



FAMILY DISCUSSION GUIDE

SPIRITUAL DISCIPLINES WEEK 4 HOW TO PRAY TO GOD

Family Discussion Kick-Off

1. Kids **share** what happened during the past week.
2. **Check up** on past week's prayer requests and events.
3. **Discuss** the question: **Would you rather make a video call or a phone call to your friend?**

Family Activity

You'll Need

Per Kid	1 Bracelet
Family	10 Opaque cups

To Do

1. **Place** one cup per kid upside down in the center of your group.
Say: We're gonna go ahead and pray right now since we learned about prayer! Think about something you want to talk to God about, bow your heads, and pray. No peeking!
 2. Kids **turn** their backs to you, **close** their eyes, and **pray** quietly on their own.
 3. **Hide** a few bracelets under a few cups while kids pray.
 4. Tell kids to **open** their eyes.
Say: While you were praying, I hid prizes under a few cups. Let's see if you can find them!
 5. Kids **choose** a cup and carefully **slide** it close to them.
 6. **Count** to three then kids **lift** their cups.
 7. **Repeat steps 1-5** until all kids have a bracelet. *If a kid finds multiple bracelets, they keep one and give the others to kids who don't have one, yet.*
- Say:** Wear these bracelets to remind you to pray all day!
8. **If time allows**, let a few kids **hide** their bracelets under the cups to **play again**.

Family Discussion

Say the point and Bible verse together.

When I pray at night or during the day, God is listening to what I say.

Psalm 55:17 NLT

Morning, noon, and night ... the LORD hears my voice.

1. **When is the best time to pray?** *Anytime! God is always listening.*

Choose a few review questions.

1. **What do you think "pray" means?** *Answers will vary.*
2. **How do you think prayer can show love for God?** *Answers will vary.*
3. **Some people pray out loud, some pray quietly in their heads, some sing to God, and some sit silently to listen to God. Which types of prayer do you want to try out?** *Answers will vary.*
4. **What kinds of things do you think are important to talk to God about?** *Answers will vary.*
5. **What questions do you have about prayer?** *Answers will vary. Let kids talk about their questions and be honest if you don't have answers.*

Choose an action step question.

1. **What do you need to pray about?** *Answers will vary.*
2. **Who needs you to pray for them this week?** *Answers will vary.*
3. **What will help you to remember to pray each day?** *Answers will vary—but remind kids of their bracelets!*

Pray together.

1. **Ask** kids to share things they'd like to pray about.
2. **Write down** their prayer requests.
3. **Pray** together over the prayer requests.

Not sure what to pray? Pray this: God, thank You for giving us a way to talk with You. Open our hearts to hear You when we reach out to You. In Jesus' name, amen.