



ONE

SEPTEMBER- PRAYER

SPIRITUAL PRACTICE RELEASE

ONE GOD. ONE LIFE. TOGETHER. ONE GOD. ONE LIFE. TOGETHER. ONE GOD. ONE LIFE. TOGETHER.

Overview for September- Prayer

The simplest definition of a prayer is having a conversation with God. You can add all sorts of other things to this definition, such as discerning God's will, seeking to learn his plan for you, feeling connected to the divine, and having somewhere to share the deepest parts of yourself and your experiences. However accurate these additions may be, they are reasons for the practice of prayer not the practice itself.

Let's stick to the basics. Indeed, there is enough to unpack in the phrase "having a conversation with God" without adding anything else.

- **Having:** The present tense of the verb "to have," which is an action. You are actively doing something when you pray
- **A:** This is singular, which is interesting. It indicates that prayer is a single thing; an ongoing conversation is one has with the Almighty
- **Conversation:** "A talk, especially an informal one, between two or more people, in which ideas are exchanged." This is an important point because it indicates that our prayers go two ways. We not only *speak to* but *hear from* God through prayer.
- **With:** God is with you; he draws alongside you in times of prayer.
- **God:** Prayer is always about and directed to God. The Father, Son, and Holy Spirit is the focal point.

This month, we have curated several sources, including articles, activities, podcast episodes, and books to help you as you lead your youth in a focus on prayer. We believe that prayer is a foundational spiritual practice, and it is our prayer that, this month, you and your youth are able to experience prayer that is meaningful to where you are in your walk with Christ. We also pray that you are able to incorporate prayer more regularly in to your daily life.

On the following pages you'll find Scriptures about this practice, a booklist, and lesson examples as well as resources and links to articles that we think will help enrich your teaching and practice. If you have any questions, or would like to recommend a resource to add to this month's release, please contact CBOQ Youth by emailing Meghan at mmatthews@baptist.ca.

Blessings to you this month,

The CBOQ Youth team



SCRIPTURE ABOUT PRAYER

The following scriptures are *about* prayer. Some of them may be useful as you begin to lead lessons on this practice. Some of them may even be helpful to pray through with your students. Prayer is a cornerstone discipline of the Christian faith, so it's worth knowing what God has to say about its use in our walk with Christ.

2 Chronicles 6:21

“Hear the supplications of your servant and of your people Israel when they pray toward this place. Hear from heaven, your dwelling place; and when you hear, forgive.”

2 Chronicles 7:14

“...if my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.”

Jeremiah 29:12

“Then you will call upon me and come and pray to me, and I will hear you.”

Psalms 102:17

“He regards the prayer of the destitute and does not despise their prayer.”

Matthew 6: 6-7

“But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you. And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words.”

Luke 6:27-28

“But I say to you who hear, love your enemies, do good to those who hate you, bless those who curse you, pray for those who abuse you.”



1 Thessalonians 5:16-18

“Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you”

Philippians 4:6

“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.”

Ephesians 6:18

“And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord’s people.”

James 5:13

“Is anyone among you in trouble? Let them pray. Is anyone happy? Let them sing songs of praise.”

1 John 5:14-15

This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us—whatever we ask—we know that we have what we asked of him.”

LESSON OUTLINE EXAMPLES

Below are two example lessons: a one hour and a 10 minute. Use these to inspire your group gatherings; mix and match the other material in this release to make your own lessons!

1-Hour Outline

Materials Needed

- Post-it notes/small paper
- Pens/markers
- Bibles (at each station, and/or encourage participants to bring their own)
- A paper shredder or another way to get rid of paper
- Blank 'thank you cards' or construction paper that can be used as notecards
- String/yarn cut to various lengths
- Painters tape, pushpins or sticky tack (depending on what kind of wall/surface you use for your "A" station)
- A cross (painters' tape on a wall works) that can have pieces of paper attached to it
- Signs with the letters A/C/T/S (Printable at the end of this lesson)
- Signs with the statements (God you are.../God I want to tell you.../God thank you for.../God I ask...) (Printable at the end of this lesson)
- A way to time station rotations (a clock/watch/phone etc.)

