

# **Commitment means making a plan and putting it into practice.**

WEEK  
**3**  
1ST

Read Psalm 5:3

DAY  
**1**

## **Can You Hear Me Now?**

Did you know that you can talk to God anywhere, anytime? You can talk to God silently with your eyes closed or with your eyes open. You can sing to Him through songs or you can talk to Him out loud. You can talk to Him while you are dancing, walking, sitting, or riding your bike. You can talk to Him at school, at home, outside, inside, or even upside down! You can talk to Him first thing in the morning, at lunchtime, at bedtime or all the time! So when do you like to talk to God? If you aren't sure, pick an option from above and try it out! If you're not sure what to say, here you go.

**Dear God, Thank You for loving me and**

DAY  
**2**

## **Hear My Voice**

Ask an adult to help you look up Psalm 5:3. This is King David talking to God. This verse tells us how important it is to start your day talking to God. God wants you to talk to Him like you are talking to a friend. He wants to know what bothers us, what makes us happy, what makes us sad, and even when we are afraid. He loves you and cares about everything you have to say. Big or small. So, when you wake up tomorrow, do just as King David did and start your day with prayer.

**Remember to start your day off talking to God!**

DAY  
**3**

## **Our Father . . .**

Ask an adult to help you look up Luke 11:2-4. This is called the Lord's Prayer. This isn't the exact prayer we have to pray but it's an example of how we can pray. Let's break it down a little more. You can flip this page over, color it. Once you're done with this week, hang it up as a reminder of what we need to pray about! God always wants to hear from you!

**Thank God for giving us this example so we can talk to Him.**

DAY  
**4**

## **Prayer Stack**

Ask your family to play the prayer stack game with you. Everyone writes one phrase from below on the top of each hand. Race to stack everyone's hands on top of each other. This is a shortened version of what we learned yesterday. Ready? Set. Stack that Prayer! When you are stacked all the way to the top pull hands out from the bottom and keep going!

**You're amazing!**  
**Ask**

**Thank you!**  
**I'm sorry**

**Thank God for everything He has given us and done for you.**

*Practice praying to God.*

PARENT CUE

# PRACTICE

*praying to God.*

TELL GOD  
HOW  
AMAZING  
HE IS!

SAY THANK  
YOU FOR ALL  
HE HAS DONE  
FOR US AND  
GIVEN US

ASK GOD FOR  
WHAT YOU  
NEED OR  
NEED HELP  
WITH

SAY YOU'RE  
SORRY FOR  
ALL THAT YOU  
HAVE DONE  
WRONG



# Commitment means making a plan and putting it into practice.

WEEK  
**3**  
2ND-3RD

DAY 1

## Read Luke 11:2

One of the ways we can grow in our faith is to practice praying or talking to God. Jesus actually gave us a model prayer to follow. You can read it in Luke 11. From the start of His prayer, Jesus reminds us who we are talking to! This is the God of all creation. The one who made you and sent His only Son, Jesus, so you could have a relationship with Him now and forever. God is holy. That means He is worthy of all honor and praise.

But God is also available to us. While you might go days without thinking about God, God is always thinking about you. In a very busy and loud world where it's hard sometimes to get someone else's attention, God is never distracted. He is always ready to listen when you pray.

**Practice praying to God right now.** Write down some things you know to be true about God in the space below. Then, turn off all distractions—silence your phone or video game, take off your headphones and focus, knowing that God is completely focused on listening to you too.

DAY 2

## Read Luke 11:3

One of the most amazing things about God is that while He is big enough to be in charge of all creation, He is personal enough to know you inside and out. He even knows how many hairs are on your head! And He wants to hear from you.

Did you know that you can ask God to provide what you need? It's true! You can ask God to take care of you, each day. But there's a difference between praying for what you want (like a hoverboard) and what you need (like food or shelter).

Play some quiet music and grab a piece of paper and some colored pencils or markers. Write "God Is" in the center of the page and complete that statement any way you choose. As the music plays, write or draw pictures of things you need (both things you can hold in your hand, like food or shelter and things you can't, like wisdom to make a tough decision or help with a bad attitude). **Then connect each request to the "God Is" statement in the center with different colors and types of lines to create a prayer web.**



PARENT CUE

### DAY 3

#### Read Luke 11:4

We all mess up. Nobody that you see in the world around you is perfect including you. That's why we need to seek forgiveness and ask for help to do what is right.

But why? Why do we need to ask for forgiveness? Doesn't God promise to always love us?

