



**KIDMIN**  
ASSEMBLIES OF GOD®

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**SESSIONS**

**PRAYER**

# PRAYER

## **LESSON 1 - WE CAN PRAY ABOUT ANYTHING**

Let's chat with God openly! Share worries, needs, and gratitude. Invite Him into every aspect of life; He's listening!

## **LESSON 2 - HOW TO PRAY**

Let's explore prayer together! Connect with God, like Jesus taught.

## **LESSON 3 - PRAY FOR OTHERS**

Let's make a difference through prayer! Partner up, ask for needs, and lift each other up in prayer with gratitude.

## **LESSON 4 - GOD HEARS OUR PRAYERS**

Feel the power of prayer! God listens to every word because He loves us.

## **LESSON 5 - PRAYER IS A WEAPON**

Prayer is more than asking; it's a powerful weapon against temptation.

## **LESSON 6 - JESUS PRAYED**

Jesus, though divine, prayed regularly and earnestly. Let's emulate His example, making prayer a priority in our lives.

## **LESSON 7 - PRAY FOR THE IMPOSSIBLE**

Even when things seem impossible, remember God's power. Pray with faith, believing that nothing is too hard for Him.

## **LESSON 8 - THE HOLY SPIRIT PRAYS FOR ME**

Even when we're unsure, the Holy Spirit prays perfectly for us, aligning our prayers with God's will.

## **LESSON 9 - PRAYER IS HARD**

When prayer feels hard, remember it's a choice. God empowers us to pray even when we don't feel like it.

## **LESSON 10 - PRAYER NEVER STOPS**

Prayer is continual. Scripture urges us to never stop praying, fostering an ongoing conversation with God everyday.

## **LESSON 11 - LISTENING IN PRAYER**

Listening in prayer begins with directing our attention to God. Just as sheep know their shepherd's voice, we can learn to recognize God's voice by actively listening.

## WEEK 1

# WE CAN PRAY ABOUT ANYTHING

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## SCRIPTURE

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.

– *Philippians 4:6*

## SAY

Not knowing what to pray about is super common for many people, especially those who are new to the idea of prayer. Prayer is when we talk with God about anything and everything! When we go to God in prayer, He's not expecting us to pray about specific things every time. He just wants to hear from us. Let's walk through this verse to learn a little more.

The first part of this verse says, "Don't worry about anything." If something is worrying us, we should bring it to God in prayer. We can pray about the things we're not feeling confident about, the things that aren't exactly the way they're supposed to be, and even the things that make us toss and turn at night. We can bring all those things to God in prayer and trust that He'll take care of them.

The next part of the verse tells us to "pray about everything." So, if you ever wonder if you should pray about something, the answer is always yes! We can pray for others. We can pray for ourselves. We can pray for situations that are difficult or easy. We can pray for exciting things that are coming up and boring stuff. We can pray for our pets. We can pray for our parents, aunts, uncles, cousins, brothers, and sisters. We can pray for the president of the United States or the country where we live. We can pray about everything. God wants to hear about what's on our heart and mind.

The end of this verse says to "tell God what you need, and thank him for all he has done." Prayer isn't just bringing all our thoughts, worries, and cares to God; we should also thank Him. We can thank Him for who He is, for what He's done, and for what we trust He will do in the future. No matter what we're praying about, we should always thank God for His answers.

## PRAY

Find a spot somewhere nearby, and take two minutes to talk to God about something that is on your mind or in your heart. It's okay if you don't know what to pray—just start with something and see where it leads. Remember, God cares about everything!



## WEEK 2

# HOW TO PRAY

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## SCRIPTURE

Once Jesus was in a certain place praying. As he finished, one of his disciples came to him and said, “Lord, teach us to pray, just as John taught his disciples.” – *Luke 11:1*

## SAY

Have you ever felt unsure about prayer? Maybe you’ve wondered, *What is prayer? How does it work? How do I actually start a prayer? Am I just talking out loud or talking into thin air?* Well, let’s talk about prayer and answer some of those questions!