Set Up

Pre-divide students into 4 groups (total number in each group will depend on your total number of participants)

You will need to set up 4 stations that make sense in your physical space. Be sure to consider *flow* of movement as you set up these stations. If possible, stations should be set in a way that participants are all moving in the same direction, so they do not have to backtrack or cross over each other.

Instructions are given for each station. You can copy them from below and print them out OR have someone verbally explain what to do at each station.

Below are the set-ups for each station.

Station 1: A

- Sign: “God you are...”
- Scripture (can be written out to be reflected on OR the references can be put up for students to look-up on their own):
 - Exo 15:1-2, 1 Sam 2:1-2, Isa 6: 3, Psa 95:6, John 3:16
- Activity: Word Web
 - Put the name “God” is in the middle of your surface (wall or large table), consider putting up a few words to get the word web started and to show an example of what is possible).

Instructions:

- Take some time to think and pray about how you would end this sentence: “God you are...”
- When you have reflected, write a word, a phrase, or a picture that represents *who God is to you at this moment* on the paper provided, then attach that word to the surface around “God”
- Using the string and adhesive (painters’ tape, push pins, sticky tack) provided connect your piece of paper to God.
- If there is a word/phrase, or picture that someone else has written that resonates with you, add another string from that paper to God to strengthen that connection.

Station 2: C

- Sign: “God, I want to tell you...”
- Scripture (can be written out to be reflected on OR the references can be put up for students to look-up on their own): Pro 28:13, Psa 32:5, Acts 22:16, 1 John 1:9
- Activity: Leaving our Sins on the Cross
 - Have a cross at this station. If you don’t have one that your church would be okay with you attaching things to (with tape or sticky tack), use painters’ tape to create an outline on a wall). Make sure that there are pens, post-it notes, or paper and tape available for the participants.

Instructions

- Take some time to think and pray about how you would end this sentence: “God I want to tell you...”
- When you have prayed about the things that you want to confess to (tell God about, take time to write them out on the paper provided.
- Attach your confessions to the cross (it can be folded up, or facing out)
- Your Youth Leader will collect the confessions and will dispose of them without reading (if they have been folded/sealed)
- Remember that Jesus has already carried the weight of what you have confessed, when you walk away from this station know that you are walking away a little lighter than when you arrived.



Station 3: T

- Sign: “God thank you...”
- Scripture can be written out to be reflected on OR the references can be put up for students to look-up on their own): 1 Chron 16:34, Psa 100:1-5, 1 Thes 5:18, Col 3:15
- Activity: Thank you cards
 - Set up with pens, and a pile of blank-on-the-inside cards at this station. Alternatively, you can use paper for participants to write letters instead of cards.

Instructions:

- Take some time to think and pray about how you would end this sentence: “God thank you...”
- When you have spent some time in prayerful reflection, consider writing a note/letter. This letter can be addressed to God, or to another person that God has brought to your attention during this time.
- There are a lot of beautiful verses about thanksgiving, if it makes sense, include a verse in your letter/card.
- If you write to God, keep your note safe (maybe it fits in your bible!) if you write to someone else, take your card with you and do your very best to get it in to their hands this week!

Station 4: S

- Sign: “God I ask...”
- Scripture: Psa 116:1, Eph, 6:18, Phil 4:6, Matt 7:7, 1 John 5:14,
- Activity: Prayer Request Wall
 - For this activity, consider setting up a bulletin board or using a wall that you can leave things on (if possible). Setting up a “Prayer Request Wall” that your students can add to over the course of this month is a great way for them to publicly share what they are praying about (even if they continue to be shy about sharing out loud). Leave post-it notes, or paper and an adhesive, and pens at this station.

Instructions

- Take some time to think and pray about how you would end this sentence: “God I ask...”
- Once you have spent time praying about what you need from God, write your requests on the post it notes provided and stick them to the Prayer Request Wall
- If you see a request that is already posted, you can pray for the requests of others



Preamble- 3-5 minutes

This month we are going to be focusing on the Spiritual Practice of prayer. Each week we are going to practice praying and we are going to encourage you to use what you learn here throughout the week. It is our hope that you'll develop some insight as to why prayer is so important to our faith, to life with Jesus, and that the tools we try here will help you to feel more confident when it comes to your own prayer life.

