

Prayer

One day Jesus told his disciples a story to show that they should always pray and never give up. **Luke 18: 1**

As Christians, God speaks to us through the Bible and we speak to Him through prayer. We should all pray every day.

- † You don't have to use certain words or follow a certain format. Just talk to God honestly and with respect
- † Do not use prayer only when you need help!

When you pray, include the following elements:

- † Giving worship to God:
 - We can do this by telling Him that we praise His name or that we love Him
 - We can also tell Him that we know He is almighty God and we think He is awesome
- † Giving thanks to God for all the ways He blesses us
- † Asking for wisdom and direction in life
- † Asking for forgiveness of sins

You can also include any of the following in your prayers:

- † Asking help for someone who doesn't believe in Jesus
- † Asking Him to help heal someone who is sick
- † Asking Him to help those in need
- † Asking Him to help us with our bad habits, problems, anger, fear, sadness or anxieties

Our Father in heaven, may your name be kept holy. May your Kingdom come soon. May your will be done on earth, as it is in heaven. Give us today the food we need, and forgive us our sins, as we have forgiven those who sin against us. And don't let us yield to temptation, but rescue us from the evil one. **Matthew 6: 9b - 13**

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