



The "Jesus Journey" Week 3: Prayer-er

A Weekly Parent And Family Guide
To Help Understand And Apply
Traits Of A Disciple

Throughout the next several weeks, the Bel Air UMC family is on a Journey: "The Jesus Journey." As we journey together during this time, families are encouraged to use this special devotional and activity guide to help all members of your family grow in their faith and understanding of God's Word and what it means to be a Disciple of Jesus Christ. There are five specifically created activities and devotionals to use at your convenience during the week.

There are 7 traits, each week you will be introduced to a new one in worship and we ask that as you go throughout your week, you make time as a family to explore what it means to be a Disciple and how you can grow in your walk with the Lord. You've been invited on this special journey, take your first step on the path to an exciting adventure along with your family!

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*All Scripture quoted is
from the New Interna-
tional Version unless
noted otherwise.*

DISCIPLESHIP TRAIT: PRAY-ER

"A pray-er seeks to have a continuous dialog with God."

FAMILY DEVOTIONAL 1

Scripture: Romans 5:1 -2a *"Through our Lord Jesus we have gained access by faith into this grace in which we now stand."*

Thought For The Day: In the Old Testament, a priest was needed as a go-between for man and God, but because of Jesus' death and resurrection, we can have direct contact with God through Jesus.

Discussion: Talk about how much God loves us in light of the life, death and resurrection of Jesus. God created us to be in relationship with himself, and because of Jesus we have direct contact with God. Because God loves us so much, God wants us to talk with him. Prayer is our way of talking to God, and part of prayer is also listening to what God has to say to us. As a family talk about the different times you pray individually and as a family.

Family Prayer: Dear God, thank you that we can talk directly to you through the day and night. Thank you for hearing our prayers and loving us. Amen.

Activity: Make time each day before everyone goes off to school and work to have a time of prayer with together. Pray for God to guide them and be with them throughout the day. In the evening, come together and talk about ways God answered that prayer!

FAMILY DEVOTIONAL 2

Scripture: Luke 9:11 *"Ask and it will be given to you; seek and you will find; knock and the door will be opened to you..."*

Thought For The Day: Prayer can sometimes become a "wish list" for God. Think about the prayers you pray on a regular basis, are they a "wish list?"

Discussion: God hears all of our prayers AND answers all of our prayers. We don't always like the answer or have trouble waiting for the answer. Talk about the ways God has answered prayers in each of your lives. Talk about a time when you were certain God had said "no" to a prayer. Talk about waiting for God's answer and how difficult that can be.

Family Prayer: Dear God, thank you for hearing and answering each and every prayer. Give me the heart to hear and receive your answers. Amen.

Activity: Take a piece of paper and draw a vertical down the center of the paper. On one side write "Prayers" and on the other "Answers" List the prayers of your family and record when God answers them. Celebrate God's faithfulness!

FAMILY DEVOTIONAL 3

Scripture: Psalm 121:1,2 *“I lift up my eyes to the hills, where does my help come from? My help comes from the Lord, the Maker of heaven and earth.”*

Thought For The Day: As a child we run to our parents when we have a need. As a Christian, we have the privilege of running to our ‘heavenly parent’ when we have a need.

Discussion: Talk about times when each child has made a request to Mom or Dad and how that request was granted. Talk about why sometimes Mom and Dad say “no” to a request. Talk about why there are times when we need to wait for our request to be answered. How do you feel in that “waiting time?” Why is it hard to wait? Why does God say “no” sometimes to our prayers?

Family Prayer: Dear God, thank you that I can “run to you” when I have a need. Thank you that you know how to meet those needs. Thank you that you are wise sometimes to say “no” to my request. Help me to accept your answers knowing that you love me. Amen.

Activity: Make a “prayer wheel.” Grab 2 paper plates, cut a “pie” shape out of one plate. Fasten that plate on top of the other with a brass fastener. Write prayer requests on the “whole” plate. Move the top plate to pray for a different request each day.

FAMILY DEVOTIONAL 4

Scripture: 1 Thessalonians 5:16-18a *“Be joyful always; pray continually; give thanks in all circumstances...”*

Thought For The Day: Prayer is not an activity we do, prayer is the way we live our life!

Discussion: Talk about what it means to be joyful all the time. When is that hard to do? Talk about what it means to “pray continually” with God. How do we do that when we are at school or at work? How about on the playground or at the gym? Talk about a time when it was hard to give God thanks when you were in a difficult situation. How did you feel? What was your prayer life like at that time? Read 1 Thessalonians 5:18b to find out why we do these things. Discuss that as a family.

Family Prayer: Dear God, it is hard to pray sometimes when we are sad or hurt. Help us to remember that we are to pray at all times, no matter what is happening in our life. Amen.

Activity: Write family “popcorn prayers” prayers in which you can quickly say to God throughout the day. Practice them as a family so that when you need to pray, it comes easily. An example might be, “Help me God to be patient.” Now think of others on your own! Share them as a family.

FAMILY DEVOTIONAL 5

Scripture: Ephesians 6:10 *“Finally, be strong in the Lord and in his mighty power.”*

Thought For The Day: Prayer is both something we memorize and repeat, and something we do spontaneously.

Discussion: Talk about prayers you and your family have learned to recite, “Now I lay me down to sleep...” “Our Father, who art in heaven...” How do these prayers fit into your everyday lives? Talk about the different prayers at meals you know, “God is great...” “The Lord’s been good to me...” which is your favorite, why? Talk about prayer as a conversation with your best friend. How do you talk to your best friend? What do you share with them? Prayer is sharing both the deep and surface things in our life with One who loves us!

Family Prayer: Pray the Lord’s Prayer together each night before going to bed. Then, pray a spontaneous love prayer of thanks to God.

Activity: Take a “prayer journey.” Walk around your neighborhood and stop in front of different homes and pray for the family that lives there. You may not know their needs but God does!

SOMETHING TO THINK ABOUT

Ask yourself, “Am I living a prayerful life?” If “yes”, how is that demonstrated to others, if “no”, why not and how can that change?