



# PRAYER

## INTRODUCTION

At the heart of equipping people for their lifelong faith formation are the Four Key Faith Practices: **Caring Conversations, Devotions, Service, and Rituals and Traditions.**

As you develop this wonderful way to talk with God may you be encouraged to share everything with him. Let this Prayer **Growing Faith Moment** be a time to experience God's love. This moment can take place in a small group or around the family table.



## CARING CONVERSATIONS

Invite everyone to share their answers to one or a number of the following questions.

- What traditions for prayer do you already have in your home?
- Do you pray at mealtimes and/or have bedtime prayers?
- Who taught you how to pray?



## DEVOTIONS

*When Jesus had finished praying, one of his disciples said to him, "Lord, teach us to pray, just as John taught his followers to pray." So Jesus told them, Pray in this way: Father, help us to honour your name. Come and set up your kingdom. Give us each day the food we need. Forgive our sins, as we forgive everyone who has done wrong to us. And keep us from being tempted.* Luke 11: 1-4

Have you heard this prayer before? This is the Lord's Prayer. If you don't know how or what to pray then use the prayer Jesus taught his disciples. Talk about each part of the prayer and what it means for your life.

Talk about how your prayers can be different depending on who you are praying with or where you are praying.

Talk about how a bedtime prayer by yourself will be different to praying together with everyone at church or saying grace before a meal or praying for someone else when they are sick. God listens to all our prayers whether we say them silently, listen to someone praying for us or when we all pray out loud together.



## SERVICE

Pray for each other. Ask for specific prayer points. Pray for your family and friends. Pray for your congregation and those you know who are sick or hurting.



## RITUALS AND TRADITIONS

**PRAY:** Our Father in heaven, hallowed be your name. Your kingdom come, your will be done on earth as it is in heaven. Give us this day our daily bread and forgive us our sins, as we forgive those who sin against us. Lead us not into temptation but deliver us from evil. For the kingdom, the power and the glory are yours, forever and ever, Amen.

**BLESS:** May you feel God's presence as you speak to him. Amen.

**GIFTING:** Have a prayer board in your house where you can write down prayer points for each other.

For more information about the Growing Faith Moments and other resources for ministry to children, youth and their families, please contact:

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