

How do I pray?

This session can be done with an adult family member or independently. Answers to questions can be written in the spaces provided.

Do you ever pray to Jesus? Do you find it easy/hard? Why?

Tuesday 16th February was Shrove Tuesday and this starts off what is known as Lent. Lent is a season that churches take part in up to Easter. It's a time to think about Jesus and what following him means.

Bible story

The following story is from Luke 11:1-4.

One day, Jesus was by himself praying and one of his friends came and asked, "Jesus please show us how to pray." Jesus answered, "When you pray, say these things: "Dear God, your name is really special, please help us to never forget that. Please bring your kingdom to the earth. Please give us everything we need for each day. Please forgive the things we think, say and do that make you feel sad. We also will forgive people when they make us sad. Please show us the right way to live and help us to do the right thing when we feel like doing the wrong thing."

Possible activities to do together

- You could go for a walk around your local area and pray for the houses and people you pass by.
- Take some post-it notes and write down a prayer on one each day of the week. Try to link it in with the prayer Jesus taught his friends. For example, the prayer for Sunday could be: "Dear God, please help us to respect your name." On Monday, you could pray for a country in the world where people are hungry and ask God to help them as a way of showing his kingdom. You could put the post-it notes in a scrap book to help you remember what you've been praying for.
- Some Christians give something up for Lent (like their favourite food) and some take something up that they wouldn't normally do. Maybe you could do one of these things? Either way, you could ask God to show you how to follow him more during Lent.