

# How To Pray

"Prayer is talking to God, so say whatever it is you want or need to say to Him."

Douglas had a rather embarrassing moment at Sunday School, when he was asked to pray for the class. He asked God to "bless this food" like he always does at mealtimes, but there was no food in Sunday school! He decided he should learn how to pray, so he could tell other kids how to pray, too. Here's what he learned:

- What is prayer? – Talking to God
- Who should pray? – Everyone
- When should I pray? – All the time! (Before meals, when you wake up, when things are good, when things are bad, etc.)
- What should I do? – Fold hands and bow head if that helps you, and you can pray out loud or in your head. God hears you either way.
- What should I say? – Prayer is talking to God, so say whatever it is you want or need to say to Him. Give Him glory, thank Him for what He's done, tell Him what you want or need, tell Him what you're worried or excited about, etc. And don't be afraid if you have no idea what to say, because the Bible tells us that the Holy Spirit will help you pray, even if it's just through tears.
- We pray in Jesus' name because there's power in the name of Jesus. And we often say "amen" (which means, "so be it") as a way to respectfully end our prayers.
- What NOT to do:
  - Don't pray to gossip or impress others
  - Don't try to use God like a vending machine
  - Don't make a promise to God you can't keep
  - And don't be afraid of saying the wrong thing



## Family Time Questions

- What is prayer?
- How should you pray?
- Why should you pray?
- How should you not pray?

## Bible Verses

- **1 Thessalonians 5:16-18** | Pray continually
- **Romans 8:26** | The Spirit Himself intercedes for us
- **Matthew 6:5-13** | The Lord's Prayer
- **Luke 18:9-14** | The Parable of the Pharisee and the Tax Collector
- **1 John 5:14** | If we ask anything according to His will, He hears us

## Prayer

Dear God, thank you for always hearing my prayers. Please help me to pray continually.  
In Jesus' name, Amen.