



SESSION ELEVEN

HOW TO PRAY

BIG IDEA

Jesus taught us how to pray and to stay

STAY CLOSE TO GOD.

We call it the Lord's Prayer, but it is really the disciples' prayer.

PREP *(Kids can help!)*

- Find or buy 8 balloons
- Cut up the words of the Lord's Prayer (see appendix) into lines. Slide a line into each of 8 balloons. Blow up the balloons and have them ready before you start Faith Box time
- Find a telephone receiver (or mobile) and a letter
- Find a pin or fork to burst balloons
- Cut out the situation cards from the appendix

WHAT GOES IN THE BOX?

- Situation cards
- Pin (or fork)
- Phone/mobile and letter



OUT OF THE BOX

- Take out the telephone (or mobile) and the letter.

What do these things have in common? They help us communicate with each other.

But there is another and special way we can communicate with God. It's by praying.

You know God loves to hear from his children. He loves you talking to him. Our Heavenly Father loves it when we draw close to him, tell him how our day has been and what we are thinking and feeling about things.

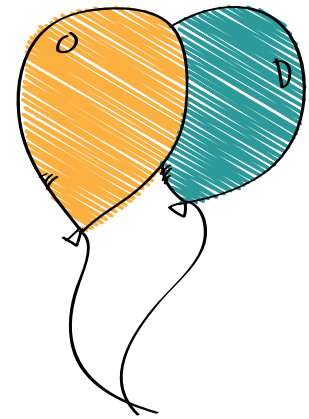
GAME

Each person (kids and parents too!) take a balloon and hold it in your lap on the couch.

- Take turns trying to keep your balloon in the air by hitting it with different body parts.
- Use your hands, feet, knees, elbows, head, tongue, nose, chest, hips or butt.

Right and left hands count as two parts! Start with 5 and try to build to 10!

When everyone has had a turn, sit on the balloons to pop them or prick them with a pin (it will depend on your children's personality as to what they choose to do). Everyone come back to the table with the 8 strips of paper they find inside the popped balloons.



FAMILY TALK TIME

One of the most important things Jesus taught his disciples was how to pray. This special prayer that Jesus taught them is called 'The Lord's Prayer'.

- Let the children try to put the 8 strips of paper in the correct order.

Jesus reminded his disciples that we can talk to God anywhere and anytime. It is about sharing what is important to us and to God. We can praise God, we can say thank you, we can say sorry, we can say please for things we and others need, and we can ask God to help us with things we find hard.

- Have one of the children read out the Lord's Prayer:

"Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Save us from the time of trial and deliver us from evil. For the kingdom the power and the glory are yours now and forever. Amen." *Matthew 6:9-13*

Talking to God (or praying) is not only a 'good' thing to do; it is also a wonderful thing and can be an exciting thing too.

Below are three true stories of New Zealand children, the prayers they prayed and what happened.

READ



1. A little boy had a rotten tooth that had to be pulled out. On the way to the dentist, the boy was very frightened of what was going to happen. So he and his Mum prayed that Jesus would be with him and help him to be very strong and brave and not worried or scared.

When they got there the boy wasn't afraid anymore. He was so brave and calm when his tooth was pulled out that the dental nurse said he was the best patient she had ever had! To the little boy's amazement, he hardly felt a thing! He knew Jesus had been with him.

2. One day at lunchtime at school Emma was upset. Some of the other kids had been really mean to her, and it seemed like nobody wanted to play with her. Then Emma remembered Mum and Dad telling her that Jesus is always with her. So she found a quiet corner and prayed to Jesus. She told him how mean the other kids were being, and how sad and upset she felt, and asked Jesus to help her. After that she felt a lot better and when she opened her eyes she saw a girl who was new to the school sitting all by herself. So she went over to her and asked if she would like to play. That girl was so happy someone asked her to play, and they ended up having a lot of fun together. Emma knew that Jesus had answered her prayers.



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3. One day a Dad took his children to McDonalds. It had been a very busy day, and all the children were tired and hungry. Dad had taken Mum's purse with him to buy the food. While they were there, the baby was crying and the big boys were fighting and Dad was a bit flustered. When he left McDonalds he accidentally left Mum's purse behind and didn't realise it until he got home. He raced back to look for it but no one had seen it. Someone must have taken it. When Dad got back home he got all the family together to pray.

Dad said, "Dear God, you know where the purse is. We pray that you would find it for us and bring it back to us." And do you know what? The next morning there was a knock on the door and outside was a man who said, "Last night I found this on the ground outside McDonalds. Your address was inside... is it yours?" God had answered the family's prayers and brought the purse back to them, and none of the credit cards or money inside had been removed or used!

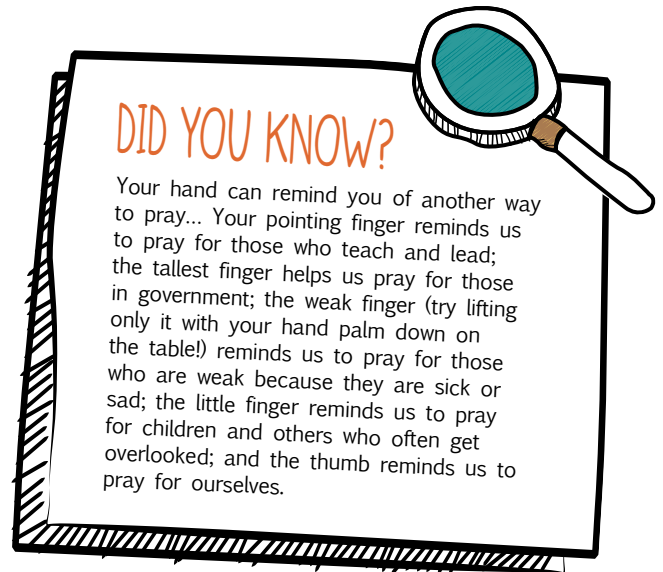


FAMILY TALK TIME

- Can you tell us about a time when you have prayed and God has answered your prayers?
- What happened?
- How did you feel?

