



Passionate Prayer

Easy ways to help your child talk to God

Have a C.H.A.T. with God!

- **Confess**: I'm sorry. When we confess, we tell God we are sorry for the ways we have disobeyed Him. God has told us things we should obey in the Bible, and when we don't do those things, we need to confess them to God. This is one way we show that we trust God - we can tell him the things we are sorry for.
- **Honor**: I love You. Honor is saying "I love You!" to God! When we honor God, we tell Him things we love about Him! This also helps us think of all of the wonderful names that God has, and the praiseworthy things he has done!
- **Ask**: Please. God tells us we can ask Him for things and He answers our prayers. That doesn't mean we should read Him our Christmas list, but we can ask for things within our relationship with Him. He will answer as He sees fit. This is a good way to say "I love You" before we ask for things because we remind ourselves of how awesome and able He is!
- **Thank**: Thank You. Remember thank God for all He has done. This is not only a way to honor God, but we also remind ourselves about what He has done and we can feel encouraged that He can do those things again!

(adapted from The Prayer Coach by James L. Nicodem)

The Five-Finger Prayer

- The thumb reminds us to pray for the people you love. Because it is the finger closest to you, it can remind you to pray for the people closest to you.
- The pointer reminds us to pray for the people who teach you. Think of the people who point you to Jesus, or who teach you at school by pointing out new things you didn't know.
- The middle finger reminds us to pray for our leaders. This is the tallest finger, so we remember to pray for those to lead us: our government, the president, or our principal.
- The ring finger reminds us to pray for the weak. The ring finger is weak - it usually cannot stand up on its own. It reminds us to pray for people who are weak or sick.
- The pinky reminds us to pray for ourselves.
- As the smallest finger, the pinky reminds us to pray for ourselves, knowing we can have confidence that God will answer in relationship to us!