Prayer is when we talk to God. It’s a time to focus our words, thoughts, and attention on God. When followers of Jesus do this, He always hears and receives our prayers. Although this sounds simple, it can still be hard to figure out exactly how to pray.

In fact, today’s verse shows that even the people who were with Jesus every single day asked Him how to pray. When Jesus’ disciples asked Him for help, Jesus gave them a model of how to pray that’s found in the next three verses (Luke 11:2–4). This model is usually called the Lord’s Prayer. After Jesus gave this model, He taught the disciples more about prayer. You can read that in verses 5–11. Jesus really cared about helping His followers know how to talk with God!

The neat thing is that even after Jesus took the time to teach His disciples how to pray, He continued to show them how to pray throughout His ministry. He prayed in front of His disciples, He prayed with His disciples, and He prayed for His disciples. So, if you feel like you still need some help learning to pray, don’t worry! Jesus will keep helping you as long as you keep asking.

## PRAY

Get a Bible, go to Luke 11:2–4, and read the Lord’s Prayer. Then, ask yourself if your prayers sound anything like the prayer Jesus prayed. If not, think about how to begin praying more like Jesus. Remember, if you need help learning how to pray, you can ask Jesus for help.



## WEEK 3

# PRAY FOR OTHERS

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## SCRIPTURE

I urge you, first of all, to pray for all people. Ask God to help them; intercede on their behalf, and give thanks for them. – 1 Timothy 2:1

## SAY

*Has anyone ever prayed for you? How did it make you feel? On the other hand, when did you last pray for someone else?*

Today's verse comes from a letter the apostle Paul wrote to his friend Timothy. Very early in the letter, Paul urged or encouraged Timothy to pray for all people. Paul wanted Timothy to know how important it is to pray for others. Today, it's still just as important that we pray for others.

The Bible makes it clear that God hears and answers our prayers. When we pray, it has a spiritual effect that also affects our physical world. This is why even today we should continue praying for all people, asking God to help them with their needs and thanking Him for them.

Have you ever wondered what needs your friends might have? Well, you can ask them! Then, when they answer, ask if you can pray for them. Ask them if you can take their request, need, difficult circumstance or situation to God. You can even thank God and celebrate if your friend has no prayer requests! Lastly, thank God for their life. While this may seem difficult at first, the more that we do it, the easier it will become. Prayer is like a muscle that needs exercise to grow. The more push-ups you do, the easier they are to do as your muscles grow. Your prayer life needs to grow, too!

## PRAY

Find someone nearby and partner in prayer with them. Then, take the big, bold, and courageous step of praying for them. Ask them their name (if you don't know them) and something they need prayer for. Then follow the instructions from today's verse: ask God to help their situation and thank God for them.



## WEEK 4

# GOD HEARS OUR PRAYERS

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## SCRIPTURE

In those days when you pray, I will listen. – *Jeremiah 29:12*

## SAY

Have you ever wondered if God hears your prayers? The Bible tells us that God really can hear our prayers. Isn't it amazing that the Creator of everything can hear us when we talk with Him? He doesn't only listen to the prayers of pastors, preachers, missionaries, or church planters. He hears the prayers of every single person.

Did you know that God can even hear the prayers of those who don't believe and haven't received salvation yet? While the Bible tells us that our sin can get in the way of some conversations with God, He puts that aside for those who come to Him for forgiveness.

When Christians pray, they talk to the God who is always with them, knows them, loves them, made them, and has a plan for them. Talking to God can be like talking to a loving parent, an awesome king, and a best friend all in one. He cares about their feelings, circumstances, and everything in their life. He knows what is best for them and wants to guide them down the right path in life.

It's incredibly humbling to understand that God, who has no need to hear our prayers, chooses to hear them. You might ask, "Why would He listen to someone like me?" The answer is simple—because He loves you. God wants to hear every thought, every feeling, every situation, every circumstance that we have going on in our life. And He not only wants to hear us, but He also wants to talk to us.

## PRAY

In the place where you pray most often, post a reminder that says, "God is listening to my prayers because He loves me." Use this reminder to help you express your love and appreciation to God for hearing you.



