

What is Prayer?

from "Lutheranism 101 for Kids" by CPH

Prayer is, very simply, talking to God. We can talk to God wherever we are. We can give Him thanks when we receive our food at lunchtime. We can ask for help and strength when we are sick in bed. We can say we're sorry to God when we do something wrong. We can pray alone or with a group of other Christians.

Jesus taught us a prayer that helps to guide our words as we pray. We call this the Lord's Prayer. The Lord's Prayer teaches us to come to God and not be nervous about talking to Him. God wants to answer our prayers...[so] we should talk to Him every day.

What should we pray for?

When we pray, we ask God to do what He wants for us. So we don't pray for things that we know would be against what He wants. We *shouldn't* pray, for example, that bad things would happen to people who have hurt us. Instead, we *should* pray that God would help us to love our enemies. We *shouldn't* pray that we get everything we want. Instead, we *should* pray that God would make our faith stronger to accept whatever happens. God promises to hear our prayers for the sake of Jesus, but that does not mean that we can pray for things that are against what God wants.



How does God answer our prayers?

God answers our prayers in different ways. He can say yes, and we receive what we ask for. He can say no, and we pray for the strength to be content with what we have. Or He can say, "I have a better idea." This means we may not always get exactly what we want, and that we need to be open to His will -- in other words, to whatever God has in mind for us.

Let's say you really want a new bicycle, so you pray for it. In the Bible, God hasn't promised that everyone will get new bicycles, so we don't know that this is God's will. We do know that He wants to provide for His children, though, so you can ask. God's answer may come in different ways. Maybe He'll bless you by providing for you through your parents. Maybe He'll help you to earn money and save up for a new bike. Or maybe you won't get that bike you want. God wants us to learn to trust Him... no matter what happens in our lives.

Our Family Prayer Routine

We are going to pray at these times every day/week:

- Breakfast Lunch Dinner Bedtime
- Before School Before Church On our way to _____
- Other: _____
- _____

We are going to use these prayers:

- The Lord's Prayer
- Luther's Morning/Evening Prayer
- Prayer for our Family
- Other:

Tips:

- ***Don't stress; keep it short, sweet, & simple!***
- ***Be consistent! Pray in the same spots (around the table, in the car, in bed, etc.) and at the same times daily/weekly.***
- ***Be specific! Set realistic, measurable goals.***
- ***For prayer tools/models, look up the ACTS prayer or the 5-Finger Prayer online.***

We are going to pray for these things:
