

Practicing Prayer

*All **bold** phrases are suggested scripts to use in the lesson.

Activity 1: Pray in a Garden

After Jesus and his disciples celebrated Passover, they went to a garden called Gethsemane.

How do you think Jesus was feeling at this time?

What did Jesus do in the garden?

Jesus knew that we can pray any time, no matter what we are feeling. Let's spend time praying in a garden like Jesus did.

Take the family to a quiet place to pray.

You may sit in one spot while you are praying or you may walk around. This will be a quiet time of prayer so please be respectful of others around you that are praying.

Share the page titled "Prayer Time" together.

You can always pray about anything that's on your mind. You may use this prayer sheet as a guide while you pray, but you do not have to.

Encourage everyone to spend time praying.

Activity 2: Praying while active

Have everyone stand in a circle.

We have spent some time in silent prayer, but we know that there are many ways to pray. We can pray any time, regardless of what we are doing. Think about something you like to do and think of an action that goes along with that activity. For example, I might say that I like to swim (make swimming motions with your arms) or that I like to read (pretend to hold a book).

Give everyone a few moments to think of an activity and corresponding motion.

Do you think you can pray while you are doing an activity you like to do?

Let's go around the circle and share our activities. When it is your turn, tell us what you like to do while showing us the action you've chosen. After each person shares, we'll say together, "We can pray while we (activity)" and we'll make the motion the person showed us.

Invite everyone to participate by sharing and encourage everyone to respond as directed.

After everyone has shared: **Now let's see if we can remember everything that was shared. This time we'll say, "We can pray while we," and beginning with the first activity shared, we'll say all the activities that have been shared in a row and do the actions with them.**

Encourage everyone to remember the activities shared. Finish with: **We can pray anywhere, at any time, no matter what we are doing.**

Prayer Time

Prayer is talking with God. You can pray about anything. There is no right or wrong way to pray. If you need suggestions for what to pray about, consider saying one of the following prayers.

Help!

You can pray to God any time you feel like you need help.

You can ask God to help you.

You can ask God to help other people.

Thanks!

It is always good to thank God for your blessings.

Thank God for the good things in your life.

Thank God for the people who love and help you.

Thank God for loving you and always being with you.

Wow!

God created many wonderful things.

Tell God what you find amazing about God's world.

Compliment God on the clever, efficient, and beautiful world God created for us.