

Prayers Lesson: Bring It All to God



Do you have a good friend or even a best friend? What do you like to talk about with your friend? Probably everything, right? When something good happens, you can't wait to tell them. When you're upset, you want to tell them because you know they'll comfort you. You share everything with your friend, because you know how much they care.

Well, because of Jesus, God is also your best friend. And just like a human best friend He wants you to talk with him about everything. But very often there is something we don't like to pray about. For me it was my doubts. I felt ashamed to tell God, because I thought it meant I didn't trust Him enough. However, when I did finally share them, He was able to help me let them go. Someone else I know didn't want to tell God about her troubles. She knew other people had bigger problems, so she thought God would think she was being petty. The truth is God wants to know it all, so He can share the burden, provide help, and simply show He cares. He just loves you that much.

Scripture: Let's look at some verses to see what other people in the Bible prayed about:

1. To say sorry: Jonah 2:1-10 (Jonah did not want to do what God had asked. Now he prayed to let God know he was ready to obey. Have you ever wanted to tell God no?)
2. For revenge: Psalm 35: 22-26 (Can you believe David would actually ask God to get back at his enemies? How do you imagine God responded?)
3. For strength to face fear: Mark 14: 32-36 (One book I love says, "Thy will be done," is the prayer that never fails. Why do you think that is?)
4. For one's friends: Romans 1:8-12 (People have always prayed for those they care about. Do you remember a time someone prayed for you?)

These are only a few of the prayers found in the Bible. So now the question is what do you not pray about? Spend some time thinking and discussing what it is you don't talk about with God and why that may be.

Craft: Prayer Prompt Phone

This week practice praying to God about the topic you named earlier that you often don't talk with God about. First, select a phone style: rotary, pay phone, cell phone, etc. Cut your phone out of paper. You can print a phone coloring page if you don't want to draw free hand. Then use colored paper, stickers, and other embellishments to decorate your phone. On your phone write, "I will talk to God about _____." Place it where you will see it every day.

Closing Prayer: Dear God, we lift up to you every area of our lives. Help us to be brave enough to tell you about every part of our lives. May we also be better listeners, so we can hear your words for us. Amen.

Sharing each part of our lives in prayer creates a better connection between us and God.