This week we are going to use the word **ACTS** to help us pray.

Each letter has a different kind of Prayer attached to it:

A- adoration

C- confession

T- thanksgiving

S- supplication

Some of those words are confusing, but when we pray we don't have to use complicated words- God understands us even if we don't use any words at all. Remember that Scripture says, "We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans." (Rom 8:26b)

We can pray with simple sentences (God you are.../God I want to tell you.../God thank you for.../God I ask...). Those are at every station, so you don't need to memorize them.

Activity- 45 minutes (10 minutes at each station plus travel & settling in time)

Say: Today we are going to take time to pray about each of the ways we've just talked about. You'll get 10 minutes at each station, so you'll have a chance to really reflect on and talk to God about each thing.

If you want to silently pray, that's great- this is a time for you to do that. There are scriptures on the wall for you to reflect on if that's helpful. If you are feeling a bit more active, there is also a simple activity outlined at each station that you can do.

However, we ask that you keep quiet as best you can, we will have a time to debrief once everyone has gone through all four stations.

Explain the station rotation as it works in *your physical space*

You will know it is time to rotate to the next station when you (hear this sound, see this light, etc.)¹

Are there any questions? Let's go!

¹ Tip: do not ask the participants to time themselves as that will provide a distraction from concentrating on prayer. If you have leaders available to go with each group, OR if you can assign a leader to each station, they could be responsible to keep track of time. However, it is important to set the expectations of this in advance so that you do not end up with a mass of people in one place.



Debrief- 10-15 minutes

Once 4 rounds have been completed, bring all your participants back together (if you have small groups within your ministry they could be used here). Ask the following questions (to the group if it is small enough, or have people share with the person sitting next to them and as for 2-3 answers for each one):

1. Which of the 4 stations was the easiest to pray at (which question was the easiest to answer?), why?
2. Which of the 4 stations was the most challenging to pray at (which question was the most difficult to answer?), why?
3. Did you hear anything from God/the Holy Spirit during this activity?

Homework/Weekly Challenge

This week, we want to challenge you to pray each day using the ACTS format. You do not have to spend 10 minutes on each one (unless you feel like you want to!) but try to talk to God each day using those 4 sentences: God you are.../God I want to tell you.../God thank you for.../God I ask...

Next week, we'll talk about what it was like to use this format to pray before learning about a different kind of prayer.

Conclusion

Pray a blessing over your students as they go out to meet this challenge this week and ask God to meet them through their prayers over the coming days.



A

Adoration

C

Confession

T

Thanksgiving

S

Supplication

God you
are...

God, I want
to tell you...

God, thank
you...

God, I ask...

10 Minute Outline

Materials Needed

Large paper with the letters A/C/T/S on them, as well as the questions God you are.../God I want to tell you.../God thank you for.../God I ask... These should be positioned so that they are visible to everyone.

Set up

This activity works best if participants are in a circle (rather than all facing one direction), so set up chair or clear space for everyone to sit together.

Activity Explanation- 2-3 minutes

This week we are going to use the word ACTS to help us pray.

Each letter has a different kind of Prayer attached to it:

A- adoration

C- confession

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S- supplication

Some of those words are confusing, but when we pray we don't have to use complicated words—God understands us even if we don't use any words at all. Remember that Scripture says, “We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans.” (Rom 8:26b)

Today we are going to pray with simple sentences (God you are.../God I want to tell you.../God thank you for.../God I ask...).

Take Action

OPTION 1: Alternating Letters

- In this version, each person will do the successive letter in the word ACTS, people can speak for as long or as little as they want to about “their” letter.
- The letters and sentences should be visible to everyone in the group, so that they know how to do their part of the prayer.
- Open in a word of prayer to set the tone of the time, end your opening with the sentence from “A” (God you are...), the person to your left will be going second, the person on your right will go last, and you can close your time of prayer (Amen!).
- Depending on the size of your group and the amount of time you have, you can go around the circle multiple times so people will have the opportunity to pray differently



OPTION 2: Four Rotations

- In this variation, you will go around the circle 4 times, the first time around everyone will pray “A”(God you are...), second “C” (God I want to tell you...), third “T” (God thank you...), and fourth “S” (God I ask...)
- Start with yourself (or appoint another leader to be the beginner/ender), have the person to your left go next, etc., finish with a hearty “AMEN!”

