

# Prayer: Talking to God with Your Hands

This message teaches the basic elements of prayer and encourages children to establish prayer as a habit in their own lives.

## Part I: Why should we pray?

Begin by asking the following questions:

- *Do you like to talk on the phone?*
- *Do any of you talk on the computer with emails, FaceTime or Zoom*
- *Who do you like to talk to and what about?*

Talking with people is important to us! We make sure that we can call others whenever we want. We also make sure people can reach us wherever we are.

***So if talking to people is easy and we do it all the time, why is it so hard to spend time talking with God?***

(They might answer: “We get busy. We can’t see Him, so we forget. We don’t know how. We might not be sure God is really listening. We might think our problems are too small.)

### Why is it important to talk with God?

1. *God wants us to know Him.*
2. *God really does answer prayer.*
3. *God loves us through prayer.*

*We love God through prayer*

## Read:

### The Power of Prayer

*James 5:13-16*

<sup>13</sup> If one of you is having troubles, he should pray. If one of you is happy, he should sing praises. <sup>14</sup> If one of you is sick, he should call the church’s elders. The elders should pour oil on him<sup>[a]</sup> in the name of the Lord and pray for him. <sup>15</sup> And the prayer that is said with faith will make the sick person well. The Lord will heal him. And if he has sinned, God will forgive him. <sup>16</sup> Confess your sins to each other and pray for each other. Do this so that God can heal you. When a good man prays, great things happen.

## Discussion Questions:

1. What is prayer? (*Prayer is spiritual communication between ourselves and God.*)
2. Can you pray when you are in trouble? (*Yes.*)
3. Can you pray when you are happy? (*Yes.*)
4. What is another name for happy prayers? (*Praises.*)
5. What are some of the examples of why to pray mentioned in James 5:13-16? (*When you are in trouble, when you are happy, when you are sick, to show faith, for confession of sin, and to pray for others.*)
6. What else can we pray for? (*Some examples include: Guidance, Protection, Strength, Wisdom.*)
7. Is the prayer of a righteous man powerful? Is it effective? (*Yes the Bible tells us in James 5:16b that the prayers of the righteous are both powerful and effective.*)

## Part II: How should we pray?

Now we’re going to learn how to pray. Remember that it’s as simple as *talking* to someone you love.

(Write out the word **TALK**)

### **T: TAKE the TIME:**

We need to find time in our day to talk to God. Maybe try praying at the same time each day. Make it a habit, like brushing your teeth. You brush your teeth every day, right?

**A: AHHHHH.... Quiet:** (Have children take a deep breath with you.)

Find a quiet place in your home. Turn the TV off, your music off, and find a way to escape from your little brother or sister. Sit under a table, go in your closet if it’s big enough, make a fort, whatever!

### **L: LEARN from God’s Word.**

Read one verse a day. If you’re up for the challenge, read one chapter a day. Try to understand what God is saying to you. Ask a grown-up who knows Jesus for help if you need it.

### **K: KEEP a Prayer Plan.**

Write down how to pray. Pray that way. Write down praises, prayer requests, and verses that mean a lot to you. Keep it simple or else you won’t keep doing it. *\*This is a great way to use the Prayer Journal from last week’s lesson.*

*If you didn’t get to that lesson, you can still pull it up from the website and print out the prayer journal!*

(Repeat each component at least once if not twice, to ensure retention.)

**Craft:** Helping Prayer Hands: You can print out the template, have them color and cut it out and glue it to a piece of construction paper to hang on their wall, or you can trace their hands and do the same!

**Use it to review the following concepts.**

**Our hands can help us pray:** *Do any of you like to talk with your hands?* (Mimic people who talk with their hands: chefs, airline stewardesses, tour guides, photographers, pastors, etc.)

Today our hands are going to help us learn how to pray.

You’ve got five fingers and we’ve got five parts of prayer

1. **PRAISE:** Praise is saying what you love about someone. It’s saying, “God, I love that you are good. I love how you made the ocean. I love that you sent Jesus for our sins.” (As you list each example, number them with your fingers and invite the children to do the same.)
2. **CONFESS:** Confession is a big word for spit up. It means to get the junk out of your life. It’s when you ask for forgiveness of your sins. It’s saying, “I’m sorry that I lied. Forgive me for getting in a fight with my brother. I’m sorry for not loving you like I should.” (As you list each, use your hands to mimic throwing up.)
3. **THANKS:** God has done so much for us. What can you be thankful for today? (Invite children to list items. Lead the children in a lively worship song of praise/thanksgiving such as “He has made me glad.” Have them clap their hands in thanks.)
4. **ASK:** God says in Matthew 21:22 that, “If you believe, you will receive whatever you ask for in prayer.” Pray for others. Pray for yourself. Ask for people to be saved, for God to provide, for wisdom to understand, for help in temptation, for people to be healed. (Invite children to fold their hands as in prayer.)
5. **READ:** Reading God’s word helps us see ourselves as in a mirror. It helps us understand who God is and who we are. It helps us to pray because we know who we’re praying to. (Mimic turning pages or holding up a mirror.)

