

Spend some time thinking about the question below and journal your thoughts or share them with a parent.

How do you pray to God?

Lined area for journaling responses to the question 'How do you pray to God?'



Day 1

Go to bit.ly/SundaysAtHomePreteen and watch this week's episode of The So & So Show.

Click on Fun2Watch! then The So & So Show.

Even if you already saw it at church, feel free to check it out again!

SO & SO TOP 3

After watching, write one thing that:

1. You liked:

2. You learned:

3. You'd like to know:

Day 2

Read Luke 11:1-4.

Read Luke 11:1-4 silently first, then read just the prayer that Jesus prayed out loud.

There are different translations of the prayer Jesus prayed, and there are many different ways we can talk to God! Jesus was giving us a model—an example—of how we can pray. It's great if you want to memorize His prayer—after all, memorizing God's Word is a great way we can make sure we're hearing God! But remember that Jesus was teaching His disciples how to pray, not exactly what to pray, so feel free to get creative as you model your prayer after Jesus' example.

Day 3

Write out a prayer to God today that is modeled after the prayer Jesus gave His disciples in Luke 11.

“Father, may your name be honored.”

(Praise God by telling Him how great He is)

“May your kingdom come.”

(God's kingdom comes to earth when we love others in His name. Ask God to help you do that in a specific way!)

“Give us each day our daily bread.”

(God wants us to ask Him for what we need, as it shows we recognize Him as our provider. Ask God for something you need every day from Him.)

Forgive us our sins, as we also forgive everyone who sins against us.

(We can ask God for forgiveness when we mess up—and we can ask Him to help us forgive others too!)

“Keep us from falling into sin when we are tempted.”

(Ask God for wisdom to know the right thing, and the strength to actually do it. Be specific about a situation in your life.)

After you've written your prayer, pray it out loud. Then hang it up somewhere you can see it to remind you to practice praying to God.

Day 4

Praying with others is a great way to practice praying to God.

If you've never prayed out loud with others, it can be a little intimidating at first, but like all things, it gets easier with practice!

Find another person who you know prays to God, and ask them if they would pray with you. Take the prayer you wrote out on day 3, and before you pray together, share it with them and explain the different parts of your prayer.

As each of you takes turn praying, use your model prayer as a guide—not reading it word for word as you did on day 3, but following the general model of praising God, asking for help bring His kingdom to earth by showing love to others, sharing your needs, asking for forgiveness, and asking for wisdom and strength to make the wise choice.

Day 5

How do you pray to God?

Where and when do you usually pray? Maybe your family says the same blessing each night over dinner, or maybe you have memorized a prayer you say before bed. Those are great times and ways to pray! Did you know you can pray anytime, and anywhere, saying anything?

In each of the lists below, underline the places you have prayed to God, the times you've prayed, and the things you've asked for.

BEDROOM	HELP
SCHOOL	HEALING
SHOWER	BEDTIME
WISDOM	SPORT PRACTICE
TAKING A TEST	STRENGTH
CHURCH	SUCCESS

Now, go back and circle some places and times where you've never prayed, and things you've never prayed for. Today, make a point to pray in some of those spaces and for some of those things. Tomorrow, pick a few new combos. Mix it up! It may feel a little strange to pray this way, but with practice, you'll find that talking to God wherever you are and no matter what you are doing, comes naturally!