Debrief & Give Weekly Challenge

Once you have said “Amen,” ask your students how it felt to pray in the ACTS format. Did they like having a “fill in the blank” prayer or did they feel restricted by it? Which was the easiest to pray about? Which was the hardest? Remind students that this is just *one* way to pray.

This week, we want to challenge you to pray each day using the ACTS format. You do not have to spend 10 minutes on each one (unless you feel like you want to!) but try to talk to God each day using those 4 sentences: God you are.../God I want to tell you.../God thank you for.../God I ask...

Next week, we’ll talk about what it was like to use this format to pray before learning about a different kind of prayer.

Notes for Lessons:

Each week you can spend time doing a different kind of group prayer since you are setting the expectation that your students will be intentionally attending to their prayer life outside of group meetings this month. Offer examples of ways that they can pray on their own (i.e. using the ACTS outline above but doing so by themselves and journaling their thoughts/insights from their time with God.)

The goal in these 10-minute group times should be focused on getting comfortable praying out loud with other people, structuring your time around this idea will help keep you on track.

RESOURCES

BOOKLIST

Books about Prayer:

Boyd, James Patrick. *Imaginative Prayer*.²

Hansen, Gary Neal. *Kneeling with Giants: Learning to Pray with History's Best Teachers*.³

Hybels, Bill. *Too Busy Not to Pray*.⁴

Lucado, Max. *Before Amen: The Power of Simple Prayer*.

Morse, MaryKate. *A Guidebook to Prayer: Twenty-four Ways to Walk with God*.

Muyskens, David J. *Forty Days to a Closer walk with God: The Practice of Centering Prayer*.

Thibodeaux, Mark. *Armchair Mystic: Easing into Contemplative Prayer*.⁵

General Books on Spiritual Practices:

Ahlberg-Calhoun, Adele. *The Spiritual Practices Handbook*.

Foster, Richard. *Celebration of Discipline*.

Shiflett, Diana. *Spiritual Practices in Community*.

Smith, Traci. *Faithful Families: Creating Sacred Moments at Home*.

Thompson, Marjorie. *Soul Feast*.

Willard, Dallas. *The Spirit of the Disciplines*.

² Geared towards kids but would be suitable for middle schoolers.

³ This book goes through so many traditions of prayer and shares about how various traditions started. A must read if you are looking to learn about prayer.

⁴ Get the updated version- 2008, there is also a journal that you can buy if you get super into this read.

⁵ This is written by a Jesuit priest, but it is a very practical, user-friendly introduction to praying.



SIMPLE FORMATS FOR PRAYER

This is a compilation of different ways to pray. It's important to teach various formats because sometimes youth don't like to pray out loud (or on their own) especially if they don't know what to say or how to say it. By taking some of that pressure off, we can help students learn to pray regularly and then develop their own "style" of talking to God.

THE 'ACTS' ACROSTIC

A Adoration
C Confession
T Thanksgiving
S Supplication

Some of the words will be unfamiliar to young people, but a simple explanation of the words used in the ACTS acrostic can help them appreciate the flow of their prayer.

Adoration

This means praise. We begin our prayer by praising God for who he is. We can praise him for his character i.e. a loving God, a holy God, merciful, just and full of compassion. Encourage young people to use a Psalm to help them find the words and thoughts they want to express. (Psalms 96, 98, 100, 103, 145)

Confession

This is about saying sorry for when we have not lived as we should. *"If we confess our sins to him, he is faithful and just to forgive us and cleanse us from every wrong."*(1 John 1: 9) We need to admit our sin to God who is able to forgive us and help us begin again.

Thanksgiving

This is about saying thank you to God for what he's done for us, and all that he continues to do in our lives. (1 Thessalonians 5: 18)

Supplication

This is an old word but it means 'a humble request for help'. As we come to the end of our prayer, we can ask God to help us in difficult situations or times of need. We can ask him to work in someone else's life, or pray for the big problems of the world. Nothing is too big or too difficult for him. (Philippians 4: 6-7)



THE 'PRAY' ACROSTIC

P Praise

R Repent

A Ask for someone else

Y Your own needs

A similar prayer pattern and guide to the ACTS acrostic, but it may be easier to understand and implement for young teens.