## WEEK 5

# PRAYER IS A WEAPON

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## SCRIPTURE

Keep watch and pray, so that you will not give in to temptation. For the spirit is willing, but the body is weak!  
– *Matthew 26:41*

## SAY

What are we supposed to do with prayer?

Maybe you already have a habit of praying each day or praying often for your needs. But you may not know other ways prayer can be used. Other than it being a way for God to do things in our life, how else do we use prayer? The Bible makes it clear that prayer can be a weapon against the attacks of the enemy and against temptation.

Temptation is when we think about or feel pressured to do something that goes against what God says is the right way to live. When it comes to temptation, it can be a battle between our spirit and our flesh. Our spirit wants to honor God, but part of us, sometimes called our flesh, may want to give in to temptation. This is where prayer comes in.

When we're forgiven and made new, the Holy Spirit can help us grow stronger in our fight against temptation. The Holy Spirit gives Christians the power to choose to pray instead of choosing to sin. So, we don't have to fear temptation or feel ashamed of it. We can take power over it through prayer.

Praying out loud is a powerful way to conquer temptation. Imagine that you're being tempted. Rather than give in, you ask out loud for Jesus to help you fight the temptation. The things we hear go to our mind and can help us focus on those words. So, when we pray out loud, we're putting our attention on our prayer and away from the temptation. Also, remember that because we're praying, it's an opportunity for God to answer. These "out loud" prayers are powerful weapons!

We can also use the name of Jesus against Satan. We do this by being completely devoted to Jesus and asking God for help in Jesus' name. The Bible tells us that Satan wants to steal, kill, and destroy us. But, the Bible also says that Jesus, who lives in us when we've asked for Him to forgive our sins, is greater than our enemy, Satan.

## PRAY

Read Psalm 91 by yourself or as a group. Then use the psalm as a prayer to God, asking Him to protect you and defeat the enemy of your soul.



## WEEK 6

# JESUS PRAYED

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## SCRIPTURE

One day soon afterward Jesus went up on a mountain to pray, and he prayed to God all night. – *Luke 6:12*

## SAY

Why did Jesus pray? Was He kind of just praying to himself—you know, because He is God? The truth is that the Bible doesn't really explain this. But, the Bible does tell us a lot about Jesus and His prayer life.

He prayed often.

He sometimes prayed for a long time.

He sometimes prayed alone.

He prayed before and after doing many important things.

Jesus left a great example that we can follow. It might not always be possible for us to pray out loud during the day, but we can pray quietly in our heart. It might not always be possible for us to pray during our entire math class, but we can pray while we ride the bus to and from school. We may not always be able to go up to the top of a mountain alone like Jesus did, but we can find a quiet place in our house to pray. We can pray after our sports games, after an evening video game session, or during recess. It's more important to follow Jesus' example of making prayer a priority than the specifics of when or where we pray. If prayer is good enough for Jesus, it's good enough for us.

God is so good. He wants to hear from us, and He wants to speak to us. Let's not miss a moment of goodness with Him. If Jesus—the all-powerful, almighty One—found prayer to be this important, it needs to be important to us. How much more do we—people who are broken and weak at times—need to be in constant prayer to our Heavenly Father?

## PRAY

Can you commit to praying three more times this week than last week? Maybe last week you prayed every morning. That's great! But can you add three more times sometime in your week? Maybe you can find time during the change of a class or in the car on the way somewhere. Or maybe you can add more prayers before bed this week. Look for opportunities, and you'll find them. You can do it!





## WEEK 7

# PRAY FOR THE IMPOSSIBLE

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## SCRIPTURE

O Sovereign LORD! You made the heavens and earth by your strong hand and powerful arm. Nothing is too hard for you! – *Jeremiah 32:17*

## SAY

Sometimes, things can feel so big and so hard that we think prayer won't make a difference. Sometimes, things just feel impossible. Maybe you have a friend who is sick, and they don't seem to be getting better. Maybe you've been giving 100 percent of your effort to reach a specific goal, but you just find yourself failing over and over. Maybe you have sadness that won't go away after somebody hurt or left you. Maybe you can't feel safe or happy at home. Situations like these can feel impossible to overcome.

