

# **I Dare You**

## **Module: Spiritual Disciplines**

### **Lesson 3: Prayer**

#### **Objectives:**

Students will

- move beyond a formula prayer life to a habitual prayer life
- foster an atmosphere of praying for each other

#### **Materials Needed**

- ☐ Roll of paper
- ☐ Pens
- ☐ Post-it notes

## Minds On

### Icebreaker Game: Silent Statements

Get your group sitting in a circle and ask them to swap seats if they (add your own) :

- Are wearing jeans
- Are wearing white trainers
- Have been to school that week
- Watched more than 4 hours of TV

Then transition into more serious questions, continue to get them to make “silent statements.” Get them to swap seats if they:

- Struggle with prayer
- Feel you don't pray enough
- Feel your prayers don't get past the ceiling
- Get bored with long prayers in church
- Want God to listen to your prayers
- Would love to see prayers answered like in the Bible

Say something like: Let's face it. Many of us do not like to pray, especially in public. How do we compete with the pastor? What do we actually say to God? What's the point anyway, God doesn't seem to answer me? These are all roadblocks to prayer both in public and in our own lives.

## Action

Say something like: To begin, it is important to understand why we need to pray. If God knows everything and already knows what we are going to ask, then what is the point to prayer? Prayer is about relationships. Imagine for a moment dating someone and never talking to them. Now, we do not date God. But, in the same way as we must talk to our dates, it is vital that we talk to, and with, our God. He wants to hear from us and He wants to talk to us. The best example of this is found in Revelation 3:20. Jesus invites us to let him in so that we can chat with each other. Through that relationship, there are several things that happen.

Split your youth into groups of 2-3. Have each group take a few minutes to read one of the following passages and make notes on reasons why we pray: John 13:15, John 15:4-5, Isaiah 40:31, Jude 1:20, John 16:23-24, 2 Chr. 7:14. (they can use the sticky notes to jot down their ideas). Come together and compile a list of the different reasons why we pray.

Say something like: The second area we want to tackle is what do we actually say to God. Several different formulas have been created for this reason. But, although they are a handy resource, the one downfall of these formulas is that they do not come from the heart. So, what do we say to God?

Have students return to their small groups and pour over the following Scripture passages (divide the passages amongst the groups). Genesis 32:11, Gen. 17:18, Daniel 9:3-21, 1 Timothy 2:1-2, Philippians 4:6, 1 Kings 3:7, Habakkuk 3:2, Matthew 6:13. They need to look for examples of what we say to God.

Come together as a group and summarize some of the things we say when we pray. Begin to help them recognize that there is nothing that we cannot say to God. Highlight the reality that prayer, in order to become a regular part of our life, needs to incorporate everything we are thinking, feeling or experiencing. God wants to hear everything (1 Peter 5:7, Philippians 4:6).

Look more closely at how we pray. Have one or more members of your group read aloud Matthew 6:5-15. Spend some time as a group discussing the implications of this passage.

## **Consolidate/Debrief**

Using a roll of paper (or substitute) and post it notes, have your students spend a few minutes on their own writing prayers to God. They do not have to identify themselves on the notes. Once the students have posted several notes, break the youth into small groups of 3-4 and have them prayer through the notes. Give enough time for the groups to address all the notes. Close the evening with prayer, being sensitive to any possible prayers that could be prayed for as a large group.

**Options to Consider:**

- To encourage public prayer, consider setting up a prayer path that your teens can work through. This can be an incredible time of both public and private prayer as they move through the stations. For help setting up a prayer path,
- Perhaps your group would be ready to spend 24 hours in prayer. Consider hosting a prayer retreat at your church. Utilize the resources of 24/7 Prayer (<http://www.24-7prayer.ca>) to help you build a weekend retreat that will encourage your students to pray without ceasing!