

# RE-GENERATION *Devotionals*



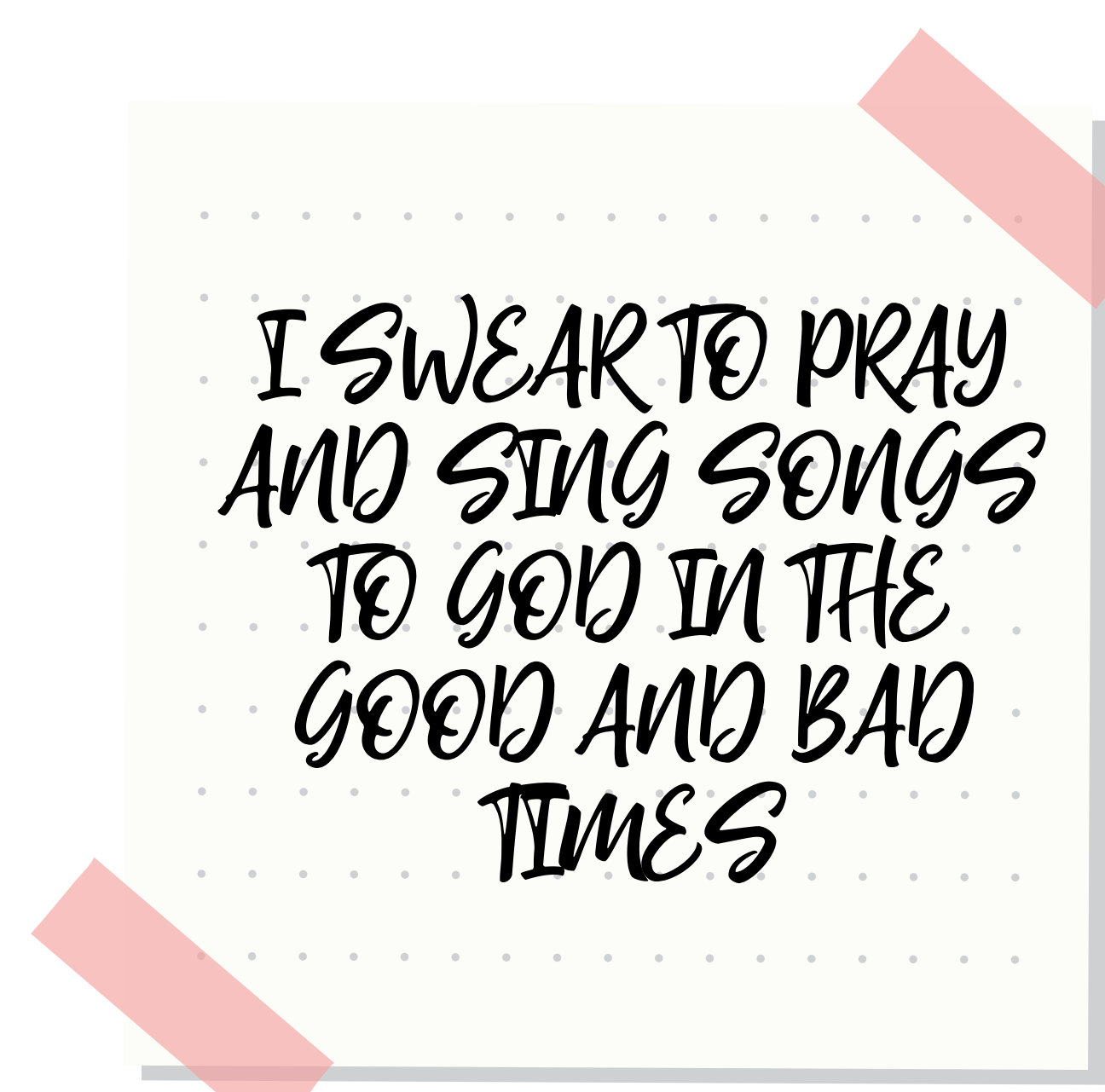
## Prayer: I'm not ashamed!

Scroll down to continue reading...

**Devotional 6 - Written by Jenny Jones**



**DEVOTE YOURSELVES TO  
PRAYER WITH AN ALERT MIND  
AND A THANKFUL HEART.  
COLOSSIANS 4:2**



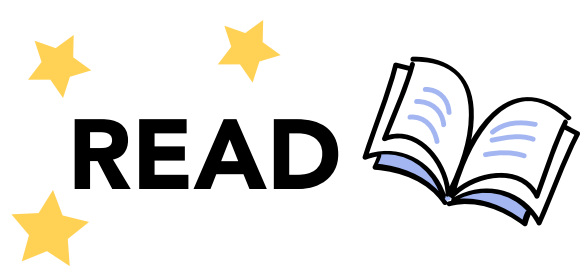
**I SWEAR TO PRAY  
AND SING SONGS  
TO GOD IN THE  
GOOD AND BAD  
TIMES**



**READ**

**READ THE FOLLOWING  
SCRIPTURES:**

- ★ **Colossians 4:2**
- ★ **Exodus 32:31-32**
- ★ **1 Samuel 1:11**
- ★ **Luke 22:39-46**
- ★ **Acts 16:25**



## READ

If someone asked you “why do you pray?” what would your answer be? Think really hard and be honest! We know the answers that we think people want to hear, but is that really why YOU pray? Do you just LOVE speaking with God? Do you only pray when you want something? Perhaps because you feel like you should, or because your parents tell you that you should? Maybe the only time you pray is before a meal, or maybe you’ve never prayed at all? Whatever your answer, God loves it when we pray. It’s not something that needs to be really complicated. We don’t need to use big, fancy words or special actions, it’s just talking with God, the same as talking to one of your friends. We can pray when we’re in bed, when we’re out in the garden, on our own or with other people. God doesn’t mind, He just loves to hear our voice!

Lots of you will know the story of Daniel and the lions den but did you notice how Daniel prayed in the story? In Daniel 6, the Bible tells us that Daniel was one of the important people in the land; he was clever, hard working and kind, and the king was so impressed with Daniel that he planned to make him ruler over all of the kingdom! However, all the other important people in the land (your bible might call them satraps-what a funny word!!) were jealous of Daniel and tried to think of ways to make him look bad. But they couldn’t because Daniel was a man who loved God and lived to please Him. Because the satraps couldn’t find any way to make Daniel look bad, they decided to trap him. They told the king to make a rule that everyone had to pray to only him for a whole month. Anyone who prayed to someone other than the king should be thrown in the lions den. The king made the law, and even though Daniel knew what the new law was, he knew it was wrong to pray to anyone other than God. So, every day, three times a day, he knelt by his bedroom window, just like he had always done, and prayed to God. Try reading Daniel 6 to remind yourself of the story.

We don’t know exactly what Daniel prayed about, except he praised God. He might have prayed that God would protect him or that the king would change his mind. He might have prayed for his friends. You might have some ideas too. What we do know is that Daniel wasn’t ashamed or afraid to pray. He knew praying meant he might die, but he knew it was the right thing to do. What a brave man! Imagine if you were in Daniel’s shoes and you were going to be thrown to the lions if you carried on praying- what would you do?



God wants us to pray about everything in our lives. We can tell Him absolutely anything- our secrets, everything that's on our mind, all our worries, everything that we hope for. I'm sure that Daniel told God all sorts! God will never laugh at us, or tell us that we are silly, or shout at us if we forget what we wanted to say. He is our friend, and loves us so much. He wants us to love Him too and share everything with Him. So, next time you pray, try telling God everything that you are excited, worried, frightened or happy about. Ask Him to help you do things you find hard. Pray for other people. Get excited telling Him how amazing He is- and just have fun in prayer. Don't be ashamed or worried about what people will think of you- think of Daniel. What a great example!

## ACTIVITY

### GET CREATIVE...

\*Ask a parent to help you if you need to.



Use your imagination to create a musical instrument (or lots of musical instruments!!). Use anything that you can find around the house or garden (that your family are happy for you to use!) and get creative. You could make drums out of pots and pans, shakers out of cups and rice, fill bottles with water and blow over the top to sound like a flute- go crazy! Then find the song "I'm not ashamed" by Tommy Walker on the internet and play and sing along, making as much noise as you can to show that you're not ashamed!! Try and get all the family to join in on lots of instruments!

