

Jesus Teaches Us How to Pray

(Matthew 6:5-18)

“For I can do everything through Christ, who gives me strength.”

(Philippians 4:13)



Jesus shows us how to live... and talk with God.

What would you say if you got called in to talk with the principal? a movie star? your favorite athlete? Or what if you were asked to give a speech in front of thousands of people?

When we're talking to really important people—or in front of a lot of people—we can feel nervous about what we say.

But Jesus showed us that talking with God doesn't have to be like that. Jesus started his prayer with this word: *Abba*.

In English, we say “Our Father,” but *Abba* is a comfortable, familiar word—more like *daddy*. Jesus showed us that talking with God can be comfortable. Easy. Natural. Honest.

So give it a try. Don't be intimidated—just talk to God the way Jesus did. It could go like this:

God, you are... God, I need... God, I'm sorry... God, help me...

Rest assured, your *Abba* is listening.

Talk-Starters

When did you have a good talk with someone? Who was it? What was it about?

Try This @ Home

Honest conversations are sometimes scary...but they can strengthen relationships. Have an honest conversation with a family member. Share what's really happening at school or in a friendship. Tell about something or someone who's scaring you.

Hey, Mom, I'm scared of...

I'm so glad you shared this with me.



Explore More @ Home

When we believe in Jesus, we're part of God's family! He's our *Abba* Father. See Galatians 3:26 and 1 John 3:1.



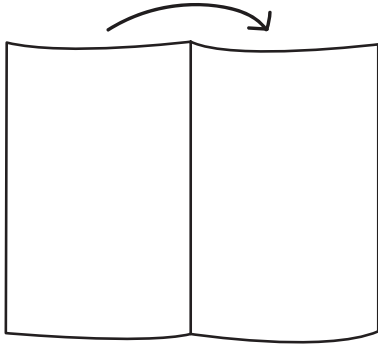
Make a seat to take home!

Fold a sofa. When you get home

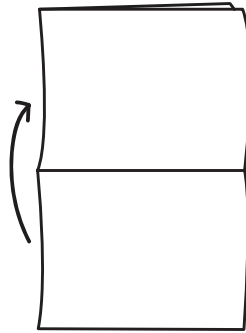
...have everyone you live with write a short prayer on the sofa. Set it next to your *actual* sofa and whenever you see it, remember to get comfortable and talk with God!

Here's how:

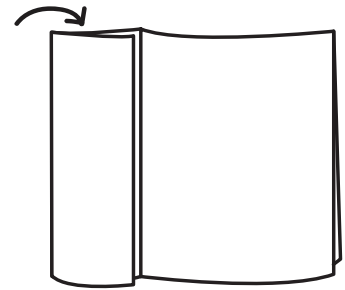
- 1 Fold the paper in half as shown.



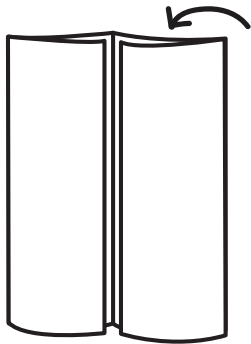
- 2 Fold the paper in half again as shown.



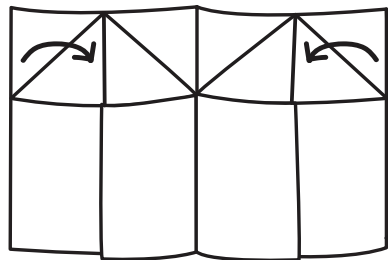
- 3 Unfold, and then fold one side to the center as shown.



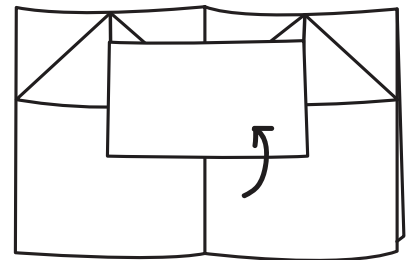
- 4 Fold the other side to the center as shown.



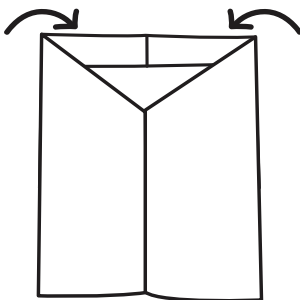
- 5 Tuck the corners down on each side to make triangles.



- 6 Fold the middle flap up about an inch from the top.



- 7 Fold in the sides again.



- 8 Pull the middle flap down to create a bench seat. Voila! You've got a sofa!

