

You can talk to God about anything.

Read Me First

READ JEREMIAH 33:3.

Did you know that God doesn't ask us to pray perfectly? He created us to be unique and because we're unique, the way we pray is unique, too. What matters to God is that we talk to Him—period.

★ Try praying in these different ways this week and see if you have a favorite.

Out Loud	Silently
Alone	With others
Eyes closed	Eyes open
In the morning	At lunch time
While brushing your teeth	In the car

📣 Thank God for giving us so many ways to talk to Him.

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Read Me Next Day 3

Just like there are many ways to pray, there are also lots of different THINGS we can pray about. You can pray about anything. God is ready and waiting to hear and answer your prayers.

READ 1 THESSALONIANS 5:17.

★ See if you can figure out which phrases match and what kinds of prayers they are.

- | | |
|-----------------------|-------------------------------------|
| Praising God • | • God, You are awesome! |
| Confessing to God • | • God, please help me at school. |
| Thanking God • | • I have done wrong and I am sorry. |
| Asking God for help • | • Thank You for loving me, Jesus! |

📣 When you're done, try praying in these different ways.

Answers: praise: awesome, confessing: wrong; thanking: thank You; asking: help

Read Me Next Day 1

READ PHILIPPIANS 4:5-7.

Grab six plastic cups, tape, scissors, a marker, and some paper.



★ Write down these words: scared, worried, bully, losing, nervous, alone. Tape one word to each cup and create a pyramid. Next, write something you are grateful for on five different sheets of paper. Wad the paper into balls and see if you can knock down your pyramid of worries with gratitude.

This is kind of what it's like when we pray. Instead of being anxious about things, God wants us to ask Him for what we need with a thankful heart. When we pray instead of just worrying, and we thank God for the good things He does for us, that helps knock down worry. Then God helps us feel the kind of peace only He can give.

📣 Ask God to help you be grateful and not to worry.

Read Me Next Day 2

READ PSALM 86:15.

Just like it's hard sometimes to start a letter, sometimes it's hard to start a prayer, too. But don't worry. God isn't going to get mad at you if you stumble over your words. God is loving and kind. Just do it—that's what matters most.

★ Use the words provided below to help you along. If you want, cut them out and use them to fill out a prayer of your own.

Dear God help peace afraid worry
thankful confess forgive help praise
awesome love amen

📣 Pray your prayer to God right now.