

Prayer Talking to God

The Lord's Prayer



praying	Hallowed	forgive	evil
disciples	kingdom	sins	friend
Lord	earth	indebted	Ask
Father	daily	temptation	seek
heaven	bread	deliver	knock

When you pray, you talk to God and listen to Him. It can be out loud, or quietly inside our own mind, sometime people talk to God all day long. In the “**Lord’s Prayer**” Jesus showed us what a prayer should have in it. He did not want us to keep praying this exact prayer, but we should try to use some of the things in it when we pray.

Matthew 6:9-13
This, then, is how you should pray:
"Our Father in heaven, hallowed be your name,
your kingdom come, your will be done on earth
as it is in heaven.
Give us today our daily bread.
Forgive us our debts, as we also have forgiven our debtors.
And lead us not into temptation,
but deliver us from the evil one.

Hallowed = Holy, good, right
Debts = things we owe others
Debtors = people who owe us

- Things in the Lord’s prayer are:
- Pray to the father praising Him for being Holy in Jesus Name.
 - Ask Him to give us the things we really **need** (food, clothes...) not what we just want.
 - Ask him to forgive us, the same way that we forgive other people.
 - Ask him to protect us from doing things we know are wrong.

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Sometimes I feel that God does not hear me, or does not answer.

James 4:3 2

When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures.

Motives = reasons for doing something
Pleasures = things that make you feel good

James 1:6

But when he asks, he must believe and not doubt, because he who doubts is like a wave of the sea, blown and tossed by the wind

Circle what we need to do when asking God for something in prayer

Make a prayer list with a place for answers, to remember to thank God for what he did.

Have you Prayed to God more than 3 times (meals) today? **Yes, No.**
Are you Praying in a quiet time every day? **Yes, No.**

The 5 Finger Prayer



Closest finger to you is the **thumb** reminds you to pray for those that are closest to you. Pray for your parents and your brothers or sisters.



The next finger is called your **index finger** is used for pointing. Let this finger remind you to pray for those that point you in the right direction: Teachers, Leaders at Church, and your Pastor.



The next finger is the **tallest finger** - it reminds us to pray for our leaders. Pray for the president, leaders in our government, our town, Church, and club.

The fourth finger is the called the **ring finger** and is the weakest of all the fingers. Let this finger remind you to pray for those who are sick or in pain.

The pinkie finger is the **smallest finger**. The Bible says, "Do not think of yourself more highly than you ought." in Romans 12:3 Let the little finger remind you to pray for yourself.

This way to remember what to do in prayer is from a nurse who used this to teach prayer to a patient.
Original Author unknown – reprinted from "Faith Steps" by United Methodist Church.

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One prayer plan is to use the ACTS acrostic.

Adore God. Tell him how you love Him being around. When we think about how God can give us everything we need, it stops us from thinking about our problems and lets us feel God's peace. *Write in your prayer journal what God did for you.*

Philippians 4:6-7

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.

And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Confess bad things (sin) He wants to forgive your (forget the sin) so He can be your friend.

1. **Admit** (agree with God) the things you did are wrong right away after doing it.

2 Ask him to **clean** you from bad things (sin). *1 John 1:9*

3. **Repent** which means to change or turn away from that wrong thing (sin).

4. Know that God **forgives** you and He forgets what you did wrong *Jeremiah 31:34*

5. Ask God's Holy Spirit to give you **power** to not sin.

James 5:16

Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective.

Thank God every day for: protecting us, being kind, for His Son Jesus.

1 Thessalonians 5:18

Give thanks in all circumstances, for this is God's will for you in Christ Jesus.

Circle what things we should thank God for in this verse.

Underline why we must give thanks.

Supplication is asking for other people, things, places, and your own needs (*not wants*).

1 Timothy 2:1

I urge, then, first of all, that requests, prayers, intercession and thanksgiving be made for everyone.

Circle all the people we are to pray for in the verse above.

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Remember

Prayer is just talking to God
Remember to use the five finger prayer
Remember to use ACTS when praying



How are you doing?

How many days did you pray (not at meal) to God this week? **1, 2, 3, 4, 5, 6, 7**
Did you confess to God what you did wrong in prayer today? **Yes, No**



Things to do for next time

Study these Bible verses:

Bible Reference - Scripture	Observe – what it means	Apply – how to do it	Pray