

## X-MEN: HOW TO BE A CHRISTIAN Introduction and Unit 1

Welcome to X-MEN: How To Be A Christian. This curriculum is geared for upper elementary children to teach them the basic tenets and disciplines of Christianity. Think of it as Christianity 101 for kids. The lessons are a mix of theory and practice best done in small groups or class settings where children can ask questions and participate in discussions.

There is an Introduction lesson to help excite children to the X-Men theme. Why X-Men? We explain it in the lesson, but basically, it is because the children of God are different, not of this world, and changed into new creations.



Fun Fact: The Greek word for Christ is "ΧΡΙΣΤΟΣ" and the Chi Rho is an early Christian symbol (like today's fish symbol) taken from the first two letters, X and P. If we take that first letter, X, that stood for the C in Christ, you can say we really are X-Men!

There is also a Workbook for the children. We recommend printing one for each child and keeping it in a safe place at church so the children don't have to worry about losing it or remembering to bring it every Sunday.

We also recommend having a Bible for each child, or giving them incentives to bring their own every week, since there are a lot of Scripture references in the lessons.

Lastly, prepare a CD or playlist on your phone of worship music your children are familiar with since there will be time allotted for worship and prayer.

It is our prayer that children will have a basic understanding of Christian beliefs and disciplines that will become a foundation for their spiritual journey.

I also encourage you, leader, not to discount the ability of your children to understand concepts that seem too big or only for adults and big church. Pray for the Holy Spirit to help you teach and your children to understand, and allow these lessons to be spiritual seeds in their lives.

-Angela of Kidmin Together

*kidmin*  
TOGETHER

## INTRODUCTION: Why am I an X-Men?

### What is an X-Men?

X-Men are mutants, different from their very core.

### How are Christians like X-Men?

*Read and discuss the following Bible verses.*

**2 Corinthians 5:17**, “Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!”

- What does it mean to be a new creation in Christ? (It means we asked Jesus to be our Savior. When we do that, God forgives our sins. It’s like doing laundry. All the dirt is sin, but when Jesus is our Savior, He washes away our sin. We’re new inside.)
- When we are a new creation in Christ, we are called Christians or Christ-people. People who belong to Jesus Christ!

**John 17:16** (Jesus praying), “They don’t belong to the world, the same as I don’t belong to the world.”

- Why did Jesus say we don’t belong to the world? (Because we belong to God. The world that Jesus is talking about is not geographically. We still physically live on Earth, in the USA, and in CA. But our hearts, minds, spirits, and everything else belong to God.)

**Romans 12: 2**, “Do not be shaped by this world. Instead be changed within by a new way of thinking. Then you will be able to decide what God wants for you. And you will be able to know what is good and pleasing to God and what is perfect.”

- Why does the Bible tell us to change our way of thinking? (Because as Christians, we should act the way God wants us to act, and we can figure out what God wants us to do by changing the way we think.)
- How can we think in a new way? (By following what the Bible teaches us because the Bible is the Word of God - it has His instructions like love your enemies, which is weird and doesn’t make sense to other people).

**John 15:19** (Jesus talking to His followers), “If you belonged to the world, then it would love you as it loves its own. But I have chosen you out of the world. So you don’t belong to it. That is why the world hates you.”

- Why does the world hate Christians? (Because we don’t belong to the world, we belong to God. It’s like in the X-Men movies. They are different and many people hate them. As Christians, we are different. Many people in the world don’t understand us because they

don't understand God. Many people don't love God or believe in God, so they don't love us too.

