

Virtual Sunday School Lesson

How to Pray (Matthew 6)



Bible Verses (NIV):

Matthew 6: 5-14

'And whenever you pray, do not be like the hypocrites; for they love to stand and pray in the synagogues and at the street corners, so that they may be seen by others. Truly I tell you, they have received their reward. But whenever you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you.

'When you are praying, do not heap up empty phrases as the Gentiles do; for they think that they will be heard because of their many words. Do not be like them, for your Father knows what you need before you ask him.

'Pray then in this way:

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 debts,

as we also have forgiven our debtors.

And do not bring us to the time of trial,

but rescue us from the evil one.

For if you forgive others their trespasses, your heavenly Father will also forgive you; but if you do not forgive others, neither will your Father forgive your trespasses.

Activity: Pray like a Monkey

Theme: Focus your heart on prayer

Supplies: Statue of three monkeys (Hear no evil...) or Monkey ears headpiece

Lesson:

Every time I go to pray I always think of monkeys. There are some famous monkeys known as Hear no evil, See no evil, speak no evil.

(At this point you can set out the statue, or ask for three volunteers to stand at the front of the class)

To begin with, God speaks to us in prayer, but if we're too busy listening to other things, like music or our friends, we can't hear God. So we must cover our ears and only listen to God. *(Child volunteer covers their ears)*

The words we speak must be directed to God. You shouldn't be talking to anyone else when you're talking to God. So we must cover your mouth and speak only to God. *(Next Child volunteer covers their mouth)*

It's very easy to get distracted when looking at things, whether it's something on your bedroom wall or something happening at the church. We must cover our eyes so we are not distracted by anything but God. *(Next Child volunteer covers their eyes)*

Now, there is one thing we have to be aware of... what are we doing with our hands? Are you touching something, playing with something? Our hands must also focus on God. What should we do with our hands?
(The whole puts their hands together in prayer)

You might be asking yourself, how can I hear, speak and see God if my hands are covering my ears, mouth and eyes. It's because we don't use those in prayer, we use our hearts. We pray to God using our hearts because even before the words come out of your mouth, God knows what you're going to say because he's in your heart.

And what should be pray for? Toys, money? God wants what is best for us and our lives. When King Solomon prayed to God, he could've asked for anything, but he prayed for wisdom and God was impressed. We should pray to God to guide us into making smart decisions.

So when you pray, always remember Hear no evil (*cover ears*), Speak no evil (*cover mouth*), See no evil (*cover eyes*) and pray for guidance (*hands in praying position*)

Closing Prayer

Dear God; thank you or listening to me when I pray and help guide me to service in you... Amen



See no Evil.



Speak no Evil.



Hear no Evil.



Pray for Guidance.

Video: Crossroads Kids Club: Prayer

https://www.youtube.com/watch?v=ZrdIXOk_QdQ

Prayer is talking to God. There are lots of examples of ways to pray, but in this story, we'll hear about Praise, Repentance, Asking and listening, because that reminds us to Yield to God. (P.R.A.Y. Get it?)

Duration: 4:35

Video: KidsBible: Lord's Prayer

<https://www.youtube.com/watch?v=hn1RiRkH660>

A breakdown of each line of the Lord's Prayer and description.

Duration: 1:55

Craft: Lord's Prayer Chain

Supplies: Glue/stapler

Directions:

Cut out each rectangular piece. In numerical order, glue/staple the first into a ring, then interconnect each ring to create a chain.

Optional: Have blank pieces of paper cut at a convenient place for the child/ren. Each day they right on a piece of paper something they want to pray for and add the link to the chain. The chain will grow and be a visual reminder of the power of prayer.

Thanks to www.sundayschoolkids.com



OUR FATHER

1 GLUE then
roll under
other end

SundaySchoolKids Prayer Chain

**WHO ART IN
HEAVEN**

GLUE then
roll thru
last link 2

Cut out each rectangle on the heavy line

**HALLOWED BE THY
NAME**

GLUE then
roll thru
last link 3

**THY KINGDOM
COME**

GLUE then
roll thru
last link 4

**THY WILL
BE DONE**

GLUE then
roll thru
last link 5

**ON EARTH AS IT
IS IN HEAVEN**

GLUE then
roll thru
last link 6

**GIVE US THIS DAY
OUR DAILY BREAD**

GLUE then
roll thru
last link 7

**AND FORGIVE US
OUR DEBTS**

GLUE then
roll thru
last link 8

**AS WE FORGIVE
OUR DEBTORS**

GLUE then
roll thru
last link 9

**AND LEAD US NOT
INTO TEMPTATION**

GLUE then
roll thru
last link 10

**BUT DELIVER US
FROM EVIL**

GLUE then
roll thru
last link 11

Lord's Prayer Chain DEBTS

cut, glue one at a time, then put
phrase end through last loop first

GLUE then
roll thru
last link 12

**FOR THINE IS THE
KINGDOM**

GLUE then
roll thru
last link 13

**AND THE POWER
AND THE GLORY**

GLUE then
roll thru
last link 14

FOREVER.

