

How to P.R.A.Y.

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I love the lyrics of the hymn, “What a Friend we Have in Jesus.” It truly is a privilege to carry everything to God in prayer!

How many times, however, have you been in a church or Bible study setting in which you are asked, “Who would like to pray?” Instead of raising your hand or saying, “I will,” you quickly look away, hoping no one will call on you. (I’ve been there, done that, and got the t-shirt.)

I created P.R.A.Y. to help! As you go through the steps of P.R.A.Y., you will be armed with tools to pray out loud. **Please see the “Important Note” at the top of the next page!**

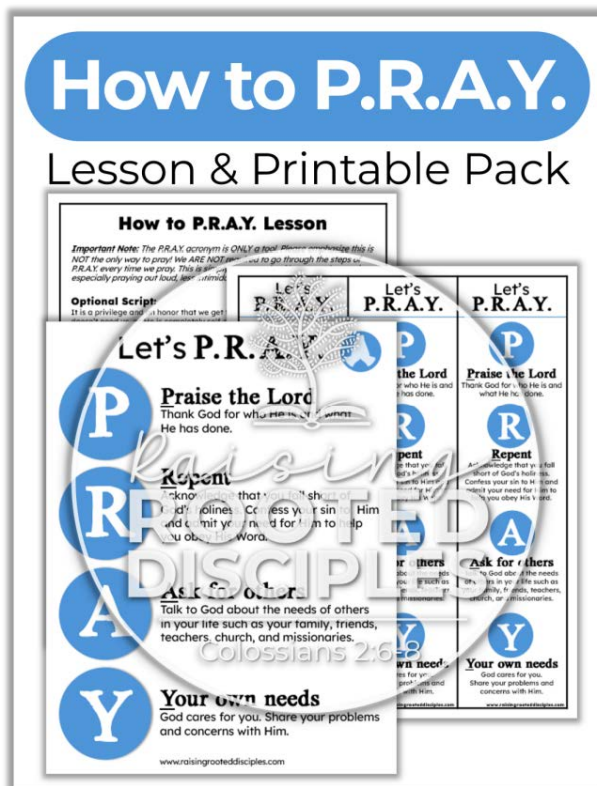


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How to P.R.A.Y. Lesson

***Important Note:** The P.R.A.Y. acronym is ONLY a tool. Please emphasize this is NOT the only way to pray! We are NOT required to go through the steps of P.R.A.Y. every time we pray. This is just an example of how to make praying, especially praying out loud, less intimidating!*

Optional Script:

It is a privilege and an honor that we get to speak to the God of the universe! He doesn't need us, as He is completely self-sufficient. He created the entire world **without us**. No, God doesn't *need* you or me, but God desires to have a relationship with us.

The ability to pray out loud in public is also a privilege that many believers in the world don't have. For some believers, their life would be on the line if they prayed out loud. We must realize how blessed we are that we can pray to Him and even pray out loud.

Put yourself in the sandals of Jesus' disciples. Ask: What are some of the things they saw Jesus do with their own eyes? (Answers may include raise people from the dead, walk on water, feed the multitude, heal the lame, heal blind people, etc.) Those things would have been **AMAZING** to see, right?

It is not recorded that Jesus' disciples asked Him to teach them how to perform miracles or even how raise people from the dead. There is one thing they wanted Him to teach them.

Read Luke 11:1-13 to find out what it was.

Ask: What did Jesus' disciples want to learn how to do? (Yes, they wanted to learn how to pray! Wow!)

More Teaching Ideas:

- Walk your kiddos/learners through each step of the P.R.A.Y. acronym.
- Find & read Bible verses related to each letter.
- Find examples of prayers in the Bible. Read them aloud. Show bad examples of prayer as well. (See Matthew 6:5-15).
- Have kids practice one letter at a time when praying aloud. For example, the next time you pray together, ask your kids to Praise the Lord (P) by picking one or two things they can thank God for. (Note: P & A are less personal and easier to start with when praying out loud.)
- Post the teaching page or give kids the bookmarks as reminders when it's time to pray.

Let's P.R.A.Y.



P

Praise the Lord

Thank God for who He is and what He has done.



R

Repent

Acknowledge that you fall short of God's holiness. Confess your sin to Him and admit your need for Him to help you obey His Word.



A

Ask for others

Talk to God about the needs of others in your life such as your family, friends, teachers, church, and missionaries.



Y

Your own needs

God cares for you. Share your problems and concerns with Him.