**Ephesians 4:17-24**; International Children's Bible (ICB); The Way You Should Live

17 In the Lord's name, I tell you this. I warn you: Do not continue living like those who do not believe. Their thoughts are worth nothing. 18 They do not understand. They know nothing, because they refuse to listen. So they cannot have the life that God gives. 19 They have lost their feeling of shame. And they use their lives for doing evil. More and more they want to do all kinds of evil things. 20 But the things you learned in Christ were not like this. 21 I know that you heard about him, and you are in him; so you were taught the truth. Yes, the truth is in Jesus. 22 You were taught to leave your old self—to stop living the evil way you lived before. That old self becomes worse and worse because people are fooled by the evil things they want to do. 23 But you were taught to be made new in your hearts. 24 You were taught to become a new person. That new person is made to be like God—made to be truly good and holy.

- What does the Bible (Paul) warn us not to do? (He warns us not to live like those who don't believe in God)
- Where does Paul say the truth is in? (In Jesus)
- How do we leave our old selves? (by stopping to live like the way we lived before, doing evil/bad things and not caring that we did bad things)
- Where are we made new? (in our hearts)
- We are supposed to be new people. What is that new people made to be like? (made to be like God, truly good and holy)

Review:

1. How can we become a new creation? (by accepting Jesus as our Savior).
2. How are Christians like X-Men? (We are different. The world hate us. We don't belong to the world)
3. If we don't belong to the world, where do we belong? (We belong to God)
4. How should Christians think or live? (according to how God wants us to think/live)

Discussion:

*Dive deeper with these questions. These questions need more time of thinking, reflecting, and soul-searching.*

1. If the world hates Christians, why should we be Christians?
2. If Christians are like X-Men and X-Men have powers, do Christians have powers, too?
3. Have you really accepted Jesus Christ as the Lord and Savior of your life? (This is a good time to lead kids to salvation if they haven't accepted Jesus as their Savior).

Activity: My X-Men Profile

Fill out the "My X-Men Profile" page on their workbooks.

## UNIT 1: Worship & Prayer

The best way to learn how to worship God and pray to Him is to do it. To start. To practice. To dive right in. The only wrong way we can worship and pray is if we don't do it from the heart, like doing it to show off or doing it out of pride or doing it when our hearts are full of unforgiveness. The lessons in this unit will be short because the most important part of them is practice. Spend time in worship and prayer with your kids.

Don't hold back the Holy Spirit from moving in the lives of your children. Remember when you first started worshipping and praying to God. You were probably awkward and unsure of what to do, but the more you did it, the easier it became. That's because it became part of your life and because you grew in your relationship with God.

This unit on worship and prayer will only scratch the surface, but it's a great start for children to begin a lifestyle of worship and prayer. We also put worship and prayer together because worship can be a form of prayer and can also help us pray to God.

The last lesson in this unit is about the Holy Spirit and covers speaking in tongues/different languages. If you haven't already done so, look at the About Page of Kidmin Together where this lesson is from. I, Angela, the writer of Kidmin Together, come from a Pentecostal background and wrote these lessons primarily for the children of my church to teach them about what they see in practice at our church. If your church does not practice the gift of speaking in tongues/different languages or if you feel it will only further confuse your children, please modify the lesson according to your needs or leave it out altogether.

Don't forget to immerse *yourself* in worship and prayer!

### Overview

Lesson 1: What is Praise and Worship

Lesson 2: What is Prayer

Lesson 3: Put It To Practice

Lesson 4: Who is the Holy Spirit?

## Lesson 1: What is Praise and Worship?

### What is Praise and Worship?

Praise and Worship is a way we show God we love Him.

Read Hebrews 13:15, "So through Jesus let us always offer our sacrifice to God. This sacrifice is our praise, coming from lips that speak his name."

Say: The word "sacrifice" in this verse means "offering" because a sacrifice is something we give. An offering is something we give to God.

Praise and worship also sometimes feel like a sacrifice (something hard to do) because we don't always feel like praising or worshipping God.

Ask: What is one time when you don't feel like praising or worshipping God?

Say: Perhaps during church! When we're all together during Praise and Worship time, what do you do? Do you stand up and clap your hands along with everyone? Do you sing the songs along with everyone? Or are you sitting on the chair playing on a phone or table? Are you in the kitchen getting food or drinks or playing with your friends?

