

God Always Hears Us

BIG IDEA

**God always hears us,
and we can talk to Him
about anything.**

LEADER GOAL

Help students understand that prayer is simply talking with God, who always listens because He loves us. Encourage students to see that their voice matters—not only at K2K, but also to God, who welcomes every joy, question, fear, and hope they bring to Him.

WELCOME + CONNECT

LEADER SAYS

"Welcome back, everyone!

How has your week been? Last week, we talked about curiosity and asking questions.

Did anyone find themselves really curious about something this week? What was it?"

(Allow students to share.)

LIVE SPARK

GOD ALWAYS HEARS ME

GRAB

Phone using the Voice Memos / voice recorder app

IDEA

When we don't get a response, we can wonder whether anyone was really listening.

SPARK

God always hears me.

DO/SAY

[Hold up your phone.]
 "I'm going to record a message."
 [Record yourself saying:]
 "Today was a really hard day, and I wish someone understood."
 [Stop recording. Look at the phone and wait.]
 "Okay... Now what?"
 [Pause.]
 "It recorded everything I said. But it didn't answer me.
 And when we don't get an answer, sometimes we start wondering: Did anyone actually hear me?
 Have you ever felt that way? Like you were trying to tell someone something that really mattered—and you just wanted to know they were listening?
 Sometimes people wonder the same thing about prayer. If I talk to God... is He really listening?
 That's what we're going to explore today.
 And here's our Spark: God always hears me.
 You can talk to Him about your good days, your hard days, your questions, your fears—anything.
 And you don't need perfect words. God hears you. Let's get started."

THEN

Move directly into Part of Your World — Your Voice Matters.



STORY CONNECTION

PART OF YOUR WORLD — YOUR VOICE MATTERS

LEADER SAYS

“One of the most famous songs in *The Little Mermaid* is ‘Part of Your World.’ As Ariel sings, we discover something important. She doesn’t just want to visit the human world. She wants someone to understand how she feels.”

She wishes her father, King Triton, would listen to her heart instead of simply telling her what she can and can’t do.

Have you ever felt like that? Maybe you wanted someone to understand what you were going through.

Maybe you tried explaining yourself, but it felt like no one was really listening. Or maybe you felt like your opinion didn’t matter.

Those moments can feel lonely.

One of the amazing things about God is that He never ignores us. He always listens.

No matter what’s happening in our lives. Whether we’re excited. Confused. Happy. Frustrated. Or afraid.

God invites us to come to Him. Your voice matters to Him.

And just as we want K2K to be a place where every student feels heard and valued, God wants you to know that your voice matters to Him every single day.”

DISCUSSION QUESTIONS

“Let’s talk together.”

1

Have you ever experienced a time when you felt like your voice wasn’t being heard or valued?

2

How does it feel when someone really listens to you?

3

What does it mean for someone’s voice to be both heard and valued?

4

What are some ways we can show people that we’re really listening to them?



SPIRITUAL PRACTICE

PRAYER — GOD HEARS YOU

LEADER SAYS

"For the last few weeks we've been learning about who God is. We've learned about God the Father. We've learned about Jesus. We've learned about the Holy Spirit."

Leader Note — The Holy Trinity: The Bible teaches that there is one God who exists as three distinct persons: the Father, the Son, and the Holy Spirit. Each is fully and equally God, and together they have always existed in a perfect triune relationship of love.

Today we're going to learn one of the simplest and most important ways we can grow closer to God: prayer.

Prayer is simply talking with God. Just like you talk with a friend or someone you trust, God invites us to talk with Him.

Sometimes, if you've never prayed before, it might feel like you're talking into the air. That's normal. But the Bible reminds us that God is always listening.

JEREMIAH 29:12-13

"You will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart."

What an amazing promise. God hears us.

Prayer doesn't require special words. You don't have to sound impressive. You don't have to memorize anything. You can simply be honest.

You can thank God for good things. You can ask for help. You can tell Him when you're worried. You can admit when you've made mistakes. You can ask questions.

Prayer isn't just about asking God for things. It's about building a relationship with Him.

Just like every friendship grows through conversation, our relationship with God grows as we spend time talking with Him. And the wonderful thing is this: God never gets tired of listening. Because He loves you."

STUDENT REFLECTION

"Today we've talked about prayer and about how God always hears us. Let's reflect together."

PROMPT: What makes it frustrating when people don't listen or understand us?

THIS WEEK — YOUR CHALLENGE!

"This week, your challenge is simple. Take a few minutes each day to talk with God. It doesn't have to be long. Just tell Him about your day. Share something you're thankful for. Tell Him what's worrying you. Or ask Him a question you've been wondering about. Remember, God always hears you."

CLOSING PRAYER

Dear God,
Thank You that You are always ready to listen to us.
Thank You that our voices matter to You and that we never have to wonder whether You care about what we're going through.
Help us become people who listen well to others, just as You listen to us with love and compassion. Teach us to grow closer to You through prayer and to trust that You hear every word we bring to You.
Thank You for K2K and for making this a place where every student is welcomed, valued, and heard.
Amen."

Connection Activities



SUPPLIES

Small slips of paper; pens/markers; bottle/jar/container



ACTIVITY 1 | HEAR ME OUT

- Pair students up.
- Give each pair a simple topic: Best Disney movie; best season; pineapple on pizza?; morning person or night owl?
- Partner A gets 30 seconds to share their opinion.
- Partner B cannot respond yet. They must first summarize what they heard. Then switch.



ACTIVITY 2 | MESSAGE IN A BOTTLE

Supplies: small slips of paper, pens/markers, bottle/jar/container

- Give each student a slip of paper and a pen.
- Explain that sometimes we have thoughts, worries, hopes, or prayers that we wish someone would hear.

Ask students to write one of the following:

- A prayer to God
- A worry they want to give to God
- A hope for the future
- Something they are thankful for
- Something they wish people understood about them
- Once everyone has finished writing, have students fold their paper and place it in the "Message in a Bottle."
- Remind students that they do not have to share what they wrote unless they want to.
- Invite volunteers to share if they feel comfortable.

Connection:

Just like Ariel wanted her voice to be heard, we all want someone to listen to us. The good news is that God always hears us. No prayer, worry, hope, or dream is too small for Him. When we talk to God, we can trust that He is listening.