Both the ACTS and PRAY formats can be done as group activities. Consider having everyone in your group (or a section of your group if you have more than 10 people) pray out loud using one of these frameworks. You could either have each person do the 1st one, then go around again for each subsequent letter OR you could start with the first letter and spell out ACTS or PRAY as you go around (meaning that person one would do adoration/praise, person two would do confession/repent, person three does thanksgiving/ask for someone else, person four does supplication/your own needs, and the next person goes back to A/P). You could go around the group as many times as makes sense for your group. This activity works particularly well with youth who are uneasy praying out loud in front of others.

THE PRAYER HAND

Another simple way to remember to pray for others is by using your hand as a memory prompt or template for prayer.

1st finger

This is your index finger or 'pointing' finger. Pray for the people who help you grow as a Christian, who point the way to be more like Jesus i.e. small group leader, youth pastor, and church minister. (Col 4: 2-4)

2nd finger

This is your strongest finger. Pray for all those people with power and responsibility i.e. government and civic leaders. (1 Tim 2: 2)

3rd finger

This is commonly known as the ring finger. Pray for those you love and who are close to you. Pray for your parents and friends.

4th finger

This is your little finger. Pray for those who are weak or helpless, or who are old and infirm. Pray for those who you know who are sick. (James 5:13-15)

Thumb

Pray for those who are furthest away from you. Pray for the church around the world, for missionaries and for Christians who are persecuted for their faith. (Ephesians 6:18)

Whole hand

Finally, pray for yourself. Admit the things you know you have done wrong (1 John 1:9) and receive God's peace and forgiveness. Offer your hands to serve God through your life, at home, school or work.



THE LORDS PRAYER

These are the words Jesus gave as a model prayer to his disciples. It includes praise, praying for God's will to be done, confessing sins and asking for forgiveness, help to forgive others, asking for daily help and provision and strength to overcome temptation.

Perhaps it's the most obvious place to start, but it's also the easiest prayer to repeat without thinking about its meaning.

Encourage your young people read Matthew 6: 9-13 and rewrite the prayer in their own words to use every day in the following week. Or, prepare a simple seven-day guide to help them journey through the prayer in the coming week and beyond.

There is a sample guide below for you to amend or add to. It includes something to think and pray about and something to do.

(Jesus said) Pray like this,

Our Father in heaven, may your name be honoured

How does it feel to be able to call God your Father? Tell him how you feel.
How can I honour God's name today?

May your Kingdom come soon

How does your community need to change to be more like what God wants? Pray it happens soon.
What can I do today to help bring God's kingdom to my community?

May your will be done here on earth, just as it is in heaven.

What can you pray for today for God's will to be done on earth? Check out the news and pray.
What is God asking me to do today?

Give us our food for today

God provides for our day to day needs and gives ways for us to take care of ourselves. Thank him.
What do I need to do to trust God today?

and forgive us our sins

Why is it important to ask for God's forgiveness every day? (1 John 1: 9)
Go on then, Ask!

just as we have forgiven those who have sinned against us

Why is it important to forgive others who have hurt us? (Matthew 6: 14-15)
Is there anyone I need to forgive today?

And don't let us yield to temptation but deliver us from the evil one.

God helps us recognize temptation and gives the strength to overcome it. (1 Corinthians 10: 13) Ask him to help you do the right thing today?

I will try to stay away from anything which tempts me to do wrong.

Source:

<https://insight.typepad.co.uk/insight/2008/07/helping-young-people-to-pray.html>

Praying My Life:

Practices that lead me to pray without ceasing

Discipline	Desire
Breath Prayer	To pray a simple, intimate prayer of heartfelt desire before God
Centering Prayer	To quiet the heart and rest in God alone
Contemplative Prayer	To develop an open, restful receptivity that enables me to always be with God just as I am
Fixed-Hour Prayer	To stop my work and pray throughout the day
Intercessory Prayer	To turn my concerns and worries into prayer; to enter God's heart for the world and pray from there
Listening Prayer	To quiet the inner and outer noise so I can allow God to set the agenda
Praying Scripture	To allow God to shape my prayer life through the words of scripture
Prayer Walking	To align myself while walking in particular places, with Christ and his intercession for the place and people associated with it

Look at the list of desires. Which of these corresponds with the desire in your heart? Can you look to incorporate that discipline? Where can it fit into the rhythm of your life? Is there a natural fit where you can attach a discipline to a habit you've already formed?

