

Are you safe? (Part Two)

WEEK EIGHT

I adjure you, O daughters of Jerusalem, by the gazelles or the does of the field, that you not stir up or awaken love until it pleases.

Song of Solomon 3v5 (ESV)



Sermon Notes

WEEK EIGHT

Weekly Devotion

WEEK EIGHT

This week we are going to spend some time looking at how we talk to God. This week's family devotion and activity will both point your family toward how we should pray, and what God really cares about when we pray.

Main Point: When we pray to God, we honestly praise, thank, and rely on Him.

1. Is there a right or wrong way to pray? Does God hear us better if we fold our hands? Does He listen more closely if we close our eyes? What do you think is the right way to pray? A lot of us tend to think of "how to pray" and immediately go to the externals – fold your hands, bow your head, close your eyes. While these are all meaningful, good displays of humility and respect for God, they are also how we show respect in our culture. In other cultures, people pray kneeling or in the Old Testament they would stand with arms stretched out toward heaven or Jerusalem. Our physical posture is somewhat important (showing where our hearts are before God), but it is not as important as praying honestly and openly before the Lord – without any fakeness or pride.

2. Have a child read Matthew 6:5-8.

3. What does God care about more than what you do with your body when you pray? He cares about our hearts. The hypocrites prayed in public because they wanted public attention and praise – they didn't really want to speak with God. The Gentiles tended to pray by repeating themselves over and over again, almost like a spell or mantra that they hoped would force the gods to do what they asked. In contrast, God wants our hearts to genuinely want to be with Him, our Father. He tells us to get alone and speak to Him one-on-one. He already knows what we need – but He wants us to spend time with Him and be honest about how we need Him every day.

4. When we read prayers in the Bible, they typically have four basic parts:

1. Adoration—Praise God for what Scripture reveals about Him (Father, Son, and Holy Spirit)
2. Confession—Confessing our sinful nature and our sinful choices. Asking for help to overcome sin.
3. Thanksgiving—Thanking God for Jesus Christ, who forgives you for the sins you have confessed.
4. Supplication—Praying for yourself and others.

5. Grab four different color pens/markers/crayons and read Matthew 6:9-13 (printed below) together.

"Our Father in heaven, May your name be kept holy. Your kingdom come, Your will be done, On earth as it is in heaven. Give us this day our daily bread, And forgive us our sins, As we also forgive those who sin against us. And do not let us yield to temptation, But deliver us from the evil one. Amen."

6. Pick one marker/pen color and use it to circle every part of this prayer that adores God. With a second marker, mark everything that mentions confession of sin. Then with the third marker, circle or mark every time you see a reference to being thankful. Finally, mark every reference to praying for yourself and others.



Weekly Exercise

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Praying Together

Note: This exercise is for the whole family.

At dinner this week, spend time as a family talking about what you can pray for together. Many of us say a simple "Thank you for this food" type prayer before we start eating dinner and sharing about our day. Take one night this week and spend some time talking about things your family can pray for together. Use the chart below to help you think of things to pray for:

Adoration	Confession	Thanksgiving	Supplication (Asking)