Sometimes, we're too distracted, but nothing should stop us from showing God we love Him. Why? Read Luke 4:8, "Jesus answered, 'It is written in the Scriptures: You must worship the Lord your God. Serve only him!'"

### How should we worship?

Read John 4:23-24 (Jesus talking), "The time is coming when the true worshipers will worship the Father in spirit and truth. That time is now here. And these are the kinds of worshipers the Father wants. God is spirit. Those who worship God must worship in spirit and truth."

Say: Jesus said we should worship God in spirit and truth. If we do that, we are true worshippers. How can we be true worshippers? We should worship with all of our hearts because we love God. Not to show off or look good. Not prideful, but humble. Not caring what other people think. All that matters is God.

### Put It Into Practice

*Prepare a worship soundtrack beforehand or use a playlist on a music streaming site. Use these tips to help children be in a spirit of worship.*

Say: We're going to spend the rest of our time worshipping God. Worship is our time with God. This is a safe place. Nobody is allowed to distract anyone. Nobody is allowed to judge anyone else. Everyone is free to worship God. You can raise your hands, sing out loud, sing quietly, or even cry if God touches your heart.

- Dim the lights if possible.
- Instruct kids to close their eyes and focus on the music and lyrics, forgetting who is in the room with them.
- Don't rush it! The moment you start getting tired of the music may be the moment kids are only starting to get into it.

*About 5 minutes before class ends, close in prayer and ask the kids how they feel and how God touched their hearts.*

## Lesson 2: What is Prayer?

### What is Prayer?

Prayer is a way we converse (have a conversation with) with God. Having a conversation with someone is a two-way street. When you talk with your friends, you talk and you listen. Someone who talks all the time, but never listens to what you have to say isn't really your friend. How do you talk with God? Do you talk all the time, but never listen to Him or do you take the time to listen?

Read 1 Thessalonians 5:17, "Never stop praying."

### Why do we pray for other people?

Read Matthew 18:19-20, "Also, I tell you that if two of you on earth agree about something, then you can pray for it. And the thing you ask for will be done for you by my Father in heaven. This is true because if two or three people come together in my name, I am there with them."

There is power when we pray together. When at least two of us pray together, Jesus said He is with us. When we agree and support each other's prayers, God listens.

### How should we pray?

We can pray anywhere and at any time! But it's a great idea to also have a time of prayer when we can really focus. That may be in the morning or at night before going to sleep. We should go someplace we won't be interrupted.

When our prayer comes from our hearts (and not from bad intentions), there's no wrong way to pray, but there are different kinds of prayer we should remember. We can use ACTS to remember.

**Adoration:** worshipping God, telling God how awesome He is because He is! Read Psalm 29:2, "Praise the Lord for the glory of his name. Worship the Lord because he is holy."

**Confession:** confessing our sins to God and asking God to forgive us *just like we forgive others* means we have already forgiven others. Read 1 John 1:9, "If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness." Read Mark 11:25, "When you are praying, and you remember that you are angry with another person about something, then forgive him. If you do this, then your Father in heaven will also forgive your sins."

**Thanksgiving:** thanking God for everything He has done, like worshipping Him too, but can be specific, like thanking God for answering a prayer. Read Ephesians 5:20, "Always give thanks to God the Father for everything, in the name of our Lord Jesus Christ."

**Supplication:** asking God for something for yourself or for other people. Read Philippians 4:6, “Do not worry about anything. But pray and ask God for everything you need. And when you pray, always give thanks.”

Remember that prayer is talking *with* God. After we talk, it’s His turn. So the last part of our prayer is listening to God.

We end our prayer with, “In Jesus’ Name, Amen” because Jesus said in John 14:13-14, “And I will do whatever you ask in my name, so that the Father may be glorified in the Son. 14 You may ask me for anything in my name, and I will do it.”

