



March 22 Family Lesson: PRAYER

Discuss with Your Family:

1. What do you think prayer is?

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. 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. 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.

4. 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.

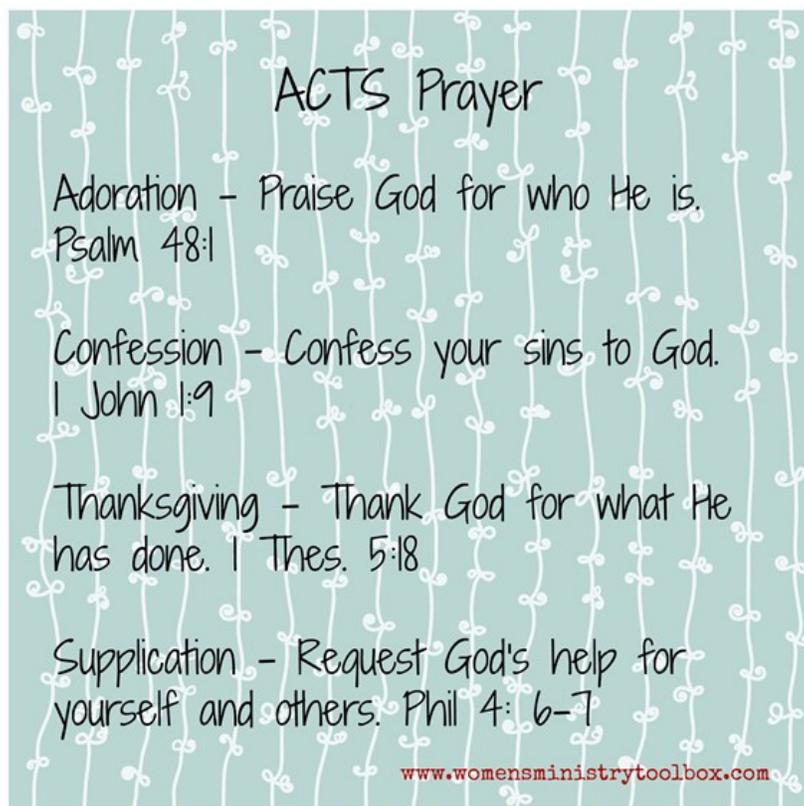
5. How long should your prayers be?

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. Like already mentioned, taking time to pause and listen to God is just as important as talking to Him.

6. What posture should you take when you pray ?

It doesn't matter whether you are sitting or standing or kneeling. You may kneel by your bed and close your eyes to show that you are humbling yourself before God and giving Him or undivided attention for several minutes or you may talk to God in your mind while you are in the lunch line at school, etc.

A cool way to pray is to use this acrostic:



Pray with your kids right now!

You could go around and have everyone say something for A, then C, then T, and then S - "S" could be two rounds...something for themselves and then something for someone else.

AND / OR

Consider making a prayer poster, a prayer wall/ mirror/ window, a prayer bucket/ bin, or other idea with your kids. (Do whatever you have the supplies at your house to do...use an old shoe box or sticky notes or just plain old paper and pencil).

Encourage your family to add prayers (A, C, T, or S) to your poster (or whatever you made) and pray for what is on there each day.

