

How do I pray? (Part 2)

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? When might you pray to him and why?

In the session last week, we see that Jesus' closest friends didn't find it easy to pray and they asked him for help. Jesus taught them a special prayer that we know today as the Lord's Prayer. It shows us how to talk to Jesus.

Bible story

The following story is from Matthew 6:5-8.

Jesus was teaching about how to pray and he said, "When you pray, don't be like the people who show off in front of everyone and say big, fancy, complicated prayers so that everyone else can be impressed with them. God isn't interested in prayers like that. Instead, when you pray, go to a room away from everyone else and close the door. When you are praying, don't use lots of words, God already knows what you need before you ask him."

Possible activities to do together

- You could set a routine to pray each day quietly. Prayer doesn't have to just be done on our own. Jesus says in Matthew 18:20 that when 2 or 3 people are together praying, he's there listening to them. You could pray differently each day. For example, each day of the week you could pray for a different country and for the people there to know Jesus. You could also spend time each day thanking God for the good things you have and ask him for help in the things you find hard.
- You could go for a walk around your local area and pray for the houses and people you pass by.