### How do we listen to God?

God wants to speak with us! But listening can be hard because God doesn’t call, text, or email. You can hear His voice in your heart and spirit. Inside you where it’s not always so quiet. There are so many thoughts running in our heads like things we need to do, worries we have, or something that happened that’s bothering us.

- Stop talking either out loud or in your head.
- If a distracting thought comes in your head, say, “Ok. I give that to God.” Then be quiet again.
- You can pray, “Please help me hear Your voice, God. I’m here, listening.”
- You can play worship music softly in the background.

### Put It Into Practice

*For the rest of class time, pray together. Use the tips below to help kids pray.*

- Make a class list of prayer requests and assign a request for each child to pray for.
- If your kids are not used to praying, have them write out their prayer. It’s okay to write down your prayer and then read it out loud. If it’s from your heart, God hears it.
- If you still have a lot of time after praying together, use the time to pray separately. Play worship music in the background and dim the lights if possible.
- Make sure to take the time to be quiet and listen to God!

*About 5 minutes before class ends, close in prayer and ask the kids what they heard from God. Tell them to write it in their workbooks.*



### Lesson 3: Put It Into Practice

*This isn't quite a lesson, but at time for you and your kids to dive deeper into Worship and Prayer.*

#### Step 1: Make a list

Popcorn prayer may be harder for kids, especially those who are not used to it.

- Make a list of things of general things to pray for and write it where everyone can see. Things you can pray for: your church, your country, something you heard in the news, etc.
- Make a second list for personal prayer requests.
- Assign who will pray for what.
- If kids want to write down their prayers, give them a couple of minutes to do so.

#### Step 2: Give instructions

Give clear instructions and expectations for your kids to follow.

- Tell the kids that you will start with worship. Remind them how to worship God: to close their eyes, don't mind who's in the room, focus on singing to God, and that they're in a safe place to raise their hands, sing aloud or silently, etc.
- Say that you will start the prayer.
- Then the turn goes to the person on your left, and then to the person on their left, and so on.
- The last person to pray will be you, but before ending the prayer, take time to listen to God.
- Remind the kids to have a spirit of worship and prayer.
- Remind kids what it means and how to be silent and listen to God.
- Remind the kids what they are assigned to pray for.

#### Step 3: Start with worship

- Start by playing and singing a few worship songs.
- Take your time and don't rush it. Allow the Holy Spirit to use the music to usher everyone in the presence of God.
- Dim the lights if possible.

#### Step 4: Start the prayer

- Lower the music and start the prayer. Don't forget to take time to be silent and listen to God.

#### Step 5: Pause and reflect

- After praying, ask the kids what they heard from God.
- Don't lose momentum and don't go off-topic.

#### Step 6: Pray individually

- Move into individual prayers. Tell kids it's now their turn to pray to God one-on-one.
- Instruct kids to separate from each other. Tell them you'll play worship music in the background as they pray, and you will let them know when time is up. Don't tell them for how long you will pray individually. If they ask, tell them it's up to them and God. How long do they want to talk with God for? Remind them to take the time to be silent and listen.
- Kids can write down their prayers and write down what they hear from God. Be aware that some kids may be distracted with having something to write with. Also be aware that some kids communicate through art and may doodle prayers. That's okay. If they're distracted, gently refocus them.
- Dim the lights is possible and play worship music softly. If possible, use instrumental worship music so the lyrics won't be a distraction.
- As the kids pray, you can pray over them. Pray for the Holy Spirit to show you when time is up.

#### Step 7: Pause and Reflect

- When time is up, lower the music and gently call the kids back together.
- Ask them to share what they heard from God. When we share, it's called giving a testimony. Testimonies encourage each other by reminding us of God's love and goodness. If it's too personal, it's okay if they don't share.

#### Step 8: Workbook Activity

Instruct the kids to write about their experience in their workbook.

