

**how  
to pray  
WITH KIDS!**

**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  
WRONGS,**

**AS WE FORGIVE THOSE WHO  
WRONG US.**

**LEAD US NOT INTO  
TEMPTATION,**

**BUT DELIVER US FROM THE  
EVIL ONE.**

**YOURS IS THE KINGDOM,  
THE POWER, AND THE  
GLORY,**

**FOREVER AND EVER, AMEN!**

First and foremost, this book is a companion for our teaching series “How to Pray” based on the book of the same name by Pete Greig. If you don’t have a copy, see the church office so we can get a copy into your hands. This booklet is specifically designed to help anyone who parents, teaches or mentors kids. Not only will you grow closer to the kids in your lives, you’ll in turn help those kids grow closer to God.

My passion for fostering this relationship in families stems partly from a period of great pain in my own life. In 2010 my son Luke died of Leukemia at just 10 years old. Even though that season ended with results I did not pray for, I know at my core what prayer did for me from the very moment he was diagnosed, through all the ups and downs, and especially into the eventual last days of his life on earth. My individual and family prayer life in those days was everything, and I’ve never been the same.

So read through this on your own first, and use it whenever you can. Use it as a tuck-in devotional, as a family discussion tool when you’re gathered for dinner, at a one-on-one lunchtime or “date,” or whenever you catch moments riding to and from school or practices. In a nutshell, use it whenever you have precious time together. Learn the information for yourself, share it with your children, and try the exercises we’ve developed to create a lasting memory.

I hope that you and the children in your life will be able to laugh, think deeply, and learn more about each other - all while creating a lasting lesson that your children will never depart from.

Steve Jensen  
Children’s Pastor

## WHY PRAY?

God wants us to talk to him all the time. But the words don't have to be special, fancy, or serious! The Bible tells us not to turn prayer into a big performance fit for the stage, hoping to be a rock star. It says to "Find a quiet, secluded place so you won't be tempted to role-play. Just be there as simply and honestly as you can manage. The focus will shift from you to God, and you'll begin to sense his grace." Matthew 6:5 (The Message).

**WHEN IT COMES TO PRAYER:  
KEEP IT SIMPLE, KEEP IT  
REAL, KEEP IT GOING!**

## DISCUSSION

Describe a time you met someone new and then became good friends. How did it happen? If you want to be friends with God, what do you imagine it to look like? Read the Lord's Prayer at the beginning of this book. Which lines seem confusing? Which lines do you like best?

## PRAYER

Thank you God for wanting to talk. As I learn to pray, I want to get better at understanding what the Lord's Prayer means when it says \_\_\_\_\_  
\_\_\_\_\_. Will you help me understand it better? Thanks. I'm glad we're friends. I want to become good friends with you, too.

## ADORING GOD

Have you ever thought about how amazing God really is? He made you and your family, he made every plant and animal and all of nature, and he even made the people and gave them the ideas for all of the other things you can see! In the Lord's Prayer we hear how Jesus talks to God. He says "Our Father, Who Art in Heaven, Hallowed be thy name!" That means something holy, something sacred, and something to be cherished. Being all these things makes him deserving of our praise!

**SO, WHEN YOU SEE AN AMAZING SUN RISE OR YOUR FAVORITE TEAM WINS, YOU FEEL LIKE SHOUTING AND YELLING, THAT'S HOW WE CAN FEEL WHEN WE RECOGNIZE GOD'S GREATNESS!**

## DISCUSSION

What is the most awesome, amazing, fun or beautiful thing you can think of? How does it make you feel when you talk about it? How do you think God was involved in creating that moment or experience?

## PRAYER

Lord, I think you are deserving of praise because \_\_\_\_\_  
\_\_\_\_\_. (Keep finishing this sentence until you run out of words!)  
Thanks for making such an awesome world for me to live in.

## GOING IN BETWEEN

Did you know you can pray for what others need, too? When you pray for someone else instead of yourself, it's like you're holding two ends of a rope. God is tugging gently on one end while the person you are praying for holds the other end of the rope. You can feel the tugging, but you might need to share it with your friend. The bible says we should pray for the people we love, people we barely know, and people we don't know at all, like our president!

**READ 1 TIMOTHY 2:1**

## DISCUSSION

Try to remember a time that someone needed your help, and how they asked you for it. What happened? Now remember a time you needed help and who helped you. What needs do you think someone else has right now that you could pray for?

## PRAYER

Lord, I want to pray for \_\_\_\_\_ . I know that they need help with \_\_\_\_\_. Will you help them?

