

# FAMILY NORSHIP

## The Importance of Prayer

31<sup>st</sup> January 2021





#### Sunday 31<sup>st</sup> May 2021

### Jesus' Example of Prayer

Today we will see the importance of prayer by looking at the importance of prayer in Jesus life on earth. In the gospel's we see how often Jesus went to a quiet place to pray, even spending the whole night in prayer.

#### **Opening activity**

Play a game of follow the leader. It's like Simon says, but use your own name instead. If you don't follow the leader you miss a turn in the game.

#### Bible

The game shows us the importance of following the leader. As Christians, our leader and King is Jesus. He lived a perfect life of obedience on earth. And so, He shows us what it looks like to live the Christian life. He shows us the importance of prayer.

Have a look at some of these Bible verses...

Luke 5:16 - But Jesus often withdrew to lonely places and prayed.

Matthew 14:23 - After he had dismissed them, he went up on a mountainside by himself to pray.

Mark 1:35 - Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.

Luke 6:12 – One of those days Jesus went out to a mountainside to pray, and spent the night praying to God.

Luke 9:28 – About eight days after Jesus said this, he took Peter, John and James with him and went up onto a mountain to pray.

Luke 9:29 – As he was praying, the appearance of his face changed, and his clothes became as bright as a flash of lightning.

Mark 6:46 – After leaving them, he went up on a mountainside to pray.

Luke 9:18 – Once when Jesus was praying in private and his disciples were with him, he asked them, 'Who do the crowds say I am?'

How many times did you read the word prayer?

What do they teach us about Jesus and prayer?

Jesus prayed! He spent time talking with His Father in heaven. We are to follow His example in prayer.

When we pray, we talk to God our Father. He wants us to talk to Him. When we read the Bible, He talks to us, and when we pray, we talk to Him. We pray because we want to thank God for His goodness to us, for His grace and mercy. We pray so that we can ask God our Father for the things we need, and He will give us good gifts for our good. We pray to talk with Him about how we feel. We pray for people to trust in Jesus. We pray about lots of things. But here is the best thing about prayer: God our Father delights to hear the prayers of His children. So, let us pray often, as we follow Jesus' example!

#### Activities

#### Prayer Wheel.

Each child will need two circles for the wheel. Colour in the pictures. Decorate the front of the wheel. Pin the two together using a split pin. Use the wheel to pray.

**Prayer Cube.** On the cube write some prayers, or some topic to pray about (like thanks, sorry, the world etc). Once that has been done, decorate the cube and glue together.