## Lesson 4: Who is the Holy Spirit?

*This introductory lesson on the Holy Spirit is in the Worship and Prayer unit because one of the ways the Helper helps us is with prayer. Kids in a Pentecostal church may also have already been exposed to speaking in tongues, but may not understand it. This lesson will give kids a basic understanding of the Holy Spirit and how He helps us.*

*At the end of the lesson, you will have a Put It Into Practice time for Worship and Prayer, just as you've done in the past lessons. Could the Holy Spirit baptize your kids and allow them to speak in tongues right in your class? Yes, God can do anything, but kids (like adults) need to be receptive. Part of their receptiveness will come from the environment you set up. Pray for the Holy Spirit to lead you and your kids into the right hearts and attitudes to worship and pray. You can pray and Him to baptize your kids, but don't force anything and don't get frustrated if you can an outcome you do not like.*

### Introduction

Say: The X-Men are divided into good and bad teams. Who is the leader of the bad X-Men? (Answer: Magneto). Who is the leader of the good X-Men? (Answer: Professor X or Xavier). Professor X and Magneto help their team become better at what they do. We have a Helper too, who helps us become better at what we do as X-Men for Jesus. His name is Holy Spirit.

Ask: What do you know about the Holy Spirit?

*All for a quick discussion so you can assess where your kids are.*

### What does Jesus say about the Holy Spirit?

Read the following verses.

John 14:16-17 (ICB)

"I will ask the Father, and he will give you another Helper. He will give you this Helper to be with you forever. The Helper is the Spirit of truth. The world cannot accept him because it does not see him or know him. But you know him. He lives with you and he will be in you."

John 14:26 (ICB)

"But the Helper will teach you everything. He will cause you to remember all the things I told you. This Helper is the Holy Spirit whom the Father will send in my name."

Acts 1:8 (ICB)

"But the Holy Spirit will come to you. Then you will receive power. You will be my witnesses—in Jerusalem, in all of Judea, in Samaria, and in every part of the world."

Review Questions:

1. Who is the Helper? (Answer: The Holy Spirit)
2. Jesus said the Helper is the Spirit of what? (Answer: Spirit of truth)

3. Jesus said the Holy Spirit will do what? (Answer: Teach us everything, help us remember what Jesus told us, give us power)
4. What power will the Holy Spirit give us? (Answer: Power to be the witnesses of Jesus)
5. Where is the Holy Spirit? (Answer: With us and in us forever)

#### What does Paul say about the Holy Spirit?

Read Romans 8:26-27 (ICB)

“Also, the Spirit helps us. We are very weak, but the Spirit helps us with our weakness. We do not know how to pray as we should. But the Spirit himself speaks to God for us, even begs God for us. The Spirit speaks to God with deep feelings that words cannot explain. God can see what is in people’s hearts. And he knows what is in the mind of the Spirit, because the Spirit speaks to God for his people in the way that God wants.”

Review Questions:

1. The Spirit helps us with our \_\_\_\_\_. (Answer: weakness)
2. Who speaks to God for us? (Answer: The Holy Spirit)
3. How does the Holy Spirit speak to God for us? (Answer: with deep feelings that words cannot explain, in the way that God wants)

#### What did the Holy Spirit do when He came?

Read the following verses.

Acts 2:1-4 (ICB)

“When the day of Pentecost came, they were all together in one place. Suddenly a noise came from heaven. It sounded like a strong wind blowing. This noise filled the whole house where they were sitting. They saw something that looked like flames of fire. The flames were separated and stood over each person there. They were all filled with the Holy Spirit, and they began to speak different languages. The Holy Spirit was giving them the power to speak these languages.”

Review Questions:

1. When did the Holy Spirit come? (Answer: the day of Pentecost). Explain: The day of Pentecost is a festival the Jews celebrated. Now it’s known as the day the Holy Spirit came.
2. Who was all together when the Holy Spirit came? (Answer: it was Jesus’ disciples. They were in a place called the Upper Room, waiting for the Holy Spirit to come like Jesus told them to)
3. What did they hear when the Holy Spirit came? (Answer: a noise from heaven that sounded like a strong wind blowing)
4. What did they see when the Holy Spirit came? (Answer: flames of fire above each person)
5. What did they say when the Holy Spirit came? (Answer: we don’t know, but they said it in different languages!)