Let's talk about these feelings. It's true that something may be impossible for us, but that doesn't mean that it's impossible for God. In fact, nothing is too hard for God. He's the One who made everything that we see around us with His "strong hand and powerful arm." God made the sun, the moon, and the stars. He made the vast expanses of space, and He even made the tiny little ants that we see on the ground. He made us. This truth is incredible.

When we realize just how big and powerful God is, it helps us understand what so many others throughout the Bible did: Nothing is too hard for God to accomplish. The things that are impossible for us are possible for God.

Throughout Scripture, we can see God make the impossible possible. He freed millions of Israelites from slavery. He rescued David from the hands of his enemies. He freed Jonah from the belly of a fish. He even resurrected Jesus from the dead. Now, think of your impossible situation and be assured that God can handle it, too.

Ask yourself this question: How long am I willing to pray for God to do something impossible? Are you willing to keep praying for days, weeks, months, or even years if the result is that God will make the impossible possible in your life?

## PRAY

Find someone you know and trust who knows how to pray, and ask him or her to pray with you about this impossible thing you're asking God to do. It could be a family member, a friend, a kids leader, or a pastor.



## WEEK 8

# THE HOLY SPIRIT PRAYS FOR ME

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## SCRIPTURE

And the Father who knows all hearts knows what the Spirit is saying, for the Spirit pleads for us believers in harmony with God's own will. – *Romans 8:27*

## SAY

Did you know that the Holy Spirit prays for you?

That's incredible!

The Holy Spirit is God with you. The moment you receive salvation, the Holy Spirit comes to live inside you. From inside, He continues the process of helping you become more like Jesus. The Holy Spirit is working to align you with God's will and plan for your life. We know that His will is always good, perfect, and in your best interest, even when you don't see it that way.

Since we aren't perfect, sometimes we get off track from God's will. Other times, we don't understand what's going on or know how to pray for help. In these times, the Holy Spirit can pray on our behalf to bring us back to the perfect will of God. In fact, the Bible says that the Holy Spirit "pleads" for us in prayer. How amazing is that?

Do you want to hear something even more amazing?

Since the Holy Spirit is God, everything He prays will be in perfect alignment with God's perfect will. As the Holy Spirit leads us, we can trust that our faithful God answers every prayer because they agree with His will. So, in the times that you don't know what to pray, you can be assured that God's Holy Spirit is praying perfect prayers on your behalf.

## PRAY

Can you pray a prayer of thankfulness for the Holy Spirit today? Thank God that even when we aren't sure what to pray or feel like we can't pray, the Holy Spirit is praying for us and through us.



## WEEK 9

# PRAYER IS HARD

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## SCRIPTURE

I tell you, you can pray for anything, and if you believe that you've received it, it will be yours. – *Mark 11:24*

## SAY

Sometimes, we just don't feel like praying. We may feel unmotivated, distracted, or like we don't have the strength to pray. We might even feel that we aren't close enough to God to come to Him in prayer. There are many feelings that can push us away from prayer.

The good news is that God not only told us that we can pray for anything, but He gave us the power to pray. His power can help us push past any feeling we have. We also know that when we don't know what to pray, the Holy Spirit who lives in us helps us. We not only believe this truth with our mind, but we can put this truth into action in our life.

So, think about these truths the next time you don't feel like praying. Maybe the real reason you don't feel like praying is that you're distracted or too busy to find the time. Whatever the reason is, know that praying starts with a choice. We can turn our attention to God and say, "God, I need Your help."

The more often we make this choice, the more of a pattern it becomes in our life. We make it a habit to respond to difficulties with prayer rather than letting difficulties pull us away from prayer. Over time, the Holy Spirit will help prayer become our automatic response to everything. Do you want to know the coolest thing? The more that we pray, the more we get to see God move. The more we see God move, the more we want to pray!

