

# FOCUS

TAKE A CLOSER LOOK

## WHEN DO YOU PRAY TO GOD?

Do you ever get nervous when it's your turn to pray? Maybe it's at mealtime or in your small group, and you're afraid someone is going to call on you to pray. How is it that we can be afraid to talk to God—the one who MADE us and LOVES us so much He sent His only Son to die for our sins? Clearly we have nothing to lose—He's already promised He'll never leave or forsake us!

Maybe it's because we aren't sure what to say because, well, it IS God, the Creator of the universe. Thankfully, Jesus cleared that part right up for us! In Matthew 6:5-13, He tells us how NOT to pray (in a way that draws attention to us) and how TO pray. He even gives us a great example of how to pray. It can be broken down

The Lord's Prayer • Matthew 6:5-13

**Bottom Line:** You can PRAY anytime, anywhere, about anything.

PRETEEN

into these categories: **HONOR GOD. WHAT GOD WANTS. WHAT I NEED. FORGIVE ME. HELP ME.**

Beside each phrase above, write something personal that fits. For instance, next to "honor God," write something you've seen God do or something you're thankful for. Next to "what God wants," think about how He might want you to be a part of His plan, like by loving others. Or if you're not really sure what He might want, tell Him that and ask Him for wisdom in figuring it out! Continue until you've written something beside each part of the prayer. Then take a minute to string it all together, and—voila!—you're talking to God!

*(Pro tip: You can write these parts of the prayer down on a mirror or dry erase board and change the things you write in the blanks each day. Then you'll be connecting with God in a way that's real and relevant in your life! Remember: You can PRAY anytime, anywhere, about anything!)*



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