

WHY AND HOW DO I PRAY?

WEEK FIVE

Every week in our Kids Ministry, we emphasize the importance of prayer and equip kids to pray.

Many kids raise their hands in joy when asked "who would like to pray for us?" What would it look like if we had childlike joy and expectation when it comes to prayer into our adulthood?

Should we not be filled with joy at the very **thought** of talking to the creator? Of talking to our **father in heaven**?

Prayer is our continuing access to the God above all ... so why don't we start acting like it?



Kids Ministry Staff at University Carillon

EXPLORING THE QUESTION

MAIN IDEA

When you have a **relationship** with someone (a friend, a family member, etc), how do you get to know more about them? By talking to them, of course! Prayer is our way of talking to God! And the cool thing is, we can talk to him **whenever** and as **simply** as we'd like—just like a **friend**.

CONVERSATION

(questions your kids may ask you)

- Do you have someone you can talk to when you're happy or sad?
- Do you ever talk to Jesus about these things?
- How do you think our family can pray more?

RESOURCES

- Adult Alpha guide
- Song: Give Me A Song by Will Regan
- Sermon: "Pray as You Can" by Bridgetown Church
- Podcast Sermon: "The Way of Jesus: The Way of Prayer" by Church of the City

ALL RESOURCES AVAILABLE AT: universitycarillon.net/AlphaKids



Get in touch. kids@universitycarillon.net

▶ ALPHA ADULT GUIDE: WEEK FIVE

See next page(s) for the Adult Alpha guide.

▶ SONG: GIVE ME A SONG BY WILL REGAN

LISTEN

▶ SERMON: "PRAY AS YOU CAN" BY BRIDGETOWN CHURCH

Most of us don't really enjoy prayer. We feel bad or guilty about how little we pray. And when we finally make time to pray, we either don't know what to say or are too distracted to focus. And yet, right now, all over the world, people are praying. Prayer is something of a global language that is ancient and modern. The invitation this week is to commit to praying as you can, rather than as you think you should.

WATCH VIDEO

▶ SERMON: "THE WAY OF JESUS: THE WAY OF PRAYER" BY CHURCH OF THE CITY

Explore how to become a person of peace in the midst of anxiety. When we look to the example of Jesus, we see that He pursued peace by committing to a life of prayer.

WATCH VIDEO

- ▶ Want to discuss this question further? Reach out to one of our pastors by emailing pastors@universitycarillon.net

WEEK FIVE

Why and how do I pray



1. WHAT IS CHRISTIAN PRAYER?

Prayer is the most important activity of our lives.

‘For through [Jesus] we both have access to the Father by one Spirit.’ (Ephesians 2:18)

- **To the Father**
 - ‘... to your father’ (Matthew 6:6)
 - ‘... in heaven’ (v.9)
- **Through the Son**
 - ‘I have called you friends’ (John 15:15)
- **By the Spirit**
 - ‘... the Spirit helps us’ (Romans 8:26)

2. WHY PRAY?

- Develops a relationship with God
- Rewards of prayer (Matthew 6:6)
 - Presence of God
 - Peace (Philippians 4:6–7)
 - Perspective
 - Power
- Results of prayer (Matthew 7:7–11)

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**‘When I pray,
coincidences happen,
and when I don’t,
they don’t’**

**WILLIAM TEMPLE,
THE FORMER ARCHBISHOP OF CANTERBURY**

3. DOES GOD ALWAYS ANSWER PRAYER?

- **Yes** – you receive what you prayed for, sometimes immediately
- **No** – sometimes an obvious reason why not; other times we may not understand straight away why the answer is no
- **Wait** – for the right timing

4. HOW DO WE PRAY?

- **Thank you** – count your blessings, not your problems
- **Sorry** – confess your sins (John 13:6–10)
- **Please** – ‘Give us today our daily bread’ (Matthew 6:11): ask for anything you need

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5. WHEN SHOULD WE PRAY?

- **Anywhere, anytime**
 - (Ephesians 6:18)
- **Alone (Matthew 6:6)**
 - Regular pattern
 - Best part of the day (Mark 1:35)
- **With others**
 - There’s power in praying together
 - ‘Where two or three are gathered in my name, there I am in their midst.’ (Matthew 18:20)

Three simple tips:

- Keep it real
- Keep it simple
- Keep it going

RECOMMENDED READING

God on Mute, Pete Greig

How to Pray, Pete Greig

Prayer, Philip Yancey

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