6. Who gave them power to speak different languages? (Answer: the Holy Spirit)

Acts 4:31 (ICB)

“After they had prayed, the place where they were meeting was shaken. They were all filled with the Holy Spirit, and they spoke God’s word without fear.”

Review Questions:

1. Who was praying? (Answer: a group of believers)
2. What happened after they prayed? (Answer: the place shook and they were filled with the Holy Spirit)
3. What did they do after the Holy Spirit came? (Answer: they spoke God’s word without fear)

What does the Holy Spirit do for us?

Make a list of what the Holy Spirit does for us, based on what kids just learned.

Speaking in Tongues

Say: The Holy Spirit gave the followers of Jesus power to speak different languages. Does He still do that today for us and other Christians? (Answer: Yes) In church, we call it Speaking In Tongues. The word “tongues” is an old synonym for the word “languages.”

Ask: Have you ever heard anyone in church speak or pray or sing to God in a different language?

Say: You might have seen people at church doing this during Praise and Worship or during a prayer meeting.

Ask: What do you think about it?

Say: Remember that we are X-Men for Jesus. We are different and there are things about us that may seem hard to understand. Speaking in tongues or different languages is one of those things. That’s why we’re learning about it and what the Bible says about it.

Read the following verses:

1 Corinthians 14:2 (ICB)

“One who has the gift of speaking in a different language is not speaking to people. He is speaking to God. No one understands him—he is speaking secret things through the Spirit.”

Say: When we speak in a different language, we are speaking to God! We’re speaking through the Holy Spirit. Nobody understands us and we may not even understand what we’re saying, but God understands.

1 Corinthians 14:14-15 (NLT)

“For if I pray in tongues, my spirit is praying, but I don’t understand what I am saying. Well then, what shall I do? I will pray in the spirit, and I will also pray in words I understand. I will sing in the spirit, and I will also sing in words I understand.

Say: We can pray in tongues or different languages. That is the Holy Spirit praying through us. But we can also pray with our own words. We can sing (or worship) in different languages and with our own words. Both is good to do!

Mark 16:17 (ICB)

“And those who believe will be able to do these things as proof: They will use my name to force demons out of people. They will speak in languages they never learned.”

Say: Jesus said these words. Jesus said His followers/believers - that’s us - will speak in languages we never learned. That’s through the power of the Holy Spirit!

Ask: If you follow and believe in Jesus, can you speak in different languages through the Holy Spirit? (Answer: Yes!)

Ask: Do you want to?

How do you speak in tongues?

Ask: How can we start speaking in different languages?

Say: The Holy Spirit gives us the power to speak in different languages. The Bible says it is a gift. We can ask the Holy Spirit to bless us with this gift. There are also other things we need to do.

Ask: When you have something to say out loud, what do you do?

Say: You say it out loud! With your voice! The Holy Spirit will not force our mouths to open and our voice boxes to speak. That’s not how He works because we’re not puppets. We need to open our mouths and use our voices. We can start by singing worship songs or praising God. Some things we can say to praise God are:

- God, you are holy.
- You are magnificent.
- Hallelujah, Father. I praise You.

Ask: What are other things you can say to praise God?

Put It Into Practice

Say: Like we’ve been doing before, we are going to worship and pray to God. If you want the Holy Spirit to bless you with the gift of speaking in a different language, you need to use your

voice during worship. It's up to you and God. Just tell Him how much you love Him. It's okay if you don't speak in a different language or if you don't want to do it right now. It's still a great idea to worship and pray to God!

*Spend time in worship and prayer. You can ask for prayer requests and assign them out, too.*