



TODAY'S TOPIC:
Ways to Pray

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.

Do I ever pray?

Lesson

| Materials | Things to Prepare | Today's Goal |
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| <ul style="list-style-type: none"> • Pictures or items that show different ways to pray. | <ul style="list-style-type: none"> • | Know what prayer is and that there are many ways to do it. |

ASK: What does prayer mean? Listen to answers without correcting or judging. It is a way to talk to and listen to God.

ASK: Is there only one way to pray? No, there are many different ways to pray. But even if there are different ways to pray, inside where it really counts, we all pray to Spirit. Inside we are all the same, made of the same God. *Note: God and Spirit are two names for the same thing.*

ASK: Who can pray? Can you pray?? Yes, every person can pray, and God always listens to prayers. Always. And the exciting thing is there are so many ways to pray! Each of you can pray in your own way. Or you can pray one way one day and a different way the next. Because we know God lives everywhere and inside everyone, every way to pray is perfect.

ASK: How do you decide which way you want to pray?

- Different cultures and religions might have special ways to pray.
- Depending on the reason you are praying.
- What feels best and right for you.

SHOW: Pictures or items of the different ways to pray. Talk about each one. See if you can get the group talking about what they see or what they like. *Each of these could be a lesson on their own, so you can decide how much or how little you want to say about each one.*

- Your body: Sitting, kneeling, hands clasped.
- What to wear.
- Singing: Individuals or together.
- Special Sounds: Bells, chimes, drums.
- Beads: Many religions have dedicated prayer beads.
- Dancing or special movement.

EXPLAIN: Your prayer = You can speak it, you can sing it, you can write it, you can move while you do it. Some prayers are about talking to God. Some prayers are about listening. And some prayers are about asking for something we want or for something to change. That kind of prayer is called a treatment. It's a way to ask God for what you want. Here is one way to do it.

- Repeat together: "God is everywhere, God is inside of me. God gives me everything I need. Thank you, God. And I let my thoughts out to the Universe to multiply and come back to me. And so it is."

EMPHASIZE: No matter how you pray or the reason you pray, prayer is like a special, magical ingredient that can make big things happen.

AFFIRMATION – I know how to pray. repeat 4X

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