

# Commitment means making a plan and putting it into practice.

WEEK  
3

DAY 1

## Read Luke 11:2

One of the ways we can grow in our faith is to practice praying or talking to God. Jesus actually gave us a model prayer to follow. You can read it in Luke 11. From the start of His prayer, Jesus reminds us who we are talking to! This is the God of all creation. The one who made you and sent His only Son, Jesus, so you could have a relationship with Him now and forever. God is holy. That means He is worthy of all honor and praise.

But God is also available to us. While you might go days without thinking about God, God is always thinking about you. In a very busy and loud world where it's hard sometimes to get someone else's attention, God is never distracted. He is always ready to listen when you pray.

**Practice praying to God right now.** Write down some things you know to be true about God in the space below. Then, turn off all distractions—silence your phone or video game, take off your headphones and focus, knowing that God is completely focused on listening to you too.

DAY 2

## Read Luke 11:3

One of the most amazing things about God is that while He is big enough to be in charge of all creation, He is personal enough to know you inside and out. He even knows how many hairs are on your head! And He wants to hear from you.

Did you know that you can ask God to provide what you need? It's true! You can ask God to take care of you, each day. But there's a difference between praying for what you want (like a hoverboard) and what you need (like food or shelter).

Play some quiet music and grab a piece of paper and some colored pencils or markers. Write "God Is" in the center of the page and complete that statement any way you choose. As the music plays, write or draw pictures of things you need (both things you can hold in your hand, like food or shelter and things you can't, like wisdom to make a tough decision or help with a bad attitude). **Then connect each request to the "God Is" statement in the center with different colors and types of lines to create a prayer web.**



PARENT CUE

### DAY 3

## Read Luke 11:4

We all mess up. Nobody that you see in the world around you is perfect including you. That's why we need to seek forgiveness and ask for help to do what is right.

But why? Why do we need to ask for forgiveness? Doesn't God promise to always love us?

The answer is yes! Nothing can make God love you less. But the reason you still need to be honest (to confess) what you've done and ask for forgiveness is the same reason your Mom or Dad ask you to say you're sorry to your brother or sister. Because you've hurt that relationship. Sure, you'll still be brothers or sisters but you won't be as close. Admitting when we're wrong and asking God to forgive us brings us closer to God.

So if there someone you've hurt? Is there someone you need to say, "I'm sorry" to? **If so, stop everything you're doing and go make it right. Then tell God you're sorry too.**

## Practice praying to God.



### DAY 4

## Read Ephesians 6:18

One of the amazing truths about following God is that He is always there, ready to listen and help. And while we cannot see Him, we can trust that He hears us and that He will answer us. So how do we pray "at all times" like today's verse reminds us?

Maybe it's as simple as making a plan, a plan that already fits into our daily routine. Here are just a few ideas:

- ➔ Rise and shine prayers: Right after your alarm goes off and before your feet hit the floor, pray for guidance. "God, lead me to follow you today."
- ➔ Clean up prayers: As you take shower and get clean on the outside, ask God to help you clean up your inside as He forgives you. "God, forgive me today for \_\_\_\_\_."
- ➔ Ride along prayers: On the way to school, ask God to help you make wise choices and go His way today. "God, show me the right way to go."
- ➔ Goodnight, sleep tight prayers: As you lay your head down to catch some "zzz's," thank God for watching over you and for all the blessings He brought your way that day. "God, thank you for today."

**What are some other "routine" prayers you might pray?**