



COMMITMENT

MAKING A PLAN AND
PUTTING IT INTO PRACTICE



READ LUKE 11:2-4

DAY 1

Jesus knew that it was hard for people to know how to talk to God. So He broke it down for His friends. He gave them a model prayer that they could use to get started talking to God. It wasn't meant to be something they would necessarily memorize and recite, but more of an example.

Match the lines from Jesus' model prayer to how a kid might pray today. Then write in your own words how you would change it for what you're experiencing in your life right now.

Father, may your name be honored. May your kingdom come.

Give us each day our daily bread.

Forgive us our sins, as we also forgive everyone who sins against us.

Keep us from falling into sin when we are tempted.

Please help me today on my spelling test to remember everything I studied.

Help me get along with her today.

Dear God, thank You for making me and loving me. You're awesome.

Please forgive me for being mean to my sister yesterday.

THANK God for the example Jesus gave us so we can know how to talk to God.

READ EPHESIANS 6:18

DAY 2

Did you know there are as many ways and things to pray about as there are people in the world? It's true! God just wants you to talk to Him, and that may look different for every person and in each situation. Pick 2-3 options from the list below and try praying that way today.

- Prayer walking (walk around your house or outside and pray as you walk)
- Pray for your classmates and teachers
- Bow on your knees by your bed to pray
- Pray for your family members by name
- Write your prayers
- Sing a worship song to God
- Pray with a friend or family member

ASK God to show you the best way for YOU to pray.

READ PHILIPPIANS 4:6

DAY 3

One of the best things about God is that you can talk to Him about anything. Good day? He wants to know! Worst day of your life—tell Him! He can handle it.

When you pray today, talk to God about your “pows” (the bad things) and your “wows” (the good things). Punch your first forward (knockout-style) when you share your pow, and punch up in the air (yeah-style) when you share your wow

THANK God for everything in your life and even being with you during the hard things.

READ 1 THESSALONIANS 5:17

DAY 4

Never stop praying. It’s a short verse, but it says it all. You never have to stop praying when you’re a child of God, because He can hear you whenever and however you talk to Him. You don’t even have to stop what you’re doing. You don’t have to close your eyes. You can be sitting at the lunchroom table at school, with friends all around you, and you can be talking to God!

Get a sheet of paper and cut a strip off. Write the letters NSP (Never Stop Praying) on it and decorate it however you’d like. Then glue or tape the ends together to make a bracelet. Just like the circle shape of the bracelet appears to have no end, neither do your prayers!

KNOW that God is always listening when you talk to Him.

