

HOW DO YOU PRAY TO GOD?

DAY 4

Praying is so simple: *talking* to God. But it can be hard to remember to do it . . . unless you make a plan.

Some people have a habit of praying right before they eat a meal. Or maybe you pray before you climb into bed for the night. Maybe you pray to God right before you have a big math test. Just remember that you don't have to get in a rut. You can talk to God **anytime, anywhere, about anything!**

Pray by yourself. Pray with other people. The important thing is **that you take time to pray.**

Your plan is *your* plan. No one else is going to have the same one that you do. But when you get to the end of the day, you want to be sure that you've talked to Him about what's going on in your life. You'll never regret it!

LIVE
FOR GOD

COMMITMENT

MAKING A
PLAN AND
PUTTING IT
INTO PRACTICE

DAY 1

READ LUKE 11:1-4

As you read, circle the words that stand out to you.

Jesus was giving His friends (and us!) a model of how to pray. That doesn't mean we have to say these exact words. You can say anything that's on your heart. But in this prayer, Jesus showed us what's most important as we talk to our Heavenly Father.

HERE ARE FOUR THINGS JESUS MODELED FOR US:

1. Tell God how great He is ("may your name be honored")
2. Ask for the things that God wants to come true ("may your kingdom come")
3. Ask for what you need ("give us each day our daily bread")
4. Ask for forgiveness, protection, and a forgiving heart

Most of us are pretty good about asking for #3. But don't miss the chance to try #1, 2, and 4. See how that might change the way you relate to God. Just like any kind of discipline, prayer takes practice and commitment!

HEAR
FROM GOD

WEEK 2 - PRETEEN

DAY 2

WHEN YOU'RE SCARED . . . PRAY.

**WHEN YOU'RE NOT SURE WHAT
TO DO . . . PRAY.**

WHEN YOU'RE EXCITED . . . PRAY.

WHEN YOU'RE HAPPY . . . PRAY.

**WHEN YOU'RE TEMPTED TO DO THE
WRONG THING . . . PRAY.**

WHEN YOU MESS UP . . . PRAY.

WHEN YOU'RE FRUSTRATED . . . PRAY.

**WHEN YOU GET WHAT YOU WANT . . .
PRAY.**

**WHEN YOU DON'T GET WHAT YOU
WANT . . . PRAY.**

Are you sensing a trend here? God wants to hear from you, whatever you're feeling... whatever you're going through. He knows you better than you know yourself. And He loves you—don't ever forget that! You can always go to Him and know that He's your safe place. He understands.

Whatever it is, talk to Him. Practice praying to Him about *everything* in your life. He's always there for you, no matter what!

DAY 3

**THERE'S PRETTY MUCH NO BETTER GIFT
YOU COULD GIVE A FRIEND THAN TO
TELL THEM, "I'M PRAYING FOR YOU."**

Maybe that seems hard to believe. After all, just because you pray about something doesn't mean it's always going to happen, right? Prayer isn't magic. Only God knows what He's going to do and He has a bigger plan that we can understand.

But then again, we know that God does answer prayers! Ask anyone who's been a Jesus-follower for a while and they can tell you some really cool stories about that. Maybe the biggest honor you can give someone is to listen to what's going on in their life and pray for them.

That means you've got to ask. Ask your friend: "Is there any way I can pray for you?" Or if they share something difficult with you, offer to pray for them. Just make sure that you really do it! Maybe stop and pray with them right then and there. Also, don't forget to pray and thank God when you're celebrating something good.

**PRACTICE PRAYING FOR EACH OTHER.
THAT'S HOW GOD DESIGNED OUR
FRIENDSHIPS TO WORK!**