

How to Pray

Lesson 18

Matthew 6:5-8

Memory Verse

I have been crucified with Christ and I no longer live, but Christ lives in me. The life I live in the body, I live by faith in the Son of God, who loved me and gave himself for me. Galatians 2:20

Introduction

Have you ever wondered how to pray to God? Jesus helps us know how in the Bible. Jesus loved to talk to people about God. He wanted the people to understand important lessons. One day, Jesus helped people learn how to pray to God.

Scripture

Matthew 6:5-8

"And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by men. I tell you the truth, they have received their reward in full. But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done 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. Do not be like them, for your Father knows what you need before you ask him.

Jesus helped His disciples learn that they must have the right attitude as they pray. Jesus explained that there were two different ways to pray: a right way and a wrong way.

Discussion

Ask: What is the wrong way to pray?

Jesus told His disciples that the wrong way is to stand up so that people can see you. That person is not really praying to God. They are trying to show off and be noticed by others.

Jesus was not saying that standing up to pray was wrong. He was saying that if a person who prays shows off in front of others, that is wrong.

Jesus also told His disciples that another wrong thing to do is to pray, trying to impress people with our words (continue to pray and pray; just babbling on and on saying fancy, big words). Instead, Jesus said that we should be honest and speak from our heart.

Jesus really wants our attitude to be right. We must not be proud and think we are better than others.

Matthew 6:6

But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.

Ask: What is the right way to pray?

Jesus shared that the right way to pray is with a heart that wants to talk to God. A person should pray quietly not drawing attention to himself.

Jesus explained that God wants to hear us and He knows our needs even before we tell Him. He wants to talk with us and help us with our problems and needs.

We should be humble and come to God with a heart to hear from Him and do things His way. We should also remember that God is God and we are not! It is important to confess our sins and ask God to help us be clean, pure people.

Matthew 6:7-8

And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. Do not be like them, for your Father knows what you need before you ask him.

Ask: How do we talk to God?

We talk to God like we talk to each other. God hears us AND He knows if we have right attitudes. We do not have to pray a certain prayer to God.

God knows our heart and our true attitude. Sometimes we have little prayers we like to pray at supper etc. It is OK to pray these prayers if you really mean them.

Sometimes we say the words but do not really pray the prayer. Or we say the prayer so fast that we don't really even listen to the meaning. That would be like the babbling that Jesus mentioned.

When we pray, we can pray out loud and silently. Praying out loud should not be a scary thing. We must remember that we are praying to God and we should have the attitude that Jesus mentioned. When we pray silently, God hears us and listens to our prayer needs.

Ask: How do we pray?

Remember that the right attitude is important. When we pray, we confess our sins and ask for forgiveness. Then we can tell God thank you for all the ways He has been good to us. Next, share needs that you have for others and yourself. This kind of prayer is what God loves. He loves to talk with us and spend time with us.

The best prayer that you can pray is to ask Jesus to come into your heart. When you ask Jesus to come into your heart, He cleanses us from sin and makes us a new person. Instead of doing bad things, we want to do the things that Jesus would do!

Ask: Would you like to invite Jesus to be a part of your life?**Romans 10:9-10**

That if you confess with your mouth, "Jesus is Lord," and believe in your heart that God raised him from the dead, you will be saved. For it is with your heart that you believe and are justified, and it is with your mouth that you confess and are saved.

Romans 10:9-10 tell us that we need to do two things. First, we have to confess with our mouth that Jesus Christ is Lord. Second, we have to believe in our heart that God has raised Him from the dead. Then we will be saved and we will have a new life.