

# Commitment is making a plan and putting it into practice.

Read: Colossians 4:2



## Prayer Walk

With adult permission, go outside and go for a walk. As you walk, look around at what God has created and designed. Stop every few steps, praying and thanking God for creating what you see around you. Look around for trees, flowers, animals, people, neighborhoods, and whatever else you can see!

**THANK God for creating the world around you.**



## Time to Pray

Read this week's verse, Colossians 4:2. After you have read it, think about a time in your day when you can spend time praying. (When you wake up and before you go to bed are times that it can be easy to remember to pray.) This week, try to pray every day at the time you picked.

**KNOW that you grow closer to God when you spend time in prayer.**



## Draw It

What have you been thinking about and hoping for lately? Draw something to represent your prayer on a piece of paper, and then share it with someone in your family. Pray together about what you drew!

**ASK God about the things on your mind.**



## Prayerful about Praying

Pray and ask God to help you work towards praying more often. You can always come up with your own prayer or use the one below as a guide.

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"Dear God, I know that when I pray, I can tell you what I need and You will listen. I know that I can also grow closer to You. God, I pray today that You will help me stick with my prayer plan. I pray that I can always remember to come to You when I need to talk. I love you, God. Amen."  
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**LOOK for opportunities to talk to God every day.**



# Practice praying to God.



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DAY 1

## Read Matthew 6:9

Jesus' disciples asked Him, "How do you pray?" Jesus responded with what we call "The Lord's Prayer." We can memorize these words and repeat them, and we can also use them as an example to follow as we pray in our own words.

Jesus reminds us to honor our great God when we pray. God is the Creator of the universe. God knows how many stars are in the sky and exactly how many hairs are on your head. God controls the wind and waves, and still Jesus invites us into relationship with God.

### Names of God

Find the names of God below. Use one of these names for God as you pray today.

**Creator Father Almighty Maker  
Friend Healer Helper Lord King**

S H E L P E R Y  
L E A R G D O T  
E A T L N R T H  
H L O E I O A G  
T E I H K L E I  
A R E K A M R M  
F A T H E R C L  
Y T H G I M L A

DAY 2

## Read Matthew 6:10

Jesus asks for God to make things right in our world, just as they are fully right in heaven. These words remind us that . . .

1. Things on earth aren't "right." We can see that's true simply by looking around and listening. We disagree and fight and say hurtful things. We lie and cheat to get what we want. This world is NOT perfect.
2. BUT, God has a plan to make things right. God sent Jesus to make a way for us to have a relationship with God. And one day, Jesus will return to bring heaven to earth.

We can ask God to help us be part of making things right. We can join in on God's mission to bring heaven to earth every time we choose to help and encourage and love the people around us. Think of ONE person in your world that needs some encouragement. Pray and ask God to help you make their world a little brighter this week.



DAY 3

## Read Matthew 6:11

God is BIG enough to be in charge of all creation AND personal enough to know you inside and out. God even knows how many hairs are on your head! And God wants to hear from you. You can ask God to take care of you each day.

Whether you pray about the things you want (like a hoverboard) or what you need (like food or shelter). God hears it all!



### God Is

Play some quiet music and grab a piece of paper and some colored pencils or markers. Write "God Is" in the center of the page and complete that statement any way you choose. Next, as the music plays, write or draw pictures of things you need (both things you can hold in your hand, like food and things you can't, like help with a bad attitude). Then connect each request to the "God Is" statement in the center with different colors and types of lines to create a prayer web.

DAY 4

## Read Matthew 6:12-13

We all mess up. We all need grace and forgiveness. We're all in the same boat. Nobody is perfect, including you. That's why we need to seek forgiveness and ask for help to do what is right.

But why? Doesn't God promise to always love us? If so, why do we need to ask for forgiveness?

God DOES love you no matter what. But you still need to be honest with God when you mess up. Why does your mom or dad ask you to say you're sorry when you hurt your brother or sister? Because you've hurt that relationship. Sure, you'll still be siblings, but you won't be as close if you don't attempt to make things right. Admitting when we're wrong and asking God to forgive us brings us closer to God.



### Saying I'm Sorry

Is there someone you need to say, "I'm sorry" to? If so, stop everything you're doing and go make it right. Then tell God you're sorry too.



Practice praying  
to God.

# Journal

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



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May  
2024

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Week Two  
Preteen



## Day 1

After watching, write one thing that:

1. You liked:

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2. You learned:

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

3. You'd like to know:

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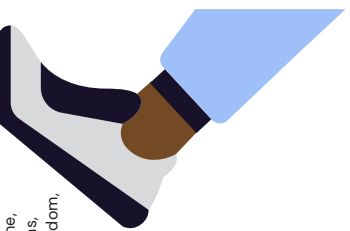
## Day 2

### 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 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**.

**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 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!