

**Welcome to Sunday School and Happy Father's Day!**  
**And... Happy FIRST DAY OF SUMMER!**  
**Today is our PRAYER 101 lesson.**

**WHAT IS PRAYER?:**

Prayer is simply talking with God. When we pray we deepen our connection to God. There are many ways to talk with God and many different kinds of prayers. Jesus taught the disciples to pray and gave them an example that we still use today – The Lord's Prayer. "Amen" at the end of prayer is a way of affirming the prayer and means "yes".

Bowing your head and folding your hands together or lifting your hands and your head upward are some of the ways you can pray. There are other styles of prayer that are good to explore:

**The Doodle Prayer** - draw the name or the write out the name of the person or thing you'd like to pray about in the center of a piece of paper. As you pray, let your pencil or marker color all around it in different ways with squiggles or pictures or hearts or flowers, whatever comes to mind as you pray to God.

**Prayer Beads** - some people string beads together and move them from the top of the string to the bottom of the string as they pray. To show that you are listening to God's response, you can move the beads back the other direction in silence.

**The Breath Prayer** - Imagine God in front of you asking "What do you want?" Answer in a short 2-part phrase that matches your breath. For example: *inhale*: "God" *exhale*: "grant me peace" or *inhale*: "Lord" *exhale*: "help me stay calm" or *inhale*: "Let me" *exhale*: "show love." Make up your own 2-part phrase for whatever you need.

**THE LORD'S PRAYER:**

In the book of Matthew, it is written that Jesus gave the disciples the Lord's Prayer as part of his teachings about prayer. In the book of Luke, one of the disciples asked Jesus to teach them to pray. The Lord's Prayer was Jesus' response to this request. The prayer Jesus gave to his disciples is brief, simple and meaningful. The themes include: Seeing God's kingdom here on earth, doing the will of God, asking for and giving forgiveness and asking for guidance.

Jesus' life was grounded in prayer. Over and over again, the Gospels say, Jesus withdrew to pray. We can read about when Jesus prayed after his baptism, at mealtime, after being with big crowds, for his disciples, and during the night before his arrest and crucifixion.

**SCRIPTURE:**

One of his disciples said to him (Jesus), "Lord, teach us to pray."

-Luke 11:1

**The 5-Finger Prayer** - Hold out your hand and for each of your 5 fingers pray for something: thumb: "family & friends," pointer finger: "leaders & teachers," middle finger: "government & those in authority," ring finger: "the weak and the sick," pinky finger: "you"

**The Body Prayer** - say a prayer and with each phrase move your body to a different position. (Watch the Sunday School video for some yoga poses to do with The Lord's Prayer.)

**The Superman Prayer** - Raise one arm up and sing "We thank you God for giving us food!" (now switch arms) and sing "We thank you God for giving us friends!" (switch) "for the food we eat!" (switch) "for the friends we meet" (both arms up) "We thank you God for giving us food!" (end with 4 beats or claps.)

**ACTIVITIES:**

**Family Discussion:**

1. Where and when do you pray?
2. Which styles of prayer suit you best?
3. What does it mean to have a conversation with God?
4. How do you think God answers prayer?

**Prayer Journal:**

Make a Prayer Journal. Staple several pieces of paper together and on one page draw a doodle prayer. On another page, write down several breath prayers that are meaningful to you. On another page write down the things you'd like to pray about this week.

**Color a Mandala:**

Attached is a coloring page of a mandala that you can color to help you stay focused while you pray.

**Print out and follow the "Month of Prayers for Kids" attached.**

**PRAYER:**

Dear God,  
 Thank you for PRAYER.

Thank you for letting me talk to you and tell you what is on my heart. Help me to grow closer to you through prayer. Thank you for always listening to and guiding me. Thank you for loving me. I love you.

*Let's pray the Lord's Prayer together:*

**Our Creator,  
 who art in heaven, hallowed be Thy name.  
 Thy kingdom come, Thy will be done on earth  
 as it is in heaven. Give us this day our daily bread  
 and forgive us our trespasses as we forgive those  
 who trespass against us. Lead us not  
 into temptation but deliver us from evil.  
 For Thine is the kingdom and the  
 power and the glory forever.**

**Amen**



# A MONTH OF PRAYERS FOR KIDS



Day 1: Pray for your family members by name.

Day 2: Thank God for something that made you smile today.

Day 3: Pray for the pastors at your church.

Day 4: Pray for your neighbors.

Day 5: Pray for someone who looks different than you.

Day 6: Pray through the Lord's Prayer in Matthew 6:9-13.

Day 7: Tell God something that is bothering you.

Day 8: Pray for your neighbors.

Day 9: Pray for the teachers and staff at your school.

Day 10: Read Psalm 19:14. Ask God to help you have thoughts and words that please Him.

Day 11: Tell God about some of the hopes and dreams you have.

Day 12: Pray for people who don't know God.

Day 13: Ask God to bless one of your family members today.

Day 14: Thank God for your pets or animals that you love.

Day 15: Pray for someone who has hurt your feelings lately.

Day 16: Read Romans 15:13 and turn it into a prayer for your family.

Day 17: Thank God for providing forgiveness for your sins.

Day 18: Pray for someone whose name starts with an S.

Day 19: Tell God 10 things you love about your family.

Day 20: Ask God to help you be aware of His presence today.

Day 21: Go outside and thank God for His beautiful creation.

Day 22: Pray together with your family today.

Day 23: Pray for someone who is sick and needs healing.

Day 24: Ask God how you can share His love with others today.

Day 25: Pray for your friends.

Day 26: Pray for your grandparents.

Day 27: Ask God to help you follow His plan for your life.

Day 28: Thank God for something good that has happened recently.

Day 29: Pray for the people who make your meals today.

Day 30: Praise God for who He is.

Day 31: Thank God for something that He has taught you lately.

REJOICE ALWAYS, PRAY  
CONTINUALLY, GIVE  
THANKS IN ALL  
CIRCUMSTANCES; FOR THIS  
IS GOD'S WILL FOR YOU IN  
CHRIST JESUS.  
1 THESSALONIANS 5:16-18



