

# Prayer

*(A 6-Week Study for Ages 4-6)*

Throughout each session, keep the activities short, engaging, and age-appropriate. Encourage the children to participate and express themselves freely in prayer. Use simple language and concepts to help them understand the importance of prayer in their lives.

## Week 1: Introduction to Prayer

**Welcome and introduction:** Start by welcoming the children and introducing the topic of prayer in a simple and engaging way.

**Storytime:** Read a children's book about prayer, such as "Thank You, God!" by P.K. Hallinan or "Prayer for a Child" by Rachel Field.

**Discussion:** Ask the children what they think prayer is and why it's important.

**Craft activity:** Have the children create their own simple prayer cards or drawings depicting something they are thankful for or someone they want to pray for.

**Closing prayer:** Lead the children in a short, simple prayer, thanking God for the things they are thankful for.

*Use "9 Tips for Teaching Kids to Pray" on pages 8-9 in this lesson and future lessons to help make your teaching points.*

## Week 2: Learning How to Pray

**Review:** Start by reviewing what prayer is and why we pray.

**Interactive prayer activity:** Play a game where children take turns saying short prayers for things they are thankful for, such as their family, friends, food, toys, etc.

**Song:** Teach the children a simple prayer song, such as "God is So Good" or "Jesus Loves Me."

**Craft activity:** Have the children create handprint prayer cards by tracing their hands and writing a short prayer or thanksgiving message on them.

**Closing prayer:** Lead the children in another short prayer, encouraging them to pray for something specific they are thankful for.

## Week 3: Praying for Others

**Review:** Review the concept of prayer and why we pray for others.

**Storytime:** Read a children's story about praying for others, such as "The Berenstain Bears Say Their Prayers" by Stan and Jan Berenstain.

**Interactive activity:** Have the children draw pictures of someone they want to pray for and share who they are praying for with the group.

**Song:** Sing a song about praying for others, such as "Pray for the World" or "God Bless My Friends."

**Closing prayer:** Lead the children in a prayer where they can each say who they are praying for and what they are praying for.

## Week 4: Public Praying

**Review:** Review the concept of prayer and why we pray, especially in public.

**Interactive activity:** Play a game where children take turns leading a simple prayer for the group, such as thanking God for something or praying for a specific need.

**Role-play:** Act out scenarios where children can practice praying in public, such as before a meal or at bedtime.

**Craft activity:** Have the children create simple prayer cards with short prayers they can say in public, such as before meals or at bedtime.

**Closing prayer:** Lead the children in a short prayer, thanking God for the opportunity to pray in public and asking for His help to do it bravely.

## Week 5: Listening in Prayer

**Review:** Review the concept of prayer and introduce the idea of listening to God in prayer.

**Interactive activity:** Play a game where children practice being quiet and listening for God's voice, such as a "listening walk" where they listen for sounds in nature.

**Storytime:** Read a children's story about listening to God, such as "God Speaks to Samuel" from 1 Samuel 3.

**Craft activity:** Have the children create "listening ears" by decorating paper cutouts of ears and attaching them to headbands or popsicle sticks.

**Closing prayer:** Lead the children in a short prayer, thanking God for speaking to us and asking Him to help us listen to Him.

## Week 6: The Power of Prayer

**Review:** Review the concept of prayer and discuss how powerful it is.

**Storytime:** Read a children's story about the power of prayer, such as "The Prayer of Jabez for Little Ones" by Bruce Wilkinson.

**Interactive activity:** Have the children share stories of answered prayers or times when they felt God's presence while praying.

**Song:** Sing a song about the power of prayer, such as "What a Mighty God We Serve" or "My God is So Big."

**Closing prayer:** Lead the children in a prayer, thanking God for the power of prayer and asking Him to help them pray with faith and confidence.

## ***9 Tips for Teaching Kids to Pray***

*Here are the basics of teaching children how to pray.*

### **1. Help children talk to God.**

Everyone—especially children—would find sitting down to prayer easier if we could find a way to forget our notions of “correct prayer methods” and just start talking. To do this, avoid focusing on form in prayer. Rather, model for your children an easy, comfortable way to simply talk to God as you’d talk to a friend. Urge children to talk to God just as they’d talk to anyone else. They can tell God about their day, express their fears, and even be a little mad if they want to.

### **2. There’s nothing too big—or too small—for God.**

It’s true; God can help us face the hardest moments in our lives. God is also there to share in our smaller moments, too. He wants to know how our day went. He enjoys hearing that the rainbow we saw early in the morning made us smile, and that the bully on the playground scares us.

### **3. Anything is okay to talk to God about.**

Don’t discourage a child from including a song from *Frozen* in her prayer. Let her thank God for her favorite movie and share what’s in her heart.

### **4. Making prayers relevant to children’s lives enables them to grow in prayer.**

Because kids have a strong tendency to view the world in terms of me, my, and mine, capitalize on this very normal stage of development by focusing prayer on kids’ everyday concerns. For example, many adults make the mistake of asking young children to pray for church missionaries. Chances are kids don’t understand what they’re actually asking God for. As a result, God becomes more remote. A better idea would be to focus kids’ prayer requests on asking God to heal Damon’s chickenpox, giving thanks for Jasmine’s new puppy, or asking for help for Alex, who may find it difficult to sit through class quietly.

### **5. God listens to ALL prayers.**

God is always there, willing and eager to listen to what we have to say. But kids aren’t always so sure; sometimes they need proof. So give it to them. The best way to help children realize that God truly listens is to point out answered prayers. Did you ask for the quick recovery of Andi’s cold? When she’s feeling better, thank God for answering your prayers.

### **6. Make answered prayer visual**

by creating a prayer wall where kids write their prayer requests on one side of a divider. When the prayer is answered, move the prayer request to the other side. Thank God for each answered prayer.



**7. Help children understand that God may answer prayers in several ways.**

God may answer exactly as children requested. But God may also answer in a different way, wait to answer, or say no. Help children see these answers to prayer also.

**8. The right place is any place.**

The Bible describes a variety of ways to pray: kneeling, standing, lifting hands, and even lying on a bed. Encourage children to pray whenever-and wherever-they want to. Even if it means a quick “Please make Janie all right” on the playground when a friend is hit with a ball.

**9. Prayer is never inappropriate.**

Especially when it comes straight from the heart. In the end, that’s all you really need to teach children to help them communicate with our God who’s always listening.

# HOW TO PRAY

## ADORATION

A

Adoration is deep love and respect.

Adoration gets to the heart of who we are. To truly worship God, we must let go of our self-worship. We must be willing to humble ourselves before God and surrender every part of our lives to His control.

## CONFESSION

C

Confession is to acknowledge sin to God.

"If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness." 1 John 1:9

## THANKSGIVING

T

Thanksgiving is the expression of gratitude, especially to God.

Thanking God specifically for all He has done for you.

## SUPPLICATION

S

Supplication is humbly and earnestly presenting your requests to the Lord.

God-Centered, God-Commanded, Others, and Ourselves.