

Sunday morning
teaching plan

Date:
23/11/2025

TITLE:	Prayer
THEME:	Christian Foundations
AIM:	Learning to pray and how to encourage it as a habit.

BACKGROUND AND CONTEXT

Prayer is a cornerstone of the Christian faith. Throughout the Bible, we are encouraged to pray, and remarkable things happen when we do. Prayer is more than just asking for things—it's about both speaking and listening to God. Jesus prayed regularly, and today, the church continues this practice through prayer meetings. But why is prayer so important, and how can we grow in this vital spiritual practice?

WARM UP

Telephones

Make a telephone cup with a partner and see who can pass a message between them.

Using plastic cups and string make a telephone and pass messages between each other.

MAIN TEACHING

Why should I pray?

Sometimes we may wonder why we need to pray.

The Bible tells us that Jesus was the Son of God, and that He knew the Father inside out. And yet Jesus still prayed. As His followers, it seems clear that if He needed to pray, then we do, too.

Look at each passage and work out what is being said about why we should pray.

1. Because He knows our situation – ***Philippians 4:12-13***

In this verse, Paul is talking from his experiences of a life devoted to sharing the gospel. At times he is in need and at times he is in plenty. At times he has been fed and at times he has been hungry. But at all times, God knew his situation and gave him strength. Use some food props, some full and some empty.

2. Because he knows how we feel – *Philippians 4:6-7*

In this verse Paul talks about not worrying about situations around us but using our situation to spur us to pray, knowing that God understands what we are going through. Use some current situations you know that your group are worrying about e.g. exams, friendships and future. Write these up on a large piece of paper.

3. Because He knows us completely – *Psalms 139*

In this verse the Psalmist understands that God knows us so well, from the very beginning of our lives he knows us and understands us. Use some baby photo's (scan photo's if possible), a world map and torch.

4. Because he is willing to answer our prayers – *Matt 7:7-11*

In this verse Jesus is teaching us about how good our God in heaven really is. He is teaching us to ask our heavenly Father, who knows how to give good gifts. Use the props of a shopping list, a doorbell or knocker and a pair of binoculars.

Prayer diaries

Give out the books. They could decorate them and then the following are ideas they can use to get into a good routine for praying. Show this video:

<https://www.youtube.com/watch?v=xQZNfDquyeY>

PRAYEr tool

P – Pause; breathe deeply and be still in God's presence.

R – Rejoice; what's been good today? Thank God for it.

A – Ask God to help you and those you care about.

Y – say Yes to God; welcome His love, His plans and His presence into your day.

Handy prayers

Everyone draws round one of their hands. Suggest that they use the different fingers to pray for different people and the palm to write prayers for themselves. They can repeat this with different people.

Examples here and on the slides:

- On the thumb – their family
- On the first finger – their best friend(s)
- On the middle finger – other adults who are important to them
- On the fourth finger – anyone they know who is ill
- On the fifth finger – anyone else who they feel they should pray for
- On the palm – write a prayer about themselves e.g. saying thank you to God for what He's given them or done for them, saying sorry for any bad stuff and saying please help for any problems that are bothering them.

The Lord's Prayer

Hand out the Fathers prayer that they can add to their books and highlight and decorate.

Lectio Divinia...(could try this with them or it could be a take home activity for their prayer books)

Lectio Divina' is an ancient practice which uses the Scriptures as a basis for silent prayer. Any passage of Scripture can be used, but it should not be too long. You may encourage your group to choose their own passage or use the sheet 'suggested readings' cut into slips which can be handed out.

Explain that this is a method of silent prayer which uses the Scripture as a way of helping us to listen to God. There are four stages, which each person should move through at their own pace:

Read – *read the passage you have chosen slowly and prayerfully several times over.*

Reflect – *think about what you have read. Are there particular words or phrases which stand out for you? What is God saying to you?*

Respond – *silently respond to what you feel God is saying to you in this passage, telling God all that you are thinking and feeling.*

Rest – *put aside your thoughts and rest in the presence of God.*

Suggested scripture:

Psalms 139:1-3

Matthew 7:7-8

John 10:7-10

Mark 10:13-16

Isaiah 58:6-9

If completing this at home suggest they take themselves into a quiet space where they won't be distracted.

If doing it the session give them 10 minutes of silence and they can work through these stages themselves or you may think it more appropriate to guide them through it by reading through the passage a few times and talking about each step.

TAKEAWAY

Take their prayer books home with them and use them. Just simply write prayers and write when they answer them. Or use some of these techniques or make their own.

EXTRA INFORMATION