

# PRAYER



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Message	Children of God pray regularly
Learning Objectives	The children will learn: <ul style="list-style-type: none"><li>■ Prayer is a way to speak to God and to draw near to Him.</li><li>■ How and why we pray and the effects of our prayers.</li><li>■ We can ask God for direction in our lives when we pray.</li></ul>
Bible Text	

## Prayer



Prayer is an opportunity for us to feel close to God. Praying is described as the “breathing of the soul.” It is necessary for us to pray. We can experience a living faith when we pray. When we pray, we experience God’s presence and we believe that He hears, as well as answers, our prayers.

When we pray we humbly bow before God and allow the Holy Spirit to inspire a prayer within us. In the Sermon on the Mount, Jesus gave important instructions concerning prayer (cf. Matthew 6: 5–8).

We are not to make an outward show of prayer nor are we to use a lot of words. We may address God as “Father”. Prayers should come from the heart. We are not required to pray a certain way. The intensity of a prayer can be encouraged by closing one’s eyes, folding one’s hands, or kneeling.

By doing this we are taking ourselves out of the busy activity of daily life to pause and bow before God in humbleness.

As New Apostolic Christians, we are encouraged to begin and end our day with a prayer. We also may pray before meals. We may also turn to God throughout the course of the day in order to feel His nearness and seek His help. In the family circle, children learn to pray as well as to develop their own prayer life.

A prayer should include the following elements, and generally in this order: adoration and worship, thanks, petitions, and intercessions. Our knowledge of God’s greatness prompts us to worship and adore Him. We give thanks for everything that has been given to us spiritually through His word, grace and the sacraments. We should also give thanks for the gifts we receive in our natural lives (such as food, clothing and accommodation).

We bring all our concerns to God in our petitions. Such concerns may relate to strengthening our faith, angel protection, or help in daily life. The most important petition is with regard to the return of Christ and our longing to be accepted in grace at that moment.

When we intercede for another person we express our love towards our family or neighbour and even those in the beyond. We always close our prayer "in Jesus name. Amen."

### Suggestions for the Teacher

#### Lead-In

Show the picture to the children. Discuss with them what they see. Ask what she/he may feel....

Let a boy make an emergency call to his mother with his mobile phone.

He had an accident with his bike. He asks her to come and help him. The line is occupied.

Explain: The line to God is never occupied, he is always available.

#### Lesson Instructions

Begin telling the story...

Discuss with the children...

- What do we do at the beginning of Sunday School or a divine service? (We pray)
- Why do we pray? (It is an opportunity to be close to God.)
- How do we pray? (Closing our eyes and folding our hands, in our own words, honest heart)
- What are the elements of our prayer? (Adoration, thanks, petitions, intercessions)
- Show examples: For whom do we intercede? How do we adore God?
- Where do we pray? (At home and in church)
- When do we pray? (In the morning, before meals, before bedtime, whenever the need arises)

Have the children repeat...

- Prayer is a way to speak to God and to draw near to Him.
- We can ask God for direction in our lives when we pray.

Real-Life Application (explain the following)

- Ask children to pray at the beginning and the end of a lesson
- We have to help them and help them to overcome the fear of praying in front of other people.

**Repeat the Message**  
**Children of God pray regularly.**