



Children of Prayer Bible School

Prayer Course Lesson 2 – What is Prayer? Activity Sheet 1



Activity: We are simply going to talk to God.

1. Find a quiet spot
2. Take a couple of breaths; don't be in a hurry.
3. If God walked into the room and came and sat down facing you, and you could see into His eyes, what would you say?
4. AFTER you have finished talking to God, just rest for a moment. Close your eyes and just wait a moment. Open your heart to hear His voice speaking back to you.
5. Don't worry if you don't hear anything the first time or even the first few times. Keep on going!!!

If you are age 5-7: Your parents can find a special spot to sit with you and help you to speak to God. If there are lots of children in your family, then why not take turns with mom or dad. Just 3 minutes each is all you need.

You can say things to God like:

- I love you
- I want to know you
- Thank you
- Lord Jesus....

What is in YOUR heart to say to God? Be free to say it and your parents will encourage you.

If you are 7 or older: Go and find a quiet place. Open your mouth and speak to God. Tell Him or ask Him things like:

- I love you
- I want to know you
- Thank you for making me/the world/my family
- Could you speak to me?
- Could you teach me to pray, please?

You don't have to say the things written above. What is in your heart to say to God? Go ahead and say that to Him.