

November 1: Worship Sunday

Gather: Bible, writing utensils (including sharpie if you have one), paper for poster, paper of any size, device to play music, space to walk.

Many Prayers

There are many different ways to pray. Prayer is communicating with God: talking with him, listening, and involves spending time with him. Today we will take time to try a variety of prayers. Do some, do all, or pick some ways you know of to pray! Don't worry about how long it takes – if you don't spend much time in one method, just try another! God doesn't set time limits on prayer – He just wants to spend time with you.

- **Letter Praying:** As you talk to God, use each letter of the alphabet to start and say sentences, attributes/characteristics of God, feelings you have and requests.
- **Write a Psalm:** Take a look at some of the Psalms. Now take a moment to write your own! A Psalm is simply a song, poem or prayer that can express praise, thanksgiving, lament and more.
- **Prayer Poster:** Decorate the poster as desired. Use a sharpie to write requests and prayers to God on your poster. Hang in a prominent location. Allow other people who come by (family, friends...) to add their own prayers/requests to it. This will be a reminder to pray for these things when you walk past.
 - Once prayers are answered, write "thank you" underneath.
- **Songs of Prayer:** (sing or listen and pray along with the song) Some suggested songs:
 - Take My Life – Chris Tomlin
 - You Say – Lauren Daigle
 - Waymaker – Leeland
 - Lead Me to the Cross – Hillsong
 - Living Hope – Phil Wickham
 - Raise a Hallelujah – Bethel Music
- **Walking Prayer:** Take a walk inside or out! As you take a step, say a prayer. A couple methods to try:
 - For every step you take, say something you're thankful for.
 - On every other step, tell God your requests.
 - Simply pray as you walk. Don't worry about going on bunny trails, but pray for whatever comes to mind.
 - Count your steps from 1-5 and keep repeating those numbers. Pray for something in the following categories on the respective step #.
 1. Someone at your school
 2. A country
 3. A politician
 4. Yourself or family
 5. The future

- **Moments of Silence:** Sometimes prayer can be extremely hard with all the distractions we have around us. Sometimes, it's easier not to put much pressure on ourselves to sit for long periods and to, instead, just pray in brief moments. Whatever you're doing (whether gathering supplies, grabbing a drink of water, etc), just take a small pause in silence to pray or listen to God.
- **Pray over Scripture:** Use Daniel 2:19-23 or pick your own verse and pray through it and in response to it.

Think about which methods you connected with the most, the least and why. Which prayers do you want to try again in the future? Any other methods you have come up with on your own?

Memory Verse: Daniel 2:19-23

"During the night the mystery was revealed to Daniel in a vision. Then Daniel praised the God of heaven and said:

"Praise be to the name of God for ever and ever;
 wisdom and power are his.
 He changes times and seasons;
 he deposes kings and raises up others.
 He gives wisdom to the wise
 and knowledge to the discerning.
 He reveals deep and hidden things;
 he knows what lies in darkness,
 and light dwells with him.
 I thank and praise you, God of my ancestors:
 You have given me wisdom and power,
 you have made known to me what we asked of you,
 you have made known to us the dream of the king."

Challenge 1: Intentionally pray once each day this week! Use any form of prayer you want.

Challenge 2: Pray through the memory verse 3 times this week.