



**TODAY'S TOPIC:**  
**Affirmative Prayer**

You are welcome to use this lesson to inspire spiritual conversation in your family or youth classroom. It is written for elementary age but could be adjusted as needed.

**THINKING JOB:** Ask a “thinking job question” to get everyone thinking about something pertinent to the lesson. This could be asked moments or hours before your conversation.

***What does it mean to pray?***

**Lesson**

**Affirmative Prayer**

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> <li>• none</li> </ul>	<ul style="list-style-type: none"> <li>• link to song</li> </ul>	Connecting back to the basics, learning the 5 steps of affirmative prayer

**ASK:** What are some ways to talk to God?

**SHARE:** There are so many ways to talk to God. How about prayer? Is prayer talking to God? The word prayer actually means “talking to God”. Some people wonder **who** can do prayer and the truth is, everyone can! No matter your age, background, beliefs, or where you live.

**ASK:** **When** can you do prayer?

**SHARE:** Anytime. Ask for personal examples of times they pray. Some people have times they pray ex: grace, bedtime, when you have a problem, or on Sundays at church, but you can pray whenever.

**ASK:** Okay, then **where** can you pray?

**SHARE:** Yes! Anywhere. While people do have places they pray like at church or by an altar, you can pray anywhere, even on the bus to school! One of my favorites is: (add your answer here)

**ASK:** **Why** would you want to pray? Maybe to talk to God, ask questions, talk about what's going on or what you want.

**SHARE:** There are many kinds of prayers – thinking, singing, meditation, creating, speaking. Today we're focusing on affirmative prayer.

**ASK: What is affirmative prayer?** Affirmative prayer is where you ask for something as if it already came true. For Example: if you are feeling sick, instead of saying “please make me better” you would say “I am healthy” or “I am well”. Picture it, say it as you want it to be, and tell it God.

**ASK:** Does anyone know the 5 steps of affirmative prayer? (Allow for Answers)

**SHARE:** The 5 steps of prayer are: REMEMBER GOD IS EVERYWHERE, PICTURE IT, SAY IT, SAY THANK YOU, AND GIVE IT.

**ACTIVITY:** Create an affirmative prayer together. Use this example or make up your own.

**SAY:** Let’s use the example of a vacation to Disneyland and create an affirmative prayer for it together.

**Step 1** is to remember god is everywhere. Tell me, where do you see god around us? (allow for answers) Yes! God is all of those things and god is inside each of us as well. Together we’ll say, “God is everywhere, God is inside of me!” (repeat with children)

**Step 2** is to picture what you want, tell me what kinds of things would you see at Disneyland? What would you want to feel? (allow for answers) That all sounds like so much fun! Can you picture it? Can you feel it in your heart?

**Step 3** is to say it so together let’s say, “I am joyful and free as I play with my friends and family.” (repeat with children)

**Step 4** is to say thank you, we are so glad to have the opportunity to visit such a magical place and spend some quality time laughing with our family and friends. So we say, “Thank you!” (repeat with children)

And finally, **step 5** is to give it, to release our prayer to God so that it can become reality. Together we say, “I let go, and let god!” (repeat with children)

**SAY:** Another way to do affirmative prayer is the “God is Everywhere Prayer” Act out “God is Everywhere”. Repeat even louder.

- God is everywhere (recognition is God is in all people, all things, all places)
- God is inside of Me (unification - I am never separate from God, I am divine, God loves me)
- God gives me everything I need (realization - I know \_\_\_\_\_ is here and done now)
- Thank you God (thanksgiving - I am thankful for God and for \_\_\_\_\_)
- I send my thoughts out to the universe to multiply and come back to me. (release- I send this to God and know it’s being done)

**PLAY:** CD track – The Treatment Song – Stand up. Call and have kids repeat during song.

**Say affirmation together.**

**PLAY:** The Treatment Song by Dr. Barry

<https://www.youtube.com/shorts/qGWPJNlmo28>

**Say affirmation together.**

**AFFIRMATION** – My prayer is true and heard. repeat 4X

Note: Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/> .