The answer is yes! Nothing can make God love you less. But the reason you still need to be honest (to confess) what you've done and ask for forgiveness is the same reason your Mom or Dad ask you to say you're sorry to your brother or sister. Because you've hurt that relationship. Sure, you'll still be brothers or sisters but you won't be as close. Admitting when we're wrong and asking God to forgive us brings us closer to God.

So if there someone you've hurt? Is there someone you need to say, "I'm sorry" to? **If so, stop everything you're doing and go make it right. Then tell God you're sorry too.**

### DAY 4

#### Read Ephesians 6:18

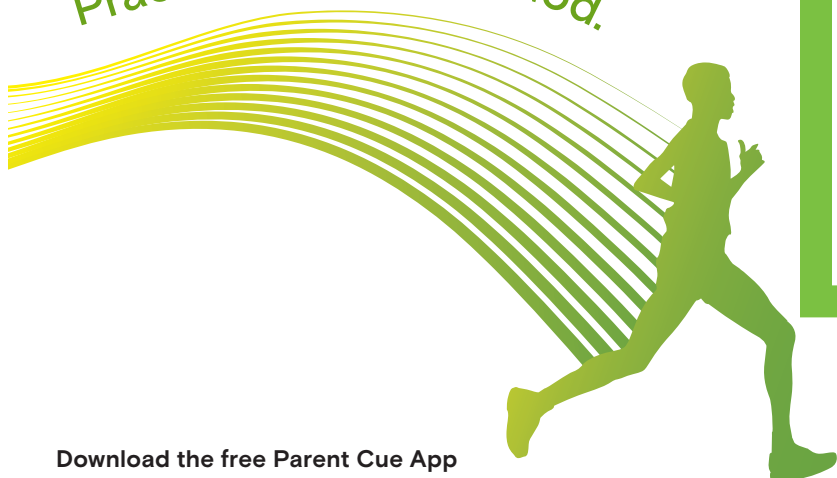
One of the amazing truths about following God is that He is always there, ready to listen and help. And while we cannot see Him, we can trust that He hears us and that He will answer us. So how do we pray "at all times" like today's verse reminds us?

Maybe it's as simple as making a plan, a plan that already fits into our daily routine. Here are just a few ideas:

- ➔ Rise and shine prayers: Right after your alarm goes off and before your feet hit the floor, pray for guidance. "God, lead me to follow you today."
- ➔ Clean up prayers: As you take shower and get clean on the outside, ask God to help you clean up your inside as He forgives you. "God, forgive me today for \_\_\_\_\_."
- ➔ Ride along prayers: On the way to school, ask God to help you make wise choices and go His way today. "God, show me the right way to go."
- ➔ Goodnight, sleep tight prayers: As you lay your head down to catch some "zzz's," thank God for watching over you and for all the blessings He brought your way that day. "God, thank you for today."

**What are some other "routine" prayers you might pray?**

Practice praying to God.



# Journal

Spend some time thinking about the question below and journal your thoughts or share them with a parent.

How do  
you pray  
to God?

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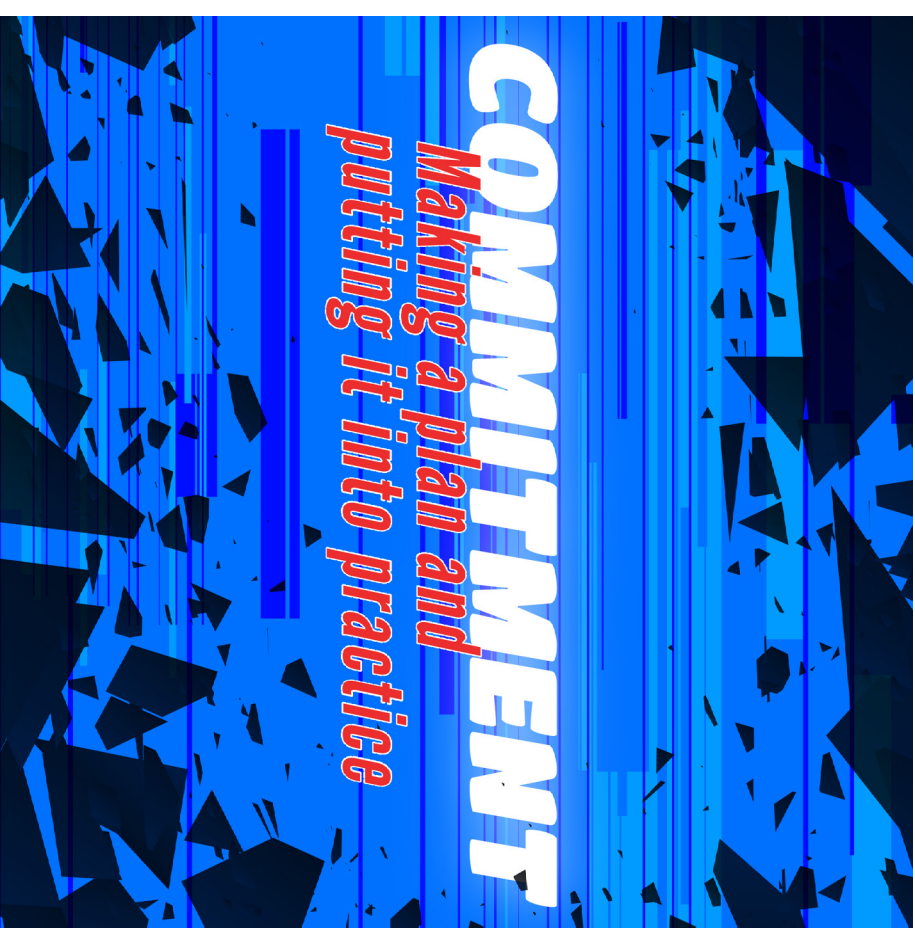
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4th-5th

