

Prayer – Talking with God

Prepared by Rachel Christopher

(Chairperson of the Presbytery Children’s Committee)

Purpose: This activity is designed to help children look at what it means to pray and to examine the different types of prayers.

Uses: This lesson can be used as a Sunday School Lesson or in a week-day program for children and can be used with a class of any size. It can also be used by parents/grandparents in the home to help give direction to prayer time together as a family.

These materials may be photocopied or adapted to meet the needs of the children and families in your church. If you have any questions please contact Rachel Christopher by email at rachelc25w@embarqmail.com or telephone (850) 482-8118.

Prayer – Talking with God

(Lesson Plan)

A. WHAT IS PRAYER – Questions to think about and discuss

1. Question: What do you think Prayer is?

Definition of Prayer: Prayer is talking to God and listening for God to talk to us. It is opening our hearts – our fears, desires, joys and sadness – and letting God know how we feel.

2. Question: Why do we pray?

We pray because we want to be close to God and God wants us to be close to Him. We want to tell God how we are feeling and we need God’s help and guidance every day to live the way He wants us to live.

3. Question: When can you pray?

We can pray at any time, day or night. God is always there and ready to hear the prayers of our hearts. We should make time at our meals to offer a prayer of thanks for our food, but we should also pray at other times as well.

4. Question: Where can you pray?

Since God is always with us we can pray anywhere. Sometimes people like to set aside a quiet place to pray. This could be in a bedroom, on a porch, out under a tree, in the car, just any place that we can pause to talk with God.

5. Question: How long should your prayers be?

There is no set time limit for prayer. God will listen to us for as long as we want to pray. Sometimes our prayers will be longer because we have more to say to God. The length of the prayer doesn’t matter.

6. Question: What posture should you take when you pray (kneel, fold your hands, close your eyes, etc.)?

It doesn't matter whether you are sitting or standing or kneeling. We often will fold our hands out of respect and as a gesture to God that we are really seeking to talk to Him.

We also close our eyes (Why?) It might be that we close our eyes to help block out other thoughts and therefore be able to really concentrate on our prayer to God. When we talk to God we want to give him our "undivided attention!"

B. WHAT ARE THE DIFFERENT TYPES OF PRAYER?

When Jesus gave His disciples the Lord's Prayer as an example of how to pray he showed us that we should pray about many things. He wants us to tell him about what we need, but he also wants us to take time to thank Him for all that we have. He wants us to tell him about the things that we have done wrong and to pray for other people.

1. ADORATION – PRAISE

To adore someone is to love them. A prayer of adoration is telling God that we know how great and wonderful and loving God is.

Great and loving God, maker of heaven and earth. . .

Our Father in heaven, hallowed be thy name.

We praise you God for you are worthy of praise.

2. THANKSGIVING – THANKS

In this prayer we take the time to Thank God for the many things he has given us. We could thank him for food (as we do when we have a blessing before meals), for people we love, for our homes, for having fun, etc.

Thank you for rain and for sunshine.

Thanks for the beautiful flowers and trees in my yard.

Thank you for all your blessing to me, especially for the delicious food I have to eat.

3. CONFESSION - SORRY

In this prayer we tell God that we are sorry for the things that we have done wrong. Examples (said something unkind to someone, didn't tell the truth, didn't share with others, etc.)

Please forgive me for thinking of myself more than others.

Forgive me for telling my Mother that I had cleaned my room when I really hadn't.

Dear God, I'm sorry that I didn't do what my parents asked me to do this morning.

4. INTERCESSION – FOR OTHERS

We pray for others. We ask God to help our family, our friends, to be with those who are sick . . . any prayer that we make for other people.

Please be with the members of my family and keep them safe.

Dear Father, please be with those who are sick and those who are sad.

Father, please help those who are suffering because of the flooding from storms.

Please be with the people that are homeless.

5. SUPPLICATION - FOR ME

We pray for ourselves. We ask God for things that we need or want.

We ask God to help us do things that we find hard to do. These are prayers that are centered on ourselves.

Help me in my school work today that I may really try hard to listen to the teacher.

Dear Father, I have a fear of the dark. Please help me learn how to handle this fear.

God, help me to be patient with my little brother or sister.

