

Armour of God – Pray

Over the past few weeks, we have discovered that we are at war with Satan. We have also learned that God has given us his armour, the tools we need to stand firm in this war.

Have ever played on a sports team. Now when you compete, does your coach let you go out and do whatever you want?

No, your coach will give you instructions, a game plan. He will tell you what you need to do in order to win. Jesus Christ does the same this with us. Like any good commander will do for his troops, Christ has given us a battle plan. The way we can fight in this war against Satan is through prayer.

Read Ephesians 6:11-18

From the Youth Bible – listen for the word pray or prayers

Put on the full armour of God so that you can fight against the devil's evil tricks. Our fight is not against the rulers and authorities and the powers of this world's darkness, against spiritual powers of evil in the heavenly world. That is why you need to put on God's full armour. Then on the day of evil you will be able to stand strong. And when you have finished the whole fight, you will be still standing. So, stand strong in, with the belt of truth tied around your waist and the protection of right living on your chest. On your feet wear the Good News of peace to help you stand strong. And use the shield of faith with which you can stop the burning arrows of the Evil one. Accept God's salvation as your helmet, and take the sword of the spirit which is the word of God. Pray in the Spirit at all times with all kinds of prayers, asking for everything you need. To do this you must always be ready and never give up. Always pray for all God's people.

Have a chat

Prayer is an important part of our day-to-day lives. But how often do we think of it when we are thinking about the armour of God. - it's one of the most vital parts. Prayer is not only how we put on God's Armour; it is what gives it power.

If we put on God's armour then we must talk and listen to God (communicate with him). keep a line of connection with Him.

In verse 18, we are told to pray in the Spirit (that is, with the mind of Christ, with His heart and His priorities). Often people can make prayer complicated – it's simply communicating with God No matter how clumsily we pray and no matter how jumbled and confusing they are, God will always know what we are trying to say. Just speak to God in your own words, tell him about your day, nothing is too big or too small, you can talk to him about anything.

What is prayer?

- Prayer is talking to God.

What are some things to pray for?

- What we have done wrong, how we see God, 'God you are....', I love you, ask – what you need help with, help for others, I'm sorry, forgive my mistakes, please, thank you, pets, family, friends

The Bible tells us that it's okay to pray for everything.
He is always listening

Think about the times that we pray –

- at church
- during quiet times
- before meals
- at bedtime
- when we are in trouble
- when we are happy
- when we want to thank God

How often do we need to pray?

Is there anywhere that you like to pray?

Do you have a set time when you pray? Bedtime, in the morning

Ephesians 6:18 tells us to pray all the time. Does that seem like hard work to you? If we are praying all the time, we wouldn't be able to go to school or eat or anything, would we?

When we are told to pray all the time, this does not mean we stop doing things. It means we should always be thinking about God and talking to Him. We should be talking to God all the time, no matter where we are. God should always be on our minds when we are doing anything and we should be able to talk to Him whenever we need to.

We can pray together and we sometimes also need time to pray when we are on our own and where we can't be distracted.

Older Group – Other verses about prayer and people/things we should pray for

1 Thessalonians 5:17 tells us to pray continually.

In Philippians 4:6 it says, "Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done."

- James 5:16
- Hebrews 13:3
- Matthew 6:9-15
- Luke 18:1-17

Make a prayer list of the people and things you consider important.

Craft

Make a prayer book

Fold a piece of A4 paper in half and then in half again. On the front decorate and write 'Prayer Book'. Either add the different parts of the armour of God and something that you need to remember when you are praying or on each page there could be something different i.e. Family/friend/school/church. Write or draw things that we need to pray about.

Five Finger Prayer

Draw your hand on a piece of paper. Use this to pray.

How to Pray the Five-Finger Prayer:

- Your thumb is nearest to you. Begin your prayers by praying for those closest to you. They are the easiest to remember.
- The next finger is the pointing finger. Pray for those who teach, instruct and heal. This includes teachers, doctors, and ministers. They need support and wisdom in pointing others in the right direction. Keep them in your prayers.

- The next finger is the tallest finger. It reminds us of our leaders. Pray for the prime minister, politicians, leaders in business. These people govern and lead our nation. They need God's guidance!
- The fourth finger is our ring finger. This is our weakest finger. It reminds us to pray for those who are weak, in trouble or in pain.
- Lastly is our little finger; the smallest finger of all. Your little finger should remind you to pray for yourself.

Prayer

Let's have a conversation with God