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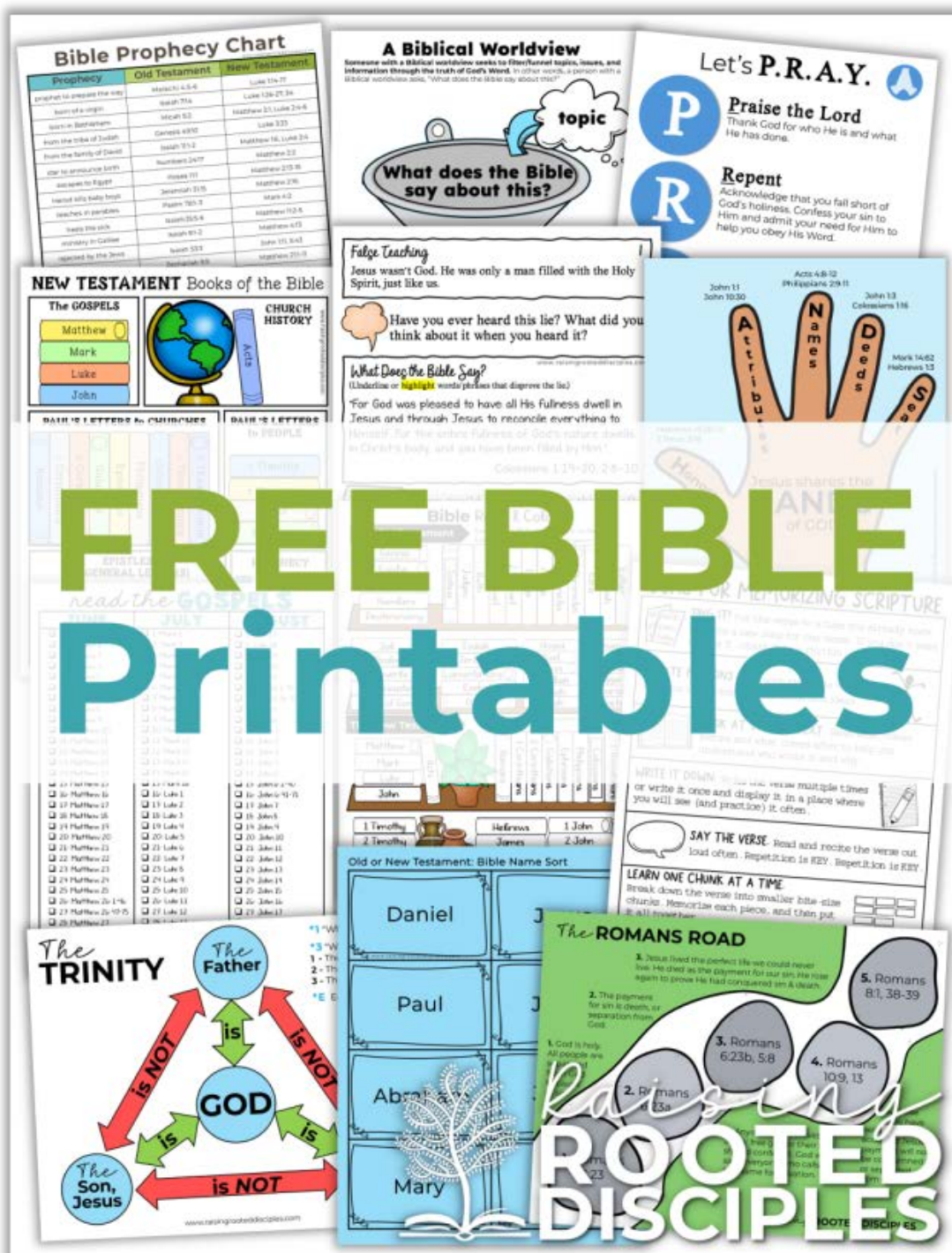


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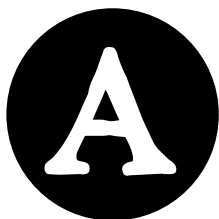
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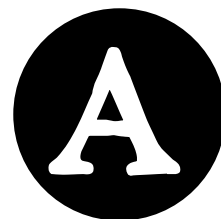
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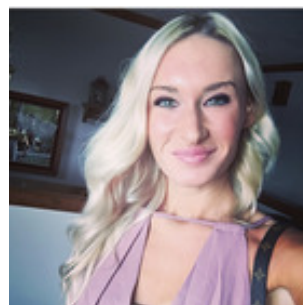
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Hi! I'm Becky. Let's Connect!



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