## UNANSWERED PRAYERS

Have you ever really wanted something at Christmas or a Birthday you didn't get? Prayers can be like that, too. If your prayer wasn't answered, it might be because of natural consequences, the evil one at work in the world, or because God just has a bigger plan and purpose that we haven't seen yet. The hardest and most powerful prayer is one that Jesus prayed: "not my will, but yours be done." 1 Thessalonians 5:17 tells us to pray all the time and be cheerful, thanking God no matter what happens.

**THIS IS THE WAY GOD  
WANTS US TO LIVE!**

## DISCUSSION

Describe a time you didn't get your way, and you were really disappointed. God usually says YES, NO or WAIT in answer to prayer. Is there an important thing that you've prayed for and you feel like God has said WAIT or NO?

## PRAYER

God, even though I don't understand why you haven't answered my prayer for \_\_\_\_\_, I will keep praying that your plan will happen. Please help me do that whenever I think about it or experience it.

## THINKING ABOUT GOD

There are so many things to play, listen to, and do in our lives that it can be hard to spend time quietly thinking about God. But this can be mindblowing! It's like putting a microscope on God and looking at things you may not have noticed before. Like when you have a piece of pizza, you can see it as a slice and gobble it up, or you can taste all the parts - the crispy crust, the gooey cheese, the tangy tomato sauce, and the mouth-watering pepperoni! Tasting all the parts helps you enjoy the pizza so much more!

**IT'S LIKE PUTTING A MICROSCOPE ON GOD AND LOOKING AT THINGS YOU MAY NOT HAVE NOTICED BEFORE.**

## EXERCISE

Close your eyes and think about one thing you know about God. Think about some times that he has shown you that part of himself. Keep quietly thinking about it until you realize something new you never thought of before!

## PRAYER

Lord, I have always known that you are \_\_\_\_\_.

But now I see you as \_\_\_\_\_ in the way that you \_\_\_\_\_. I'm glad that I'm getting to know more about you and what you want to tell me.



## LISTENING TO GOD

What if you had a friend who only spoke to you and never listened to what you had to say. That wouldn't be much of a friendship, would it? You would never expect your friend to learn anything about you if they wouldn't listen to you. In a friendship, you want to both listen and talk. Well guess what? God wants us to do this with him, too! Hearing from God doesn't usually mean you hear with your ears. It usually means you hear him in your imagination, your thoughts, a new idea, or a feeling. Then you test it out by finding out if the Bible says the same thing.

**IN A FRIENDSHIP, YOU WANT TO BOTH LISTEN AND TALK.**

## EXERCISE

Ask God, "What's a new way that I can help my family?" Then be quiet and listen. Share whatever you think the Lord is telling you, showing you, or hinting at, even if it seems wacky.

## PRAYER

God I want to get better at listening and not just talking to you. Whenever I'm stuck and don't know what to do, please help me remember to ask to hear your advice. I want to hear what you have to say!

## GOD'S ARMOR

Did you know that God gave you armor and weapons to fight an enemy? Just read Ephesians 6:10-20 to hear all about it. God has an enemy, and he's our enemy too - but it's not a monster that jumps out of the closet. It's actually a liar who wants to keep us away from God. First he might tell us it's okay to do something bad, then tell us we're bad for doing it! To make matters worse, he'll say we can never fix it, and to keep it a secret. But we have a God who is our friend and our champion! When we have Jesus inside, he fights against the enemy for us. It's not even a fair fight. Jesus wins every time.

**IN A FRIENDSHIP, YOU WANT TO BOTH  
LISTEN AND TALK.**

## EXERCISE

Have you ever had a situation where the enemy lied to you? What happened? Do you think Jesus could help you? Read Ephesians 6:10-20. What's your favorite part of the Armor of God?

## PRAYER

Lord, help me to listen to your voice instead of the enemy's voice. I don't want his advice! Right now it's hard for me to make the right choice about \_\_\_\_\_ . But I know you can fight my enemy and help me make the right choice all the time!

## MORE RESOURCES FOR PARENTS

Read “How to Pray” by Pete Greig,  
available at the church office

Read notes and watch videos with a  
small group at [prayercourse.org](http://prayercourse.org)

Get 24/7 Prayer on Your Phone with  
the Inner Room App

Check out the Vancouver Church  
Prayer Room, full of resources

Attend a monthly all-church prayer  
gathering, every second Weds @  
6:30PM

Reach out to Pastor Steve Jensen via  
email: [steve@vchurch.org](mailto:steve@vchurch.org)

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