



## KEY PASSAGE

*“And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there (Jesus) prayed.”*

MARK 1:35

## FUN ACTIVITIES

- ▶ m&m Prayers: (use a small bag of m&ms)
  - **BROWN** - Pray for someone that you need to forgive
  - **GREEN** - Pray for your friends.
  - **YELLOW** - Praise God
  - **BLUE** - Thank God for something He did.
  - **RED** - Pray for your family.
- ▶ Try to learn the Lord's Prayer and practice it with your family every day this week before you all go to bed.
- ▶ Find a quiet place and thank God for one thing each day this week.
- ▶ Read Psalm 23 out loud as a prayer to God.

# PRAY

## WHAT IS IT?

**Prayer is a personal conversation with God;** it involves listening and talking. It is like having a conversation with a friend or a family member.



## BIBLE STORY JESUS TEACHES US HOW TO PRAY

“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. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.” - (Matthew 6:9-13)

## DISCUSSION

1. **When** do we pray?
2. **Where** do we pray?
3. **How** do we pray?
4. Do we pray **to please others or God?**
5. **Why** do we pray?

## LIFE APPLICATION

- P** Praise and Thank - acknowledge God's character and thank God for what He has done
- R** Repent - acknowledge/confess sin and turn away from it
- A** Ask - we can ask God anything in prayer
- Y** Yield - we trust His will to be done and submit our will to His (what do you want me to do, Lord?)