



## Lesson 8

### How Do I Pray?

#### Tips for Family Discipleship

- Adapt this content to meet the needs of your family
- Focus on Jesus
- Be a guide, not a general
- Feed your own growth
- Share personal stories/testimonies
- Pray with your child and for your child

**Families of younger children** can use a cell phone to explain that praying is just talking to God. When we talk on a cell phone, we can't see the other person, but we know that they are there. We don't worry about what to say or try to use fancy words. Read about Daniel in the Lions' Den (Daniel, chapter 6). Daniel had a regular prayer time and he didn't let anything interfere with it.

#### Introduction

Prayer is how we experience God's presence, power, and peace. Along with Bible reading, prayer is one of the two most important spiritual disciplines.

When we look at what the Bible says, we discover several truths to help us understand how to make prayer a meaningful part of our lives.

**SUPPLIES NEEDED:** cell phone

**ACTIVITY:** Call someone you love or remind your child of a previous phone conversation.

**DISCUSS:** Prayer is like using a cell phone, but better! Discuss some of these ideas with your family or ask them to share some ideas of how a cell phone is the same as or different than praying.



- When we talk on the phone, we don't see the other person, but we know they are there.
- On the phone, we have to talk out loud, but not when we pray to God. He hears our thoughts.
- When we call people, they don't always answer, but God is always available.
- We don't need a good cell signal to talk to God. We can talk to him anywhere, anytime, about anything!
- Just like a grandmother or other family member loves to hear your voice when you call, God loves for you to pray to Him. God wants us to connect with Him through reading His Word and through prayer.

**PRAY:** Father God, please help us to draw closer to You through daily prayer.

#### Point #1 – Know What Prayer Is.

Sometimes the best way to understand something is to try to define it. This is very true with prayer! Some people don't pray because they are confused about what prayer is. They think prayer has to be done a certain way. Or they think that pastors and very religious people are the only ones that know how to pray.

**Stuff to  
Talk About**

What is prayer? Is prayer important? Why do some people not pray?

Simply put, prayer is just talking to God. You don't need to use fancy words or have to know a lot about the Bible. You don't have to be on your knees by a bed or be sitting in church. You can pray anywhere and anytime (not just at meals or at bedtime). Prayer is simple. It's just a conversation with your heavenly Father.

**Point #2 – Make Please for Prayer in Your Life.**

There is no rule for how many times or how long you need to pray each day, but it's important to be intentional to pray each day. Set aside time to pray. Make it a part of your daily habits, just like eating and brushing your teeth.

**Have your entire family squeeze into a chair or loveseat (the tighter, the better). As you are squished together, discuss how our life can be so busy, it might be hard to squeeze one more thing in. Discuss what things have to be done each day (eating, brushing teeth, sleeping, etc.). Discuss what things don't have to be done each day (watching TV, playing, etc.). Where does prayer fit into our lives? Is it something we feel needs to be done every day? What things might need to change to make that happen?**



Matthew 6:3 explains the importance of praying ("Seek first..."). If you are too busy to pray, you are just too busy. Or you might need to work on being more disciplined and intentional, like Daniel.

**OPEN YOUR  
BIBLE**

READ Daniel 6 and the story of Daniel in the Lions' Den

After reading, focus on Daniel 6:10. Discuss how Daniel had a plan for when and where to pray. He didn't let anything interfere with his prayer time.

**OPEN YOUR  
BIBLE**

READ Matthew 6:9-13  
Read the Lord's Prayer together and discuss the different parts

**Point #3 – Know What to Say.**

It is important to understand that God doesn't grade you on how you pray. He doesn't mind if you use simple words or fancy words. God cares about your heart attitude when you pray.

God desires a relationship with you. Talking and listening are

In the Lord's Prayer, Jesus gives us a great example of how to pray. In this prayer, Jesus shows us how to praise the Father, confess our sins, give thanks, and pray for direction and guidance.

important parts of any good relationship.



## Stuff to Talk About

There are two acronyms that can be used to help you and your child pray. The “A.C.T.S.” model is good for adults and older children. The “P.R.A.Y.” model is good for younger children. Spend some time discussing these prayer models with your family.

A - Adoration

P - Praise

C - Confession


R - Repent (or say sorry)

T - Thanksgiving

A - Ask for others

S - Supplication

Y - Yourself



Teaching kids how to pray doesn't have to be hard. Praying is just a conversation with someone who loves you. Parents, the best way to teach kids how to pray is to have an active prayer life yourself. Pray with your child and for your child. Make prayer a part of your daily routine and part of your daily discussions.

## Follow Me Challenges

**PERSONAL:** Identify a time and place for your prayer time this week. Ask folks on your “My 5” list for prayer requests.

**PUBLIC:** Host and invite folks to a Backyard BBQ. More information can be found at [tabernaclebaptist.org/events](http://tabernaclebaptist.org/events).

**PRAYER:** Using what you'll learn about prayer in this lesson, pray for:

- The people on your “My 5” list
- your church
- your church staff
- your family
- our mission families
- your witness