Adapted from Adele Ahlberg Calhoun's *The Spiritual Disciplines Handbook*

Prayer “Pray continually.” – 1 Thessalonians 5:17

It is not difficult to view prayer as an integral part of our spiritual life. It might be hard to learn prayer as a spiritual discipline. It is slightly different than the other disciplines because it almost always must involve other disciplines and spiritual activities if it is to be effective in our lives. Dallas Willard says:

But prayer will not be established in our lives as it must be for us to flourish, unless we are practicing other disciplines such as solitude and fasting. In many Protestant churches prayer and Bible study are held up as the activities that will make us spiritually rich. But very few people actually succeed in attaining spiritual richness through them and indeed often find them to be intolerably burdensome.

Of all the disciplines, prayer is probably the one we feel most comfortable with. We are just not that good at it. Therefore, the goal of practicing prayer as a discipline is to explore it in fresh ways. For example, many have only experienced prayer as talking to God. One of the most joyful revelations is to experience the reality that prayer is just as much listening to God.

If this kind of listening prayer is new to you, you might be concerned with how to know what you are hearing. Is it God’s voice? My voice? Satan’s voice? There are several guidelines as you listen to assist you in this area. First, it is important to ask if what you are hearing is in harmony with Scripture. Second, is it persistent. In other words, does the prompting keep coming back. Third, if you are still having difficulty determining, seek the counsel of other wise and mature Christians.

A problem in prayer is that we have a tendency to view it merely as something that we do, rather than someone we are with. Prayer is relational. It is just as relational as walking and talking with a friend.

- As you begin to practice prayer as a spiritual discipline, try to pray in new and different ways. For example, if you always pray silently, attempt to pray out loud. If you always pray with your eyes closed and head bowed, pray with your eyes open and face raised to God. If you pray with your hands folded, consider praying with your hands open or raised.
- Taking prayer walks can be a wonderfully refreshing exercise. If you walk your neighborhood, pray for the people whose homes you pass. If you walk during your work day, consider praying for your co-workers or family. If you walk in a public place, pray for the salvation of those around you. The ideas are only as endless as your creativity allows them to be.
- Consider praying passages of Scripture. Many are familiar with praying the Lord’s prayer. It is especially easy to pray the Psalms. Where possible, make these prayers personal by exchanging your name or personal pronouns.
- Find a place that inspires prayer within your heart. Many neighborhoods have a church building that is open for times of prayer.
- You might find it helpful to utilize Richard Foster’s three directions of prayer: upward, inward, and outward.

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PRAYER DISCUSSION STARTERS

Adapted from: www.insight.typepad.co.uk | Grahame Knox

Simple surveys or questionnaires can be effective tools to stimulate discussion among your youth group.

Give each young person a copy of the prayer survey. Ask them to circle the number on each scale which represents their view.

For example, if you believe God always answers prayer, circle 1. If you think he doesn't answer all prayers, circle 3. If you think he never answers prayer, circle 5. Explain that there are no correct answers to the survey and encourage them to answer honestly.

Use the following survey as a discussion starter to help your group express their own views and opinions. Do they have any questions about prayer? Share your own experiences and, if you wish, use one of the other two discussion starters to discover more about what the bible says on prayer, or Jesus' teaching on prayer.

THE BIBLE ON PRAYER

Ask the young people to find out what the Bible tells us about prayer. Divide into pairs and give each pair one or more of the references.

Allow 3 or 4 minutes for the young people to find the answers to each reference. Then ask the pairs to report back by writing their answer(s) on a whiteboard or large piece of paper.

Psalm 55:17 We should pray regularly.

Matthew 5:44 We should pray for our enemies.

Matthew 6:5-7 We should pray secretly and honestly.

