

WHAT
EVERY CHILD
should
KNOW ABOUT
PRAYER



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GOD
WANTS
US TO
TALK TO
HIM





WE TALK TO GOD THROUGH PRAYER

We share life with people around us by talking to them about things that matter to us, and to them. In the same way, we share life with God by talking to him about things that matter to us, and to him. Even though we can't see God, we can talk to him through prayer.

“The eyes of the LORD watch over those who do right, and his ears are open to their prayers.”

1 Peter 3:12

I CAN PRAY...

Thank you God for
wanting me to talk to you.



GOD HEARS US WHEN WE PRAY

God can hear us when we say our prayers out loud or when we talk to him from our hearts. If we say them out loud or whisper them, it might help us keep our minds on what we want to say to him.

God has promised to hear the prayers of all people who belong to him.

“I love the LORD because he hears my voice
and my prayer for mercy.”

Psalm 116:1

I CAN PRAY...

I love you Lord because
you listen to my prayers.



AMEN

WE CAN TALK TO GOD JUST LIKE
WE TALK TO OTHER PEOPLE

We don't have to use special words when we pray. We can talk to God like we talk to another person we love and respect. It makes God happy when we talk to him this way.

But one special word we sometimes use is to say "amen" at the end of our prayer. We say "amen" to show that we believe God has heard our prayer and will respond in his perfect way. We say "amen" when other people finish a prayer to show that we agree with what they prayed.

"When you pray, don't babble on and on ... for your Father knows exactly what you need even before you ask him!" Matthew 6:7-8

I CAN PRAY...

I love to talk to you, God, the same way
I talk to my friends and my family.



WE CAN USE OUR BODIES TO HELP US PRAY

We can pray with our eyes shut tight or with our eyes wide open. Praying with our eyes closed can help us to focus on God. Our hands can be folded, or lifted up, or holding someone else's hand. We can bow our heads or look up to the sky. We can stand, or kneel on the floor, or sit in a chair. What matters most is that our minds are set on God and our hearts are open to God.

"I will praise you as long as I live
lifting up my hands to you in prayer."

Psalm 63:4

QUESTION:

What can you do with your body to help
you focus on God when you pray?



WE CAN PRAY ANYWHERE

We can pray with other people or by ourselves. We can pray at the table or in the car. We can pray while we're brushing our teeth or making our bed. We can pray when we're in a big crowd of people or when we're alone in our room. God really likes it when we talk to him in secret. And he doesn't like it when we try to impress other people with our prayers.

"But when you pray, go away by yourself, shut the door behind you, and pray to your Father in private. Then your Father, who sees everything, will reward you." Matthew 6:6

I CAN PRAY...

God, it makes me happy to talk to you no matter where I am.



WE CAN PRAY ABOUT EVERYTHING

God wants us to talk to him about everything. He wants us to talk to him about the things that make us feel afraid, and the things that make us feel happy. He wants us to tell him what we need, and thank him for everything he has done for us. Nothing is too small or too big to talk to God about in prayer.

“Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.” Philippians 4:6

QUESTION:

What are some things you want to talk to God about?



GOD INVITES US TO PRAY TO HIM AS OUR FATHER

When we pray, we pray to God the Father. The Bible says we can call him “Abba” which means we come to him as our daddy. Our God is a good daddy who loves his children. His heart is moved when we hurt. He leans down to listen when we ask him for help.

Because God is a good father, sometimes he says no when we ask us for things that he knows would not be good for us.

“And because we are his children, God has sent the Spirit of his Son into our hearts, prompting us to call out, ‘Abba, Father.’” Galatian 4:6

QUESTION:

What are some of the good gifts
God the Father has given to you?

JESUS MAKES OUR PRAYERS PLEASING TO OUR FATHER

Jesus is the only child of God who never sinned. But on the cross, he was punished for the sins of all who put their trust in him. God can hear our prayers because Jesus took our punishment for the sin that once came between God and us.

Jesus is with the Father in heaven right now praying for us! He's telling the Father what we need. He's asking the Father to accept us and take care of us.



“Christ Jesus died for us and was raised to life for us, and he is sitting in the place of honor at God’s right hand, pleading for us.” Romans 8:34

I CAN PRAY...

Thank you Father for hearing my prayers
because Jesus paid for my sin on the cross.



THE HOLY SPIRIT HELPS US PRAY

When we don't know what to pray, the Holy Spirit helps us. He helps us understand the Bible so we know what God wants. He shows us the sins we need to confess and the ways we need to change. When we forget to pray or fall asleep when we're praying, we can be sure that the Holy Spirit has not forgotten or fallen asleep. He is praying for us right now.

"...the Holy Spirit helps us in our weakness. For example, we don't know what God wants us to pray for. But the Holy Spirit prays for us with groanings that cannot be expressed in words." Romans 8:26

I CAN PRAY...

Father, thank you for the Holy Spirit, who helps me pray when I don't know what to say.