

**PRAY
TO GOD
PRAYER
ACTIVITY**



REFLECT

an activity that encourages personal application and prayer

SAY

“Sometimes things are just hard, right? Maybe we have to clean our room or learn something new. Maybe we get really sick or we don’t get to do something we want to do.

“Today, we’re going to make a list of hard things—things that make you sad or mad, or things that you don’t like to do but you have to do.

So think about it, and when I say your name, I want you to tell me one thing that is hard, and I will write it down.

Thank you for sharing. We’ll take some time now to pray about the things we shared. Would anyone like to pray before I pray?”

(Give everyone who wants to pray the opportunity to do so.)

PRAYER

“Dear God, thank You for making each one of us. We know that You have a plan for us because you love us. I pray that you will help us to trust your plan, even when we don’t understand. When hard things happen like (read off the list you made together), help us to wait on You, do the right thing, and trust in Your plan for us.

We love You, God.

In Jesus’ name, amen.”

