



TALKING WITH YOUR FATHER!

In our last study we were learning about our new relationship with God, who is our Heavenly Father. We discussed how we get to know others by spending time with them

💡 Who are the people you have spent the most time talking to over the past week? Why?

Usually we spend more time talking with those who are important to us. Now that God is important in our lives we need to spend time with him, talking with him and also listening to what he says. We are going to begin with talking to God – which we call prayer.

1. PRAYER BEGINS WITH PRAISE

The disciples asked Jesus to teach them how to pray. Let's learn from what Jesus told them.

✝ What is the first thing Jesus told us to say when we begin to pray?

Matthew 6:9 _____

✝ How are we told to come into God's presence?

Psalms 100:4 _____

✝ Why are we to praise God?

Psalms 100:3 _____

💡 Read some of the things that King David gave thanks for in Psalms 103:2-6, 12-13
Choose one verse that you could use to express your praise to God right now. Share.

Jesus taught us that the right way to come into God's presence is to come with praise and thanksgiving. You can do this in different ways: by speaking or singing praise or by reading what is written in the Psalms.

2. PRAYER INCLUDES OTHERS



✝ What is the second thing Jesus tells us to pray for?

Matthew 6:10 _____

✝ What is God's will for all people according to 1 Timothy 2:1-4?

v2 _____ v4 _____

✝ Since we know this is God's will, who should we pray for, and why should we pray for them?

V2 _____ V4 _____

Jesus is telling us to pray that things here on earth will be changed and become like they are in Heaven. This is God's will. This is what He wants! When we know what God's will is it helps us know how to pray. We are told to pray for everyone, so this includes our family and the people in our lives. In fact it is good to pray for people by name.

💡 Share the names of family members you would like to pray for to come to know Jesus.

(Make a list so you can pray for them at the end of the study.)



3. PRAYER CHANGES US

Let's have one last look at the prayer Jesus taught us to pray.

✝ What 3 things did Jesus tell us to pray about for ourselves in Matthew 6:11-13?

i. _____ ii. _____ iii. _____

✝ When Jesus said to pray for our 'food for today' what do you think it could also include?

Philippians 4:6-7 _____

✝ What does God promise will happen in our lives when we pray about everything?

Philippians 4:7 _____

John 16:24 _____

💡 Share a time when you have had a prayer answered and experienced the joy Jesus speaks about.

How do we pray? Jesus teaches us to begin by thanking and praising God, and then to pray for others. He cares for us and tells us to pray about all our needs. It is very important that we forgive anyone who has hurt us and to ask for God to help us overcome temptation. One way we can remember these things is by using the word 'joy'.

J – Jesus first (Praising God)
O – Others second (Praying for others)
Y – Yourself last (Praying for yourself)

Just as we can talk to a special friend anytime or anywhere, so we can talk to our Heavenly Father any time. Begin by making a 'special time' to be with Him each day, and then talk to Him throughout the day. As you do this your relationship with your Heavenly Father will become closer and you will be changed.



Pray together for those you put in your list who need to know Jesus.

(You could ask each person to pray for two people on the list.)

Memory Verse

"Don't worry about anything; instead pray about everything. Tell God what you need, and thank Him for all He has done."

Philippians 4:6