

Good morning!

I hope you all enjoyed last weeks "Armor of God" lesson. I know Eli had a great time with it! Here is Eli in his armor:



The first Thursday of May each year is the National Day of Prayer. That is this coming Thursday, May 7th. It is a day of observance inviting people of all faiths to pray for the nation. I thought now would a perfect time to learn/review about prayer!

Here are 6 important questions and answers to remember:

HOW TO PRAY For Kids

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Question: What can I pray about?
Answer: ANYTHING! God wants you to talk to Him about everything in your life. Nothing is too big or too small to talk to God about.
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Question: When and where should I pray?
Answer: ANYTIME and ANYWHERE! It doesn't matter where you are; you can always talk to God. He is always with you.
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Question: How long should my prayer last?
Answer: You can pray for one second or for hours. God is always listening! He loves for you to talk to Him.
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Question: Can I pray with my friends?
Answer: ABSOLUTELY! Praying with your friends will make your faith and your friendships stronger.
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Question: Should I always fold my hands?
Answer: Folding your hands and closing your eyes may help you to concentrate on your prayer, but you don't have to. You can talk to God while riding your bike or just sitting quietly.
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Question: Should I pray out loud?
Answer: God hears you whether you pray out loud or silently. Sometimes praying out loud helps you to stay focused on your prayer. Praying silently can be done wherever you are. God hears your prayers no matter how you say them!

Now, sometimes it can be hard to focus during prayer or know just what you want to pray for. It can be nice to have a basic structure you can follow to get you going. Here are some prayer prompts that can help with that:

Prayer Prompts:

Dear God:

I'm so glad you gave me _____.

I'm thankful for _____.

I'm so happy you helped me with _____ today.

I love you God because you _____.

Please help me tomorrow as I _____.

Please watch over (person) _____.

Keep me safe as I (or keep others safe as they) _____.

Amen OR In Jesus' name Amen

Now, if you have some skittles, m&ms, or other colorful candy, I encourage you to play the prayer game below! You can play it as a family or you can even play it by yourself! The colors are for skittles but adjust it to whatever treats you are playing with. Have Fun!

Skittles Prayer Game:

Red: Who do you know that needs help? Pray for them.

Yellow: What are you most thankful for? Thank God.

Green: What do you need help with? Pray for help and guidance.

Orange: What do you love most about your family and friends? Pray for the people you love.

Purple: What is your favorite thing God has made? Pray for creation.

Remember- you can pray ANYTIME, ANYWHERE, about ANYTHING! You can always talk to God, about big things and little things, and even things that are in between.

Have a wonderful week, I miss you all!

Megan