**Link:** <https://www.youtube.com/watch?v=LhL8CMWAtb8>

### What else can I do?

**1.** This is a hard one! How many times in the bible can you find examples of people who prayed? See how many you can find, and write down who they were, what they prayed for, and where in the bible you found it. You can use whatever or whoever you like to help you! See if you can beat your friends or brothers and sisters. Maybe even challenge your parents! (Hint- some of the bible verses on these pages can give you a head start!)

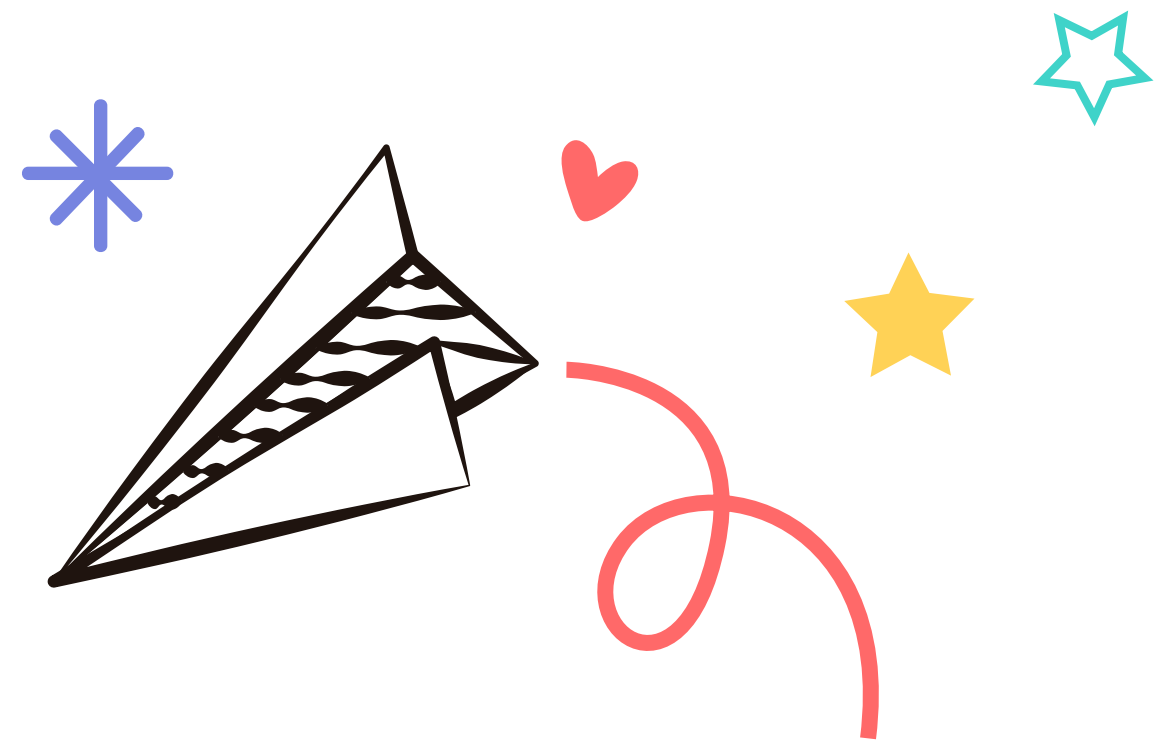
**2.** See if you can arrange to face time/ zoom/ call a friend and pray together! You might feel a bit silly at first but once you get used to it, it's great!!

## PRAYER

### LET'S TALK TO GOD...

God, thank you that you love it when we talk to you. I want to learn how to tell you everything that's in my heart and mind. Help me to focus only on you when I pray, and not care what other people think of me. Thank you for loving me and caring about what I tell you. Amen.

# Devotional Downloads



*Download this new cover image for your phone or tablet to remind you to pray to God with thanksgiving daily!*



To download simply click the image below and save to your photos. \*



**HUDDERSFIELD  
CHRISTIAN  
FELLOWSHIP**

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