

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



Four horizontal dotted lines for journaling.

Eight horizontal dotted lines for journaling.



Day 1

After watching, write one thing that:

Visit the Parent Cue app (available for iOS and Android) to watch this week's Bible story.

Download it for free at parentcue.org/app.

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

1. You liked:

2. You learned:

3. You'd like to know:

Day 2

Read Matthew 6:9-13

Read Look for the words of Matthew 6:9-13 in the puzzle below. If you need a word bank to help, you can use the upside-down key below, but try to find all 14 words without it first!

O N A M E E A R T H
 E J G N I N N I S Y
 V K J J P R A Y D L
 I K X F A T H E R I
 G I S I N S H B J A
 R N Q D A E R B N D
 O G V H O N O R E D
 F D E T P M E T K K
 B O K O N E V A E H
 W M L I V E Q Z F P

The words you found in the puzzle above make up the Lord's Prayer, the prayer that Jesus taught His disciples. While Jesus likely didn't mean for His followers to pray these exact words every time they talked to God, the general idea of His prayer can guide us as we practice praying to God.



Word Bank: Pray, sinning, name, bread, heaven, evil, father, sins, honored, tempted, daily, kingdom, forgive, earth

Day 3

Did you know that you can pray and ask God for help to pray?

Did your brain just explode? It's true though; it takes practice to make prayer a part of your day, and God wants to help you as you practice. Read the prayer below that uses 1 Timothy 4:8 as the foundation.

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**Dear God,** I know that what Timothy wrote is true: 'Training the body has some value. But being godly has value in every way. It promises help for the life you are now living and the life to come.' I want to be like You, and I know a big part of that is talking to You. Please help me practice talking to You. Remind me who You are throughout the day and help me see the things You are doing in my life and in the world. Help me turn to You when I'm having a great day and when things are hard. I want to practice talking to You so that prayer becomes a regular part of my life. I love You. In Jesus' Name, I pray. **Amen.**

## Day 4

### Find a friend or adult who will do some kind of exercise with you.

Together, choose an activity you can both do, such as:

- Go for a walk or jog
- Do circuit training (e.g., 10 sit-ups, 10 push-ups, 10 planks)
- Go roller skating/blading
- Have a long stretch session
- Go for a bike ride
- Anything else?

Before you begin your workout, read 1 Timothy 4:8 together. Then while you're exercising, talk about why it's important to train both your body and your spirit. Share with each other the activities you have found most helpful in growing your faith and strengthening your relationship with God, and how you've made it a habit to **practice praying to God.**

## Day 5



### How do you pray to God?

Have you felt intimidated by the idea of praying? It's understandable, especially if you're being asked to pray in front of others. But the truth is, prayer isn't something we master or perfect, it's truly a practice. The more we talk to God, the easier and more natural it will become.

Today, instead of praying one long prayer, practice sentence prayers throughout the day. This will keep your mind focused on God, and it will also take the pressure off of praying a "perfect prayer."

Make a plan for when you will pause and talk to God today. Circle the ideas below that seem like they would fit well into your day and write any new ones you can think of in the blanks. Remember that prayer is more than just asking for things. You can thank God, worship God, or even simply say, "Hey, I'm thinking about You."

- While you sit on the bus or ride in the car to school (hint: look around at God's creation)
- Before lunch
- While you're working on your homework
- Before dinner as a family
- While you're brushing your teeth
- At bedtime
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Now that you've made your plan, it's time to show some commitment and put it into practice!



## Training Camp: Plan, Practice, Grow

Commitment is making a plan and putting it into practice.



### Talk About the Bible Story

Open the Bible together and read Matthew 6:9-13 or watch the video together on the Parent Cue app.

### Engagement Questions

- **How do you pray to God?**
- Is it difficult to make time for prayer? Why or why not?
- How can you make a plan to pray and put it in to practice this week?

### Faith and Character Activity

Scan the QR code below for activities to guide kids at every phase to trust Jesus in a way that changes how they see God, themselves, and the rest of the world.

Scan the QR code to get started



### Prayer

“God, thank You for teaching us how to pray and then listening to every prayer we pray. We are so grateful that You listen to us and that You value what we have to say. We love You and we pray these things in Jesus’ name. Amen.”

Weekly Parent Cues →

### MEMORY VERSE

“Training the body has some value. But being godly has value in every way. It promises help for the life you are now living and the life to come.”

1 Timothy 4:8, NIV

# Preteen

ENGAGE IN EVERYDAY MOMENTS TOGETHER



### Morning Time

As your kid starts their day, ask them how you can pray for them.



### Meal Time

At a meal this week, have everyone at the table answer this question: “How do you pray to God?”



### Drive Time

While on the go, ask your kid: “What is something you prayed about lately for yourself or someone else?” (And if there’s nothing, ask if there is something you can both be praying about together.)



### Bed Time

Pray for each other: “God, help us to remember that we can talk to You about everything. You are our best friend, and want us to tell you about everything that is on our hearts and minds.”

### More Ways to Engage with Your Kid

#### Faith & Character Activities



#### Worship Song of the Month



#### Download the Parent Cue app

AVAILABLE FOR APPLE AND ANDROID DEVICES

