

What is prayer?

Choose the best starter for your group

Starter a

Think about the person you are in contact with the most. Eg your best friend, your boyfriend, your husband, your Mum etc. Write a list of how you keep in contact with them. Do you say different things with different methods of communication. For example do you say something different in a card or letter than what you would say when you are just chatting or when you are texting?

Starter b

Play Fizz, Whoosh, Pop.

Sit in a Circle. Say that you need to pass a current around the circle. To pass the current clockwise you make a wave motion with one hand in a clockwise direction whilst saying fizz. To reverse the direction you make a wave motion with two hands in an anti-clockwise direction whilst saying whoosh. If you want to pass the current across the circle you act like you are bouncing it off of your body whilst saying pop and making eye contact with the person you are sending it to.

Read:

1 Kings 8:22 ; Nehemiah 9: 5 ; Psalm 108:1 ; John 17:1

Discussion Questions

What do you think prayer is?

Why do people pray?

How do people pray?

Is there a right way to pray?

Is praying just about talking?

Is there a way that makes you feel more comfortable praying?

About You

How do you feel about praying? Sometimes when praying out loud you can feel really embarrassed. Sometimes when I am talking to God in my room I wonder if I am just talking to myself. God loves to hear from you and He loves to talk to you but if we feel silly we stop talking to God. If I start wondering if I am talking to myself when I pray, I try praying in a different way. The people that we read about in the Bible used lots of different ways to pray. Some stood up and shouted, some stood before an altar with their hands in the air, some sat and talked, others wrote a song. I often write a letter to God, I know people who go for a walk and talk to God about what they see. Other people write music, paint pictures, dance. Some people like praying with others

To do

This week try talking to God. Use this time to try communicating with Him in different ways. Find a way that you feel most comfortable.