(Review each of the parts of the Prayer Plan with the hand motions to cue the students’ memory. Review a second time with only the bolded words. Have the kids demonstrate the hand motions for each. Close the lesson in prayer. Follow the prayer plan, keeping it brief to hold children’s attention.)

**Coloring pages:** Praying child coloring pages. One for girls and one for boys.

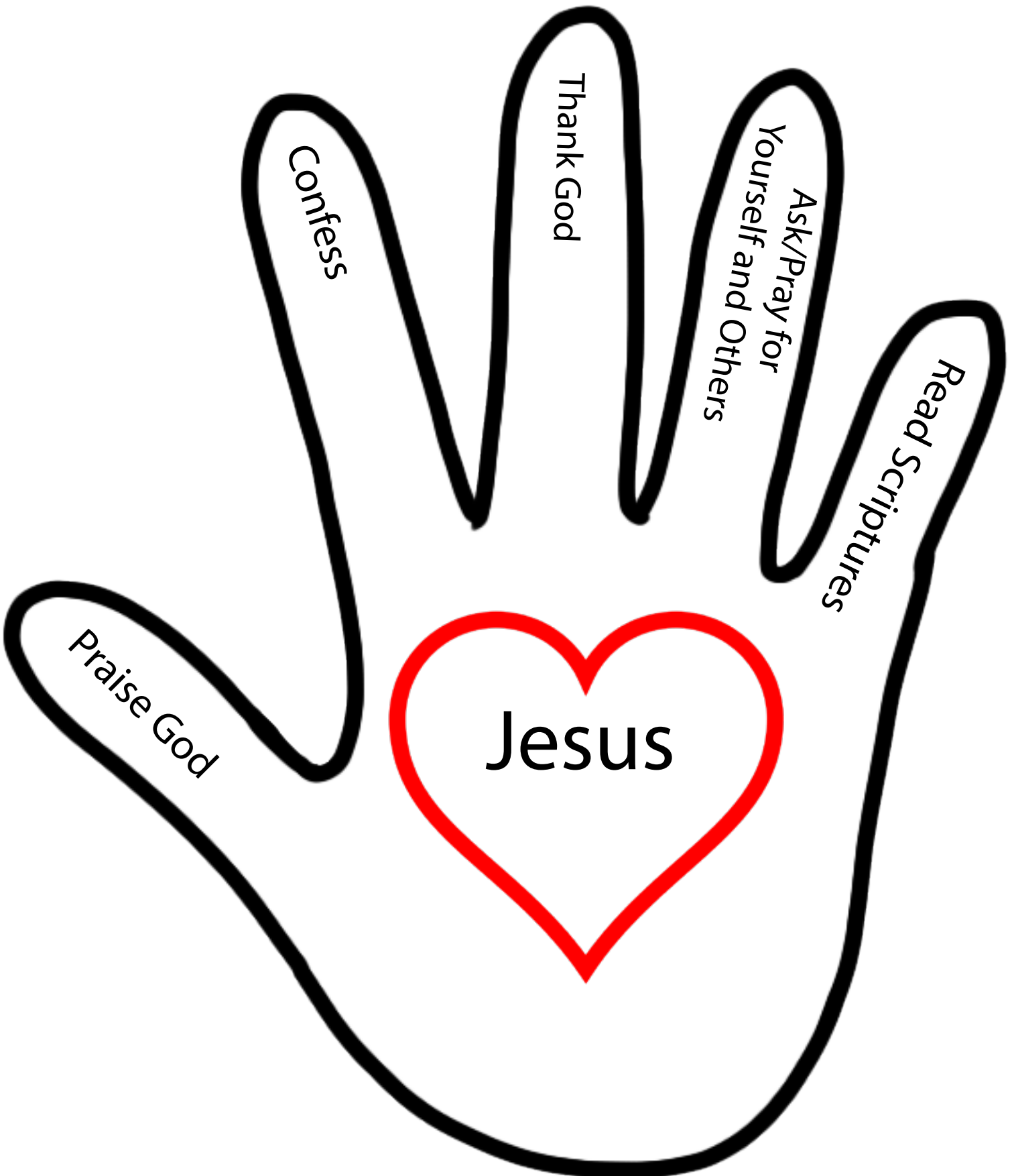
**End with prayer.** Using the 5 points fingers concept.

Feel free to take a picture of their art work and post it on our Facebook page or share it on GroupMe.

Have a Blessed Day & Week!

Until we can meet again ~

*Teacher Chrissy*



Jesus

Praise God

Confess

Thank God

Ask/Pray for  
Yourself and Others

Read Scriptures

God hears me



when I **PRAY.**

God hears me



when I **PRAY.**