

PRAYER is a word that means: **'Talking to God.'** People all over the world talk to God, in every religion and every time and place. People talk to God in their hearts, or they speak out loud, or write their prayers down, sing them, pray in groups, or pray alone. Sometimes people just offer their feelings to God. There are so many ways to pray.

We can talk to God at any time and at any place. People pray in church, at home, in the car, while walking, at school, in their beds, even while sleeping and dreaming. Some people only pray on Sundays, other people pray every day at the same time. Some people only pray when they need help. Others pray when they feel happy too.

There are many ways to pray and every one of them is good. The most important part of 'talking to God' is **being honest and truthful** with God. We can't hide anything from Him anyway and we don't have to be afraid because He loves us just the way we are. So we can feel safe sharing our honest thoughts and feelings and words. We can tell God anything we are going through and ask Him to help us be wise and good. We can tell God about all our hopes and dreams or tell Him about the things we are afraid of. We can ask God to forgive us when we do things wrong and know that He always does. We must **make a habit** of being honest in our hearts when we speak to God.

Good Advice: make a habit of praying to God every day. It is a good idea to do it when you start the day in the **morning**, when you eat your **food**, and when you go to bed at **night**. Your parents and teachers can show you how to pray.

- In the morning, we ask God to help us be loving & good in all we shall do today.
- When we eat, we remind ourselves that all good things come from God and we say **'thank you'** for our food, our health, our friends, and for our lives.
- At night when we are ready for bed, we should remember the good and the bad things that happened today and ask God to forgive us our wrongs and ask Him to make us stronger and wiser for tomorrow.

The Bible is full of stories of people praying to God. Jesus prayed to His Father in Heaven all the time. When we read the Bible we also hear what God wants for us, what He thinks and feels, and so the Bible helps us hear God's thoughts for us.

Questions:

- Do you have a best friend or family member you can share secrets with? How does it make you feel to have someone like that in your life?
- Why do you think God likes it when you talk to Him?
- Why can we feel safe with God no matter what we share with Him?
- Can you make a promise to start praying to God every day?