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Week 3



## Day 1

Go to [bit.ly/SundaysAtHomePretteen](http://bit.ly/SundaysAtHomePretteen) and watch this week's episode of The So & So Show.

➡ Click on Fun2Watch! then The So & So Show.

Even if you already saw it at church, feel free to check it out again!

### SO & SO TOP 3

After watching, write one thing that:

1. You liked: \_\_\_\_\_

2. You learned: \_\_\_\_\_

3. You'd like to know: \_\_\_\_\_





Day 2

Read Luke 11:1-4.

Read Luke 11:1-4 silently first, then read just the prayer that Jesus prayed out loud.

There are different translations of the prayer Jesus prayed, and there are many different ways we can talk to God! Jesus was giving us a model—an example—of how we can pray. It's great if you want to memorize His prayer—after all, memorizing God's Word is a great way we can make sure we're hearing God! But remember that Jesus was teaching His disciples how to pray, not exactly what to pray, so feel free to get creative as you model your prayer after Jesus' example.



Day 3

Write out a prayer to God today that is modeled after the prayer Jesus gave His disciples in Luke 11.

“Father, may your name be honored.”

(Praise God by telling Him how great He is)

“May your kingdom come.”

(God's kingdom comes to earth when we love others in His name. Ask God to help you do that in a specific way!)

“Give us each day our daily bread.”

(God wants us to ask Him for what we need, as it shows we recognize Him as our provider. Ask God for something you need every day from Him.)

Forgive us our sins, as we also forgive everyone who sins against us.

(We can ask God for forgiveness when we mess up—and we can ask Him to help us forgive others too!)

“Keep us from falling into sin when we are tempted.”

(Ask God for wisdom to know the right thing, and the strength to actually do it. Be specific about a situation in your life.)

After you've written your prayer, pray it out loud. Then hang it up somewhere you can see it to remind you to practice praying to God.

Day 4

Praying with others is a great way to practice praying to God.

If you've never prayed out loud with others, it can be a little intimidating at first, but like all things, it gets easier with practice!

Find another person who you know prays to God, and ask them if they would pray with you. Take the prayer you wrote out on day 3, and before you pray together, share it with them and explain the different parts of your prayer.

As each of you takes turn praying, use your model prayer as a guide—not reading it word for word as you did on day 3, but following the general model of praising God, asking for help bring His kingdom to earth by showing love to others, sharing your needs, asking for forgiveness, and asking for wisdom and strength to make the wise choice.

Day 5



How do you pray to God?

Where and when do you usually pray? Maybe your family says the same blessing each night over dinner, or maybe you have memorized a prayer you say before bed. Those are great times and ways to pray! Did you know you can pray anytime, and anywhere, saying anything?

In each of the lists below, underline the places you have prayed to God, the times you've prayed, and the things you've asked for.

BEDROOM	HELP
SCHOOL	HEALING
SHOWER	BEDTIME
WISDOM	SPORT PRACTICE
TAKING A TEST	STRENGTH
CHURCH	SUCCESS

Now, go back and circle some places and times where you've never prayed, and things you've never prayed for. Today, make a point to pray in some of those spaces and for some of those things. Tomorrow, pick a few new combos. Mix it up! It may feel a little strange to pray this way, but with practice, you'll find that talking to God wherever you are and no matter what you are doing, comes naturally!