Matthew 18:19-20 We should pray with others.

Matthew 21:21-22 If we pray, we will receive.

Matthew 26:41 Prayer will keep us from sin.

Luke 18:1 Prayer will give us courage.

John 14:12-14 We can talk to God about anything.

John 15:7-8,16 We should pray with confidence.

John 16:23-26 Prayer involves asking. We should pray in Jesus' name.

Philippians 4:6-7 We should pray about everything. We should be thankful.

1 Thess. 5:16-18 We should pray at all times.

James 5:13-14 We should pray for the sick and others in need.

1 John 1:9 Prayer involves confessing our sins.

PRAYER SURVEY

Adapted from: www.insight.typepad.co.uk | Grahame Knox

I believe that God always answers prayer.	1 2 3 4 5	I think God is not interested in our prayers
Even though I don't always see an obvious answer to prayer, I believe that God has answered.	1 2 3 4 5	When I don't see any obvious answers to prayer, I doubt that he has heard.
If God appears to say 'no' to my prayer, I realize it is for my own good.	1 2 3 4 5	I find it difficult to accept a 'no' answer.
When God answers my prayers, my faith is strengthened.	1 2 3 4 5	When prayers appear to be answered, it's really just a coincidence.
I'm always talking to God.	1 2 3 4 5	There are days when I never pray
I'm always praising and thanking God in prayer.	1 2 3 4 5	My prayers are just like a shopping list of requests.
When I don't feel like praying, that's when I pray even harder.	1 2 3 4 5	If I don't feel like praying, then I don't.
I feel relaxed praying with other people.	1 2 3 4 5	I am always embarrassed about praying with others.
I feel my prayer life is really growing.	1 2 3 4 5	My prayer life is dead.

VIDEO SUGGESTIONS

This list is NOT exhaustive, if you have videos about prayer that you'd like to share with the broader CBOQ Youth family, please send them to us!

LINK: [Spiritual Discipline- Prayer, sermon by Tim Chaddick](#)

Note: Tim talks about the importance of prayer, as well as several different reasons why this practice will impact a follower's walk. There is a little about process as well.

LINK: [Series on Prayer](#)

Note: this playlist covers several important parts of prayer like: What is Biblical Prayer?, How to Pray, Praying for Others, Praying with the Right Attitude etc. Each video is ~7 minutes.

LINK: [Why Pray?](#)

Note: this is a good overview about prayer, it does end with a comment about their "24/7 prayer challenge" but it's an encouragement to pray constantly.

LINKS TO ARTICLES AND ACTIVITIES

The following links will take you to a variety of sources that touch on different kinds of prayer, how to do them, how to adapt them, how to make them relevant to youth. I've included the title of the article/activity so you can select the ones that are most relevant to your ministry.

WEBSITES

[Room to Pray](#): This webpage has a plethora of great resources for creating Prayer Rooms. This might even be a great project to work on with your youth!

[Contemplative Outreach \(Practices\)](#): Contemplative practices that facilitate and deepen our relationship with God a series of prayer practices that are intended to help give us the eyes to see and the ears to hear God calling.

[24/7 Prayer](#): This site is full of good ideas and resources that can be applied to a group prayer life. There is some paid content, but the majority is totally free.

[Prayer Course](#): A FREE 8-week video course on Prayer, that comes with small group guides.

ARTICLES

[Everything you Need to Know About Prayer](#)

[What Difference Will Prayer Make?](#)

[7 Ways God Might Be Speaking to You](#)

[What to do When God isn't Speaking](#)

[Lies that Keep Us from Prayer](#)

[Go to God Together: Why the Church Gathers to Pray](#)

ACTIVITIES

[Toolshed](#) an index of 30 prayer tools downloadable for FREE

[Welcoming Prayer Method](#) a method of consenting to God's presence and action in our physical and emotional reactions to events and situations in daily life.

[10 Creative Ways to help Young People Pray](#) 10 ideas and how-tos on praying with youth

[Creative Prayers](#): More creative prayer ideas with downloadable elements.

[Group Prayers](#): Ways to pray as a group

[How your Toothbrush can help you Pray, and other Top Tips](#): Tips for incorporating prayer into the rhythm of daily life