OUT OF THE BOX

- Take the 'situation cards' and put them face-down in a pile on the table.
Keep the Lord's Prayer on the table in front of you.
- Take turns to pick a card and read out the situation.
- The person to the left of the reader tries to decide which part of the Lord's Prayer fits with that situation and picks up that line from the table.



PRAY

Pray the Lord's Prayer together with each person reading out their line from the balloons.

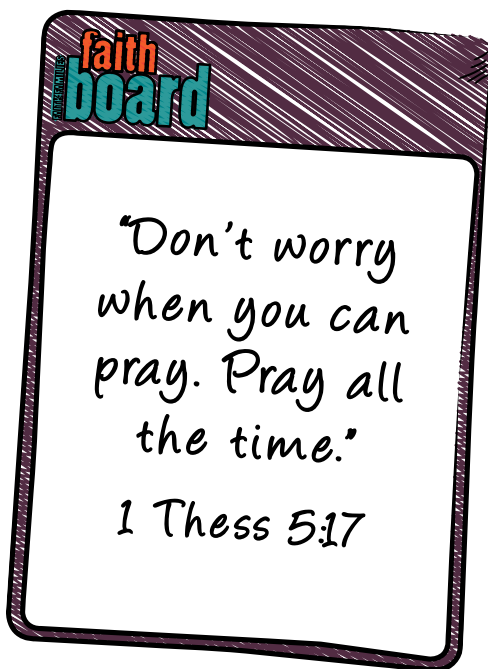
LIVE

This week try saying the Lord's Prayer instead of your usual mealtime grace. Pick one sentence each night and talk about what it means for the way we pray. (Don't forget to reward the kids with Faith Box dogtags when they have learnt it! Get yours at www.faithbox.co.nz)

Try a family prayer walk or mum/kids walk. This can be a great time to pray with children and learn scripture. The walking provides a rhythm, gives boys something to do without it getting too intense, and provides food for thought. Doing something together can make it easier for both kids and parents to share and pray.

“PRAYER IS PUTTING ONESELF IN THE HANDS OF GOD AND LISTENING TO HIS VOICE IN THE DEPTH OF OUR HEARTS.”

- MOTHER TERESA -



OTHER IDEAS

- Before they go to sleep each night this week, encourage the children to pray this format.

“Thank you God for...”

“Please God...” (for me and others)

“Sorry God for...”

“I love you!”



They can put coloured dots on their mirror or window to remember what to pray (i.e. yellow for “thank you”, green for “please”, blue for “sorry” and red for “I love you”)

- Make a Family Prayer Box – have some blank pieces of paper available so anyone can write down something they want to say to God. At a designated evening meal, open the box and take turns praying them aloud.
- Invite the children to write the Lord’s Prayer with giant chalk on the driveway, adding a line each day. Or write the lines on ribbons and hang them on trees in the garden for the children to find and assemble.
- Watch the amazing testimony of New Zealander Ian McCormack who memorised the Lord’s Prayer as a child. He recited it as he was dying from box jellyfish stings and had a life-changing encounter with God. Free 45-minute video on www.aglimpseofeternity.org or watch it here youtu.be/N1-ezZ9hkD8
- Make Pretzels. Pretzels were first made by monks who gave them as rewards to children who had learned their prayers. The special twisted shape looks like the folded arms of a child praying. The word pretzel means reward. You need: bread dough, 1 egg white, 1 tsp water and coarse salt (optional). Roll dough into balls then into ropes and shape into pretzels by forming a knot and looping ends through. Place on a well greased baking sheet. Combine egg whites with water and brush on pretzels. Sprinkle with salt and bake at 180°C for 20 minutes.

CHECK OUT WHAT YOU NEED FOR NEXT SESSION...



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Prayer strips to go inside balloons:

OUR FATHER IN HEAVEN, HALLOWED BE YOUR NAME.

YOUR KINGDOM COME,

YOUR WILL BE DONE, ON EARTH AS IN HEAVEN.

GIVE US TODAY OUR DAILY BREAD.

FORGIVE US OUR SINS, AS WE FORGIVE THOSE WHO SIN AGAINST US.

SAVE US FROM THE TIME OF TRIAL AND DELIVER US FROM EVIL.

MATTHEW 6:9-13

FOR THE KINGDOM, THE POWER AND THE GLORY ARE YOURS. NOW AND FOREVER. AMEN.

Situations:

YOUR FAMILY STOPS
TO HELP SOMEONE
WHOSE CAR HAS
BROKEN DOWN.

YOU SEE A
BEAUTIFUL
SUNSET -
ALL DIFFERENT
COLOURS!

YOU ARE EATING
LUNCH WITH
FRIENDS AND ONE
OF THEM SWEARS,
USING GOD'S NAME.

SOMEONE
DISCOVERS HOW
MUCH GOD
LOVES THEM.

YOUR FAMILY AND
FRIENDS GET
TOGETHER EVERY
MONTH TO SHARE A
MEAL TOGETHER.

SOMEONE DROPS
THEIR WALLET AT
THE SHOPPING
CENTRE WITH LOTS
OF MONEY IN IT AND
YOU FIND IT.

A KID ON YOUR
SOCCER TEAM
PUSHED YOU DOWN
AND DIDN'T STOP TO
SEE IF YOU'RE OKAY.