

Steady: Chatting to God



I love meeting with my friends and having a chat over a cup of coffee. We chat about everything!! I tell them about my family, or my work. I listen to them tell me all about what they've been up to. We share funny stories, things that worry us and we sometimes just sit quiet and enjoy each other's company. I can call them for a chat anytime. They love listening to me and care a lot for me.

Did you know talking to God can be just like that? Just like when you chat to your friends.



What was the last thing you chatted to your best friend about?

What do you love to do with your friends? What makes your friends special to you?

God is like all our special friends in one super amazing friend.

- He is with us everywhere.
- He never leaves us.
- He loves spending time with us.
- He is always looking for ways to show us how much He loves us.

God loves to hear about anything that matters to us, the funny, the sad, the crazy, the worrying. All of it.

Each day God has prepared good things for us, and He is always ready to talk to us and to listen to us so we can know His goodness and love all the time.



Chatting to our friends is like chatting to God. We call chatting to God praying, but it's just like chatting to our friends. There are no special words you have to say, or even an order to pray in. It's just talking to God.

Jesus prayed a lot himself. If Jesus who is God's own son prayed, then God wants us to pray too. So how did Jesus pray?

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Can you find **Luke 11: 1-10**?

Read out loud the prayer Jesus prayed.

What different things did He ask God to do?

We can pray for lots of different reasons and in lots of different ways.

- Sometimes you might like to pray as you are walking along or playing.
- Sometimes you might like to pray when you wake up or as you are falling asleep.
- You might like to pray for God's help, or to know His love. For Him to give you something you need, or for someone else to be better.

Really you can ask God about anything, and for anything as long as it's something good and something he would want you to have. We can check what He might want for us by reading our Bible.



When?

Find a good time that works for you to chat to God every day. For some people it's when they wake up in the morning or while they have their breakfast. For others it's as they go to sleep, or with someone in your family.



Where?

You can pray to God anywhere but it's good to find a place where you feel really comfy. I have a chair in my room where I love to pray and listen to God.



How?

You can chat to God about anything at all. You might find it helpful to pray for just a minute or two at first and then chat for longer another day as you get more comfortable and grow in your relationship with God. If you have been baptised in the Holy Spirit, you could speak in tongues as you pray because the Holy Spirit says He will help us when we pray.



Can you match the verse with what the person is praying about?

Draw a line to match the verse with the prayer

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| | |
|----------------------|-------------------------|
| Psalm 70 v 1 | Thanks to God |
| Psalm 105 v 1 | God to teach him |
| Psalm 86 v 11 | Rescue, help |

Chatting to God can be about anything but it can help to have a pattern to help you say all you want to say and grow in your relationship with Him. You can use this pattern called the teaspoon (tsp) pattern to help you



Thank you:

Start your time chatting to God about how good He is. Thank Him for all different things He has given you or done for you. You could sing Him a song or tell Him you love Him. Maybe you could find a verse in a Psalm to read out loud to Him.



Sorry:

We need to ask God to forgive us for anything we have done wrong (our sins), saying sorry and choosing not to do them again. This opens the way for you to have a clear relationship with God without any sin getting in the way of hearing Him speak to you. These sorry prayers can happen at any time of the day and are best said as soon as you realise you've made a wrong choice.



Please

God has chosen us to be one of His own children and wants to give us good things. Did you know that God knows what you are going to say and ask even before you ask Him?! This means you can confidently ask Him, knowing that He wants to meet your needs.

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These prayers can be for anything you need (but not always what you want!) from things like money for your family, a new friend, strength, peace and no worry, confidence and to know God better. You can pray for your friends and family to know God for themselves, or for anyone who is sick to get better.



Let's try it now. Get yourself comfy and ask God these questions or use your own words if you prefer:

1. Ask God what His favourite part of today was.
2. Tell God about a time today you were happy.
3. Tell God about a time you were not so happy.
4. Ask God to show you where He was with you today.
5. Ask God to show you someone He wants you to show His love to today. Then ask Him to show you how He wants you to do that.

Chatting to God is just one part of prayer. If I just chatted to my friend all the time and didn't listen, I would never know the answers to my questions and I think they might want me to know something about them too. We will look at listening to God, catching from God in another chapter.



If you like, you could use this prayer to finish chatting to God today, or you could just carry on having some time with Jesus. Maybe you could just lay down and listen to everything He wants to say and show you, and not say a word. Or sing Him a song instead. Whatever you want to do is just fine.



Thank you, Jesus, that you died and rose again so I can be close to God. Thank you for being my friend, for me to be able to chat to you and tell you all the things that are important to me. Thank you that you love me so much you listen when I talk to you. Please help me to listen and to spend time with you so I can grow more like Jesus and make a difference to the people I meet. Amen