GLUE then
roll thru
last link

AMEN.

sundayschoolkids

GLUE then
roll thru
last link

Your Name



The Lord's Prayer



Our Father, who art in heaven,
Hallowed be thy Name.

Thy kingdom come.

Thy will be done,

On earth as it is in heaven.

Give us this day our daily bread.

And forgive us our trespasses,

As we forgive those
who trespass against us.

And lead us not into temptation,

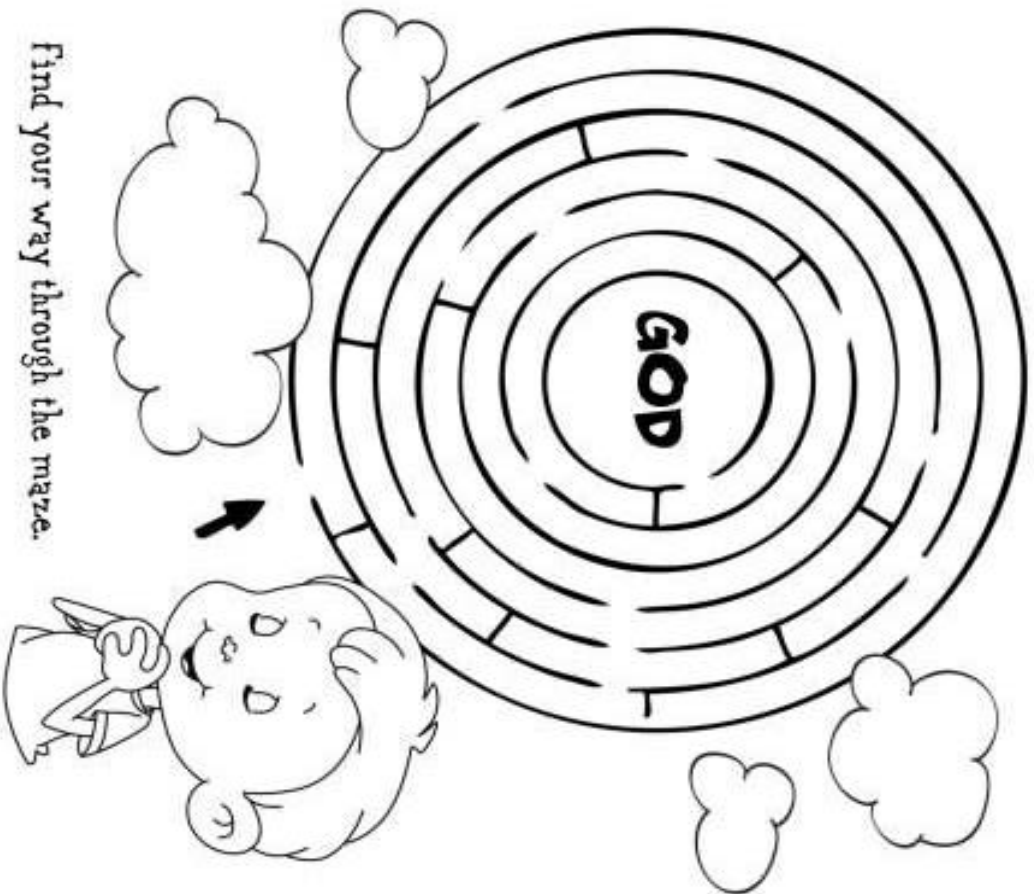
But deliver us from evil.

For thine is the kingdom,
and the power, and the glory,
for ever and ever.

Amen.



COLOR CAREFULLY AND FRAME THIS PAGE FOR YOUR ROOM



Find your way through the maze.

We are praying to God.
He is our loving father in heaven.

My Prayer List:

Ways I will pray for my family and friends:

Ways I will pray for my world:

Ways I will pray for my community:

Ways I will pray for my church:

Ways I will pray for myself:

Ways God has answered my prayers:

