

Session 3

Prayer

Essential Questions: Why do I pray? How do I pray?

Scripture: Matthew 6:5-15

Materials or technology that may be helpful: A mask of disguise such as Batman, Wonder Woman or the Avengers.

Who do you talk to the most in your day?

What do you normally talk about?

When we talk with people, we learn something. Today, we will look at the topic of prayer.

Prayer is talking with God. Look at Matthew 6:5-15. This will help us understand prayer better.

1. Jesus knew we would pray. “And **when** you pray...” Jesus was helping His followers understand **how** to pray.
2. Jesus tells us, “You must not be like the hypocrites.” The word hypocrite is a word that can mean putting on a mask. Why do people wear a mask of disguise? Answer - to pretend they are someone different. Jesus reminds His followers that if we pretend to be someone else when we pray, this is wrong. First, God know exactly who we are. Jesus was talking about the people who like to pray in order that others can see them pray. These people were pretending to be praying people, but they would only pray for others to hear and to be impressed or fascinated with them. They were not concerned about God hearing them.
3. Jesus teaches, “Go into your room and shut the door and pray to your Father (God) who is in secret.” In other words, it is only God and you in a conversation. When we pray, we should only be concerned about our words to God and about Him hearing us.
4. Jesus teaches, “Do not heap up empty phrases.” Our words, during prayer, should come from our heart.

Five Kinds of Prayer

- Tell God all the good things that you believe about Him. (You are great, You are kind, You are good...)
- Tell God what you are thankful for today. (Family, friends, your home, your church, pets...)
- Tell God what you have done wrong, and ask Him for forgiveness.
- Ask God for something you need or for help with something in your life.
- Pray for others and their needs.

Model these prayers with your child.

Develop a family prayer time using the above prayer models, and this will help your child understand the importance of talking to God daily.