

What Is Prayer, Really?

Bible Verse:

"Be still, and know that I am God." — Psalm 46:10

— 1 Peter 2:21

The Quiet Prayer

Prayer doesn't have to be loud, fancy, or long. Sometimes the strongest prayers are whispered... or even silent.

When you pray, you're opening your heart to God — and He hears you. Even when you don't know what to say, God understands!

Prayer is powerful for several reasons: God hears you, God cares about you, and God answers in the best way and at the best time.

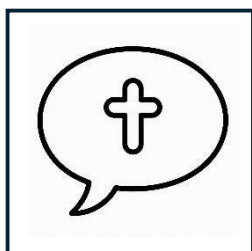


One-Minute Prayer

Try This:

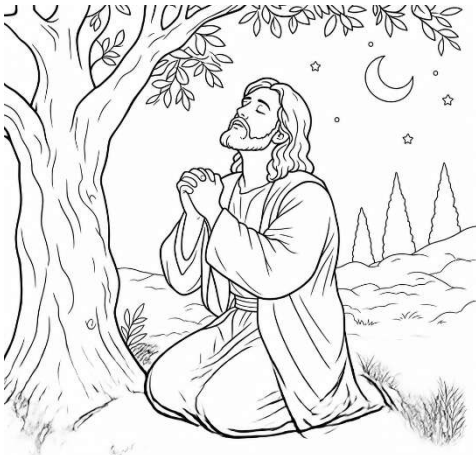
1. Close your eyes.
2. Take a slow breath.
3. Tell God one thing you're thankful for and one thing you need help with.

That's prayer — simple and strong.



Draw It!

Draw a picture of a quiet place where you like to talk to God. It could be your room, outside under a tree, or anywhere you feel peaceful.



Jesus Shows Us How to Pray

Jesus in the Garden

Before Jesus went to the cross, He prayed in the Garden of Gethsemane. He didn't shout. He didn't run around. He simply talked to His Father with honesty and trust.

Jesus teaches us that it's okay to tell God when you're scared, it's okay to ask for help, and it's okay to say, "Your will be done."

Puzzle - Secret Prayer Code

Decode the message: if A=1, B=2, C=3 ... Y = 25, Z = 26

16 18 1 25 23 9 20 8 15 21 20 3 5 1 19 9 14 7

Prayer Changes You

Devotional - Quiet on the Outside, Strong on the Inside - Prayer doesn't always change what's around you right away... but it always changes something inside you. Prayer gives you peace when you're worried, strength when you're tired, courage when you're afraid, and joy when you feel alone.

God's power works quietly — like seeds growing underground — but the results are big and beautiful.

Prayer Word Search

God, hears, you, seeds, growing, underground, results, beautiful, peace, strength, courage, joy, prayer

X B T Y Z W H T G E P X S I G V Y B E A U T I F U L E G I K I E
T S Y Y O U B O G M K P D N D M U N D E R G R O U N D P R D K B
B U G S D U P R E M F B E H J G Q G O D F U Y X Q C P T F X B N
V P K J Z H O B J C L Z E N C O U R A G E Z U O F A C J E M W Q
K D V T N W F L L C A A S T G Q I H M Y R E C S T R E N G T H L
N D R Y I N H X J I R E O T J D E W O M A G I X I A L K J D Y V
R G T N V Z Z J K S R Q P X W Q S U W S K F B L K F L I L C P R
D G G G C K A U O T G U R S T L U S E R B W U F X J N G O V H T
X P M P M V A L A Y C P R A Y E R I F S J J P W P U L A T Z E O