anything, but pray about everything." What do you worry about? Do you ever pray to God about the things you are worrying about?
2. [In Matthew 26:36-46](#) Jesus went to the garden of Gethsemane to pray. He wanted to pray alone. He was feeling very sad about what was about to happen. Jesus knew he was going to go through some horrible things. He prayed for God to send another way. But he finished his prayer saying that he would do whatever God's will was. Jesus shows us prayer should look like. Think about how Jesus prayed as you listen to today's program.

### Memory Verse

<sup>6</sup> Don't worry about anything, but pray about everything. With thankful hearts offer up your prayers and requests to God. <sup>7</sup> Then, because you belong to Christ Jesus, God will bless you with peace that no one can completely understand. And this peace will control the way you think and feel.  
**Philippians 4:6-7**

### After You Listen

In this episode, Liz worries so much about winning that he doesn't sleep for days.

God is not a genie or Santa Claus. Sometimes you might pray for what you want and not what you need. Just because you pray for something doesn't mean that you should get it. God does respond to prayer. [1 John 5:14](#) says that God hears our prayers when what we pray for what pleases him.

But he doesn't always respond in the way we want or expect. Sometimes he says yes to our prayers. But sometimes he says we have to wait. He may have a different way of fulfilling what you need. Or, he may say no. Praying is communicating with your Lord—both talking and listening. God answers your prayers—and even when his answer is "no" or "wait," you can know that God is far wiser than you are. You can trust God and his answers.

Want to dig deeper about prayer? Read [1 John 5:14](#), [Ephesians 6:18](#) and [Jeremiah 29:12](#).

### Challenge

Make some prayer hands to help you focus your prayer time. Trace your hand 6 times on paper and cut them all out. The first hand will be the cover, which you can decorate. On the second hand print the letter A and write "Adore God". Begin your prayer with praising him for being great! Print C on the next hand and write the word "Confession". Confess your sins and ask God to forgive you. T goes on the next hand as well as the word "Thanksgiving". Remember to thank him for all you have. The last card has S on it. Write this and the words "Supply Needs". Ask God about the things that are on your heart. He wants to hear what you

have to say! Did you see what word it spells? ACTS. Staple or put a ring through the hands to make a little book. Use the prayer hands and the word ACTS to guide your prayer time as you pray every day this week.

## Take the Episode Quiz

**Question 1:** With what word did Liz win the first spelling bee?

**Answer:** "Quorum".

---

**Question 2:** Name some members of Liz's Bible study.

**Answer:** Scooter, Lucille and Granny Gecko

---

**Question 3:** When Liz is up all night, what book is he trying to memorize?

**Answer:** He is trying to memorize the dictionary.

---

**Question 4:** Who are the two contestants from Primasaurus Elementary School?

**Answer:** Bouncy Flipperfin and Trixie Fishbender.

---