

COMMITMENT

MAKING A PLAN AND PUTTING IT INTO PRACTICE

WEEK
2

READ: LUKE 11:2

DAY 1

Jesus didn't mean for us to memorize The Lord's Prayer and just pray it over and over. He used it to show us HOW to pray—in our own words. And today's verse shows us how we should begin. When you start to talk to God, remember who you're talking to. Honor Him with your words.

This is the Creator of the universe, maker of heaven and earth. He knows how many stars are in the sky and exactly how many hairs are on your head. He controls the wind and the ocean waves, and yet He wants us to call Him Father. In this verse, Jesus was telling us to pause from what we're doing and tell God how awesome He is. Practice this right now. Tell God 3 things that are going well for you, and thank Him for those things. It could be anything, like having fun at recess today, or getting a good grade on a test recently, or your dad getting a job after not having one for a while.

THANK God for allowing you the opportunity to talk Him anytime you want to.

READ: LUKE 11:3

DAY 2

When Jesus taught the model prayer, He showed us something really important. This verse talks about "our daily bread." That phrase means anything that we need to live. Not the things we want. Wants are fine. There's nothing wrong with wanting a new bike or a new basketball. But God promises to provide what we need. We can rely on Him to CARE for those things.

And did you notice that Jesus said, "our daily bread"? The question you should think about is "what do I need today?" What is happening TODAY that I need help with? Basically Jesus was saying, "Don't get too far ahead and worry about tomorrow. Just ask for what you need right now—today."

Lots of things qualify as "daily bread." Can you think of a few of them? Grab the prayer journal you started last week and write or draw 4 of those things.

For an entire day, make a commitment to stop and notice all the things around you that qualify as daily bread. Every time you see, feel, hear, touch or taste those things, say, "This is my daily bread" as a way to help you notice how God provides for you.

ASK God to help you pay attention to the "daily bread" around you.

PRACTICE PRAYING TO GOD.



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READ: LUKE 11:4 A

DAY 3

Do you ever stop to tell God you're sorry? When you mess up, do you make a habit or commitment to admit it and ask God for forgiveness? Do you know why telling God when you've messed up is so important?

Well, your sin separates you from God. Just like when you hurt someone or when they hurt you, the relationship that you had is broken and has to be mended. The same is true for your relationship with God. You have to spend some time confessing the wrong things you've done in order to make it right with God.

Find two magnets. Try forcing the two opposite ends together. Doesn't work too well does it? Pretend those magnets are a picture of your relationship with God. You can't do enough good things to be close to God. Now, flip the magnets over the right way. The only thing that can bring you close to Him is by believing in Jesus as your Savior and accepting His gift of forgiveness.

LOOK for ways this week to tell God you're sorry when you messed up.

READ: LUKE 11:4 B

DAY 4

Do you know what "temptation" means? To be tempted is to consider doing something you know wouldn't be a good idea. Maybe you've been tempted to take a cookie from the cookie jar. Or to lie when your mom or dad asked you about something you did to avoid getting into trouble.

Did you know that EVERYONE is tempted? Even JESUS was tempted. Temptations happen all the time. They are real. But there is a way out. You can ask God to help you make a commitment to the WISE thing when you ARE tempted. You can always ask God to help you when you are tempted.

Let's review the four parts of Jesus' model prayer.

1. Honor: Remember who you're speaking to.
2. Care: Ask for what you need.
3. Forgiveness: Say "I'm sorry" and forgive.
4. Guidance: Pray for protection from temptation.

Grab a piece of paper and draw two perpendicular lines to divide the page it into four sections. Write one of these phrases in the top of each of the sections. Then draw a scene to illustrate the point. Hang this in your room and make a commitment to pray this way from now on.

KNOW that God help you make the wise choice when you're tempted.

PRACTICE PRAYING TO GOD.



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