

# Commitment is making a plan and putting it into practice.

WEEK 1

## Read Matthew 6:9

Jesus' disciples asked Him, "How do you pray?" Jesus responded with what we call "The Lord's Prayer." We can memorize these words and repeat them, and we can also use them as an example to follow as we pray in our own words.

Jesus reminds us to honor our great God when we pray. God is the Creator of the universe. God knows how many stars are in the sky and exactly how many hairs are on your head. God controls the wind and waves, and still Jesus invites us into relationship with God.

### Names of God

Find the names of God below. Use one of these names for God as you pray today.

**Creator Father Almighty Maker  
Friend Healer Helper Lord King**

S H E L P E R Y  
L E A R G D O T  
E A T L N R T H  
H L O E I O A G  
T E I H K L E I  
A R E K A M R M  
F A T H E R C L  
Y T H G I M L A

WEEK 2

## Read Matthew 6:10

Jesus asks for God to make things right in our world, just as they are fully right in heaven. These words remind us that . . .

1. Things on earth aren't "right." We can see that's true simply by looking around and listening. We disagree and fight and say hurtful things. We lie and cheat to get what we want. This world is NOT perfect.
2. BUT, God has a plan to make things right. God sent Jesus to make a way for us to have a relationship with God. And one day, Jesus will return to bring heaven to earth.

We can ask God to help us be part of making things right. We can join in on God's mission to bring heaven to earth every time we choose to help and encourage and love the people around us. Think of ONE person in your world that needs some encouragement. Pray and ask God to help you make their world a little brighter this week.

## Read Matthew 6:11

God is BIG enough to be in charge of all creation AND personal enough to know you inside and out. God even knows how many hairs are on your head! And God wants to hear from you. You can ask God to take care of you each day.

Whether you pray about the things you want (like a hoverboard) or what you need (like food or shelter), God hears it all!

### God Is

Play some quiet music and grab a piece of paper and some colored pencils or markers. Write "God Is" in the center of the page and complete that statement any way you choose. Next, as the music plays, write or draw pictures of things you need (both things you can hold in your hand, like food and things you can't, like help with a bad attitude). Then connect each request to the "God Is" statement in the center with different colors and types of lines to create a prayer web.

## Read Matthew 6:12-13

We all mess up. We all need grace and forgiveness. We're all in the same boat. Nobody is perfect, including you. That's why we need to seek forgiveness and ask for help to do what is right.

But why? Doesn't God promise to always love us? If so, why do we need to ask for forgiveness?

God DOES love you no matter what. But you still need to be honest with God when you mess up. Why does your mom or dad ask you to say you're sorry when you hurt your brother or sister? Because you've hurt that relationship. Sure, you'll still be siblings, but you won't be as close if you don't attempt to make things right. Admitting when we're wrong and asking God to forgive us brings us closer to God.

### Saying I'm Sorry

Is there someone you need to say, "I'm sorry" to? If so, stop everything you're doing and go make it right. Then tell God you're sorry too.



Practice praying  
to God.