C. ACTIVITY – HOW TO MAKE AND USE A PRAYER CUBE

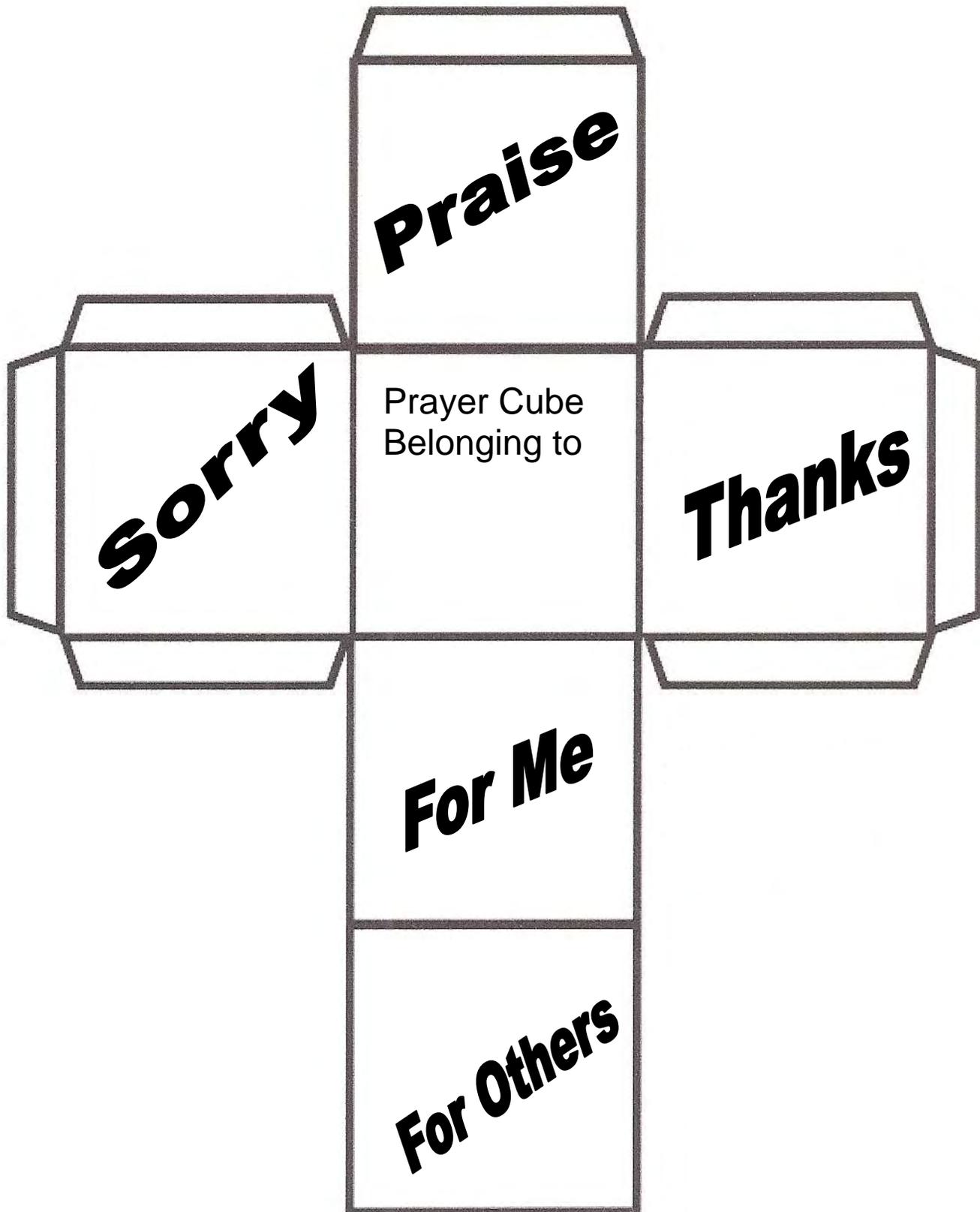
A simple way to help us get into the practice of praying the different types of prayers is to make and use a prayer cube. One cube can be made for a group or each individual can make one.

Instructions to make:

1. Photocopy on cardstock (if possible) the page of the prayer cube.
2. Decorate the various faces of the cube in whatever way you desire.
3. Cut out the prayer cube as carefully as possible.
4. Fold into a cube and tape the edges together. Before the final side is taped into place fill the cube with crumpled Kleenex or toilet paper to give some strength to the cube.

Instructions to use:

1. Take turns tossing the cube and offering a prayer of the type displayed on top.
2. Toss the cube until all sides have been displayed if possible.
3. If the “Prayer Cube Belong to” side is displayed the person can choose what type of prayer to offer.
4. Place the Prayer Cube in a prominent place to be used at other times for prayer.



Praise

Sorry

Prayer Cube
Belonging to

Thanks

For Me

For Others