



Grow Series: Prayer

Welcome Question

"When do you pray?"

INTRODUCTION

Last week, we started a new series called Grow! What is this series about? It's all about growing as a follower of Christ. We're covering lots of different practices and ordinances of our faith. Last week we talked all about Worship! What is worship? It's honoring God through loving him and obeying him. We focused on singing songs to God in worship to Him as well.

This week we are talking about prayer! Prayer is something we all know about and it's a very, very important part of being a Christ follower. Today we're going to answer a few questions about prayer and then do a really cool prayer activity.

What is prayer?

How many of you like to talk? I know quite a few of you are big talkers. Prayer is talking to God. It's telling Him what's going on, asking for help, thanking and praising him and seeking forgiveness. Prayer is also about listening to God. Sometimes we talk too much about what we want and fail to listen to what God is telling us.

Jeremiah 29:11-13 says, *"For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future. 12 Then you will call on me and come and pray to me, and I will listen to you. 13 You will seek me and find me when you seek me with all your heart."*

Why do we pray?

God already knows what is going to happen, He has already gone before us. But He wants us to talk to him because He wants a RELATIONSHIP with us. Think about your best friend. If you never talked with them, hung out with them or even looked at them, are they really your best friend? No. God wants to be our best friend. He wants us to talk with him and tell him our worries, our fears, and even funny things that happen to us. We can talk to God about everything!

Here's what we know about prayer

- 1. God wants us to know Him:** He created us for a relationship with him. He wants to be our best friend!
- 2. God really does answer prayer.** God in his sovereignty chooses to use our prayers to accomplish his purposes, his will. So, God has ordained that certain things would happen in response to our prayer. Basically what we're asking in prayer matters! This is so cool and should cause us to pray without ceasing or stopping!
- 3. God loves us through prayer:** We get to know God through prayer and He loves us through it. We feel closer to Him and that means we feel His love even greater.
- 4. We love God through prayer:** When we worship God through prayer, we tell Him we love him. We thank Him for everything He has done.



Sometimes it can be hard to come up with the right words. We don't always know what to say, but the Bible says the Holy Spirit speaks for us! Romans 8:26, "*Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words.*" God gave us the Holy Spirit to make it even easier to talk to him!

When can we pray?

So, when can we pray? The answer: All the time! Prayer is not supposed to be just before dinner, bed and at church. We are to pray and talk to God all the time. Prayer is about you and God. 1 Thessalonians 5:17 says, "pray without ceasing", in other words don't stop praying. You can pray in the car on your way to school, at school, in a bathroom, in your own room, you can pray with friends, with adults, with strangers even. All the time!

What do we pray for?

We can pray anytime and we can pray for anything! Philippians 4:6-7 says, "*do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus*" God wants it all! But, if you need help finding a way to pray, I'll teach you by using your own hand:

Thumb: Praise God

Pointer: Confess your sins- tell him how you've messed up and ask forgiveness

Middle: Thank God

Ring: Pray for others

Pinky: Pray for yourself

Palm: Close

That's just one way to help guide you through your prayer

Bible Challenge:

Review last week's verse and introduce this week's verse. Practice saying it together.

This week's Memory Verse:

"Lord, hear me when I call; have mercy and answer me." Psalm 27:7

Prayer:

Close out your time in prayer.