



SURVIVAL SKILLS: WEEK 1

Matthew 6:9-13 (NLT)

Pray like this: Our Father in heaven, may your name be kept holy. May your Kingdom come soon. May your will be done on earth, as it is in heaven. Give us today the food we need, and forgive us our sins, as we have forgiven those who sin against us. And don't let us yield to temptation, but rescue us from the evil one.

Big Question: Do you think prayer has the power to change things?

DISCUSSION QUESTIONS:

1. How good are you at following directions?
2. How can prayer be a way for you to find direction for your life?
3. Read **Matthew 6:9-13**. How is this prayer Jesus prayed an example of how you can pray? (Ideas: We can come to God with praise for Him, ask for His plan to be done, ask Him for what we need, etc.)
4. Why do you think God sometimes doesn't answer our prayers the way we ask? (He knows more than we do. Sometimes what might be good for us is bad for someone else. We can't always understand why He doesn't answer the way we wanted, but we can trust He is still good and can still help us get through difficult times.)

ACTIVITY - PRAYER TIME:

1. This is a game kind of like Simon Says, but you can only do the motion if it's one of the five ways to pray we're learning about today.
2. Here are the five motions:
 - **Back:** Pat yourself on the back
 - **Up:** Look straight up
 - **In:** Crunch up like a ball
 - **Around:** Turn around in a full circle
 - **Forward:** Point straight ahead
3. Choose one person to lead the game. For example: If you say, "**Prayer time: Up!**" everyone has to look up right away or they're out. If you say, "**Prayer time: Sack!**" everyone should freeze or they're out.
4. Have fun playing the game, and try to trick everyone by mixing in other random words that aren't one of the five motions.