

Prayer

Prayer... for many of us it's our lifeline to God, our Father, but for many young people, it feels irrelevant and another thing to tick off on the 'Christian to-do list.'

13-18s can work through the activities alone or with support from an adult.



Engage

Unsurprisingly, lots of people have different things to say about prayer. Reflect on the quotes about prayer below with the following questions. What does the quote mean? Do you agree or disagree with it? Why? Why not?

'Don't pray when you feel like it. Have an appointment with the Lord and keep it. A man is powerful on his knees' – Corrie ten Boom.

'God understands our prayers even when we can't find the words to say them' – Anon.

'In reality, we should not be worried so much about if God hears our prayers – He does and He does care. What we should be worried about is if because of temptations, hard times, and trials we get discouraged, and give up praying' – Anon.

'Seven days without prayer makes one weak' – Allen E. Vartlett.

Explore

One of the most famous prayers is the Lord's Prayer. Jesus said it with His disciples when they asked Him to teach them to pray. Read Matthew Ch.6:9-13 and explore the meaning behind each verse. If Jesus was living on earth in 2020, how would He have re-written the prayer to be relevant to our culture and language? Spend some time rewriting the Lord's Prayer in a way that makes sense to us today. Having difficulty? The Message version of the Bible is great. You can read it on websites like www.biblegateway.com

Empower

Prayer is really just talking to God. We can do it anywhere and at any time. It's like having a chat with a good friend. There are different ways to structure your prayers:

There are many different kinds of prayer, including:

- Praising God for His greatness (adoration)
- Saying sorry for the bad things that we've done (confession)
- Thanking God for how He has blessed you (thanksgiving)
- Asking God to help you (petition)
- Asking God to help others who need it e.g. the sick, poor, those suffering in war (intercession).

Over the next five days, you could try each type of prayer and have a chat with God. Just find somewhere comfy and quiet or even go for a walk. If it's easier, you may want to write down your prayers in a journal.

Useful resource

It's really important to pray during this global pandemic. The Girls' Brigade Malaysia is uploading daily prayer requests. You can pray along on The Girls' Brigade Malaysia official Facebook page: www.facebook.com/gb.malaysia