## PRAY

A few ways to change up our prayer time are by writing out our prayers in a journal or drawing a picture of what you're praying for. Thinking about our prayer differently can help us move past whatever is keeping us from praying. Another option is to pray about prayer. Just pray, "God, help me to pray." Then, see what happens. If all else fails, ask someone to pray for you and with you. Find someone you trust, share your struggle to pray, and talk to God together.



## WEEK 10

# PRAYER NEVER STOPS

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## SCRIPTURE

Never stop praying. – *1 Thessalonians 5:17*

## SAY

So, you may have wondered, *When can I be done praying? Have you prayed enough when you're fifty years old? When has a person prayed enough?*

Today's verse lets us know that it's impossible to pray too much in this life. There should never be an end to prayer. Prayer is a practice every believer should continue from the time we come to know Jesus until the day He calls us to be with Him or He comes to get us.

Prayer is meant to be an ongoing, growing habit. If anything, we should be trying to find out how we can pray more. At first, prayer may not seem like something you want to do more of. Maybe you feel like prayer is difficult, boring, or time-consuming. Maybe you feel that you're too busy to waste time praying.

But, that's not what we learn about prayer from Scripture. All through the Bible we see examples of many people who recognized the importance of prayer and who prayed often. We see examples of people such as Moses, Joseph, David, and Paul. We even see that Jesus—God's Son—prayed lots while He was on the earth. And followers of Jesus should want to follow His example.

Since the Bible says to “never stop praying,” you might wonder how to never stop praying. The answer is simple: Always be in an open conversation with God. Always be ready to hear what He is saying to you and talk to Him throughout your day. That can start with small prayers scattered through your day. You can also constantly thank God for the good things in your day. Those small, simple prayers go a long way to building our habit of continual prayer.

The decision to pray as often as possible really does make a difference.

## PRAY

Think about your day. For one day this week, can you commit to praying ten times? I know it sounds like a lot, but prayer is so important that it's worth it. You'll be surprised the positive change it makes in your life.



## WEEK 11

# LISTENING IN PRAYER

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## SCRIPTURE

After he has gathered his own flock, he walks ahead of them, and they follow him because they know his voice.  
– *John 10:4*

## SAY

Have you ever thought you were hearing God speak to you, but you just weren't sure? Let's talk about it. The Bible describes God's people as His sheep and God as our Shepherd. A shepherd's primary role is to care for the sheep, making sure they are healthy, fed, and safe. These tasks aren't always easy. Now, think about yourself. Are you easy to take care of? Well, God knows how to best take care of you.

Sometimes, the shepherd needs to speak to his sheep to give them the proper guidance. He may say things like, "Let's go this way instead of that way," or "We might not want to go near that area, or those people, because they're not what's best for you." Ultimately, God speaks directly to us—but how do we know if it's Him talking?

Hearing God's voice begins with listening. Someone can talk to us, and we never hear them if we're not paying attention and listening. Listening to God happens when we direct our open ears, our quiet mind, and our humble heart to Him. Then, we will begin to hear Him speak.

This might require finding a place where you can be by yourself for a little while and then patiently waiting for God to speak. You can start by simply saying, "God, please speak to me." Then, wait and see what He says.

In today's verse, Jesus described how sheep know the voice of their shepherd. Those who follow God can also learn to know His voice as they listen for Him to speak. A good way to know if what you believe is God speaking is really Him is by comparing it to the Bible. The same God who inspired the words of the Bible is the One speaking to you. If what you're hearing disagrees with the Bible, then it might be time to adjust your ears. However, if the message matches the Bible, you may want to write it down. From there, begin to have a conversation with the Shepherd who loves you and knows you well.

## PRAY

Find a spot where you are alone and it is quiet. Pray this prayer: "God, please speak to me." Then, listen for at least five minutes. It might seem like a long time, but you don't want to rush God. After you're done listening, write down what you believe God spoke to you. Share what you wrote down with a parent, pastor, or trusted Christian who can help you see if it lines up with verses in the Bible. Remember, God wants to speak to you.



