



**LUMBER·CITY**  
**CHURCH**

Prayer Information Packet

# Talking with God: A Simple and Powerful Prayer Guide for Everyone

## A Lesson on Talking with God

**Big Idea: Prayer is a conversation with God!**

- Prayer is **talking AND listening** to God.
  - It can be as simple as writing a letter or having a conversation with a friend.
  - **Expect God to communicate back!** Grab a pen and paper and write down your thoughts as you get quiet and listen.
  - Jesus gave us a model for prayer in **Matthew 6:9-13 (The Lord's Prayer)**.
- 

## 1. How Do We Pray?

A simple method to guide your prayers:

### **Read – Reflect – Respond**

1. **Read** – Choose a Bible verse.
2. **Reflect** – Think about what it means. What is God saying?
3. **Respond** – Pray, write, or talk to God about it.
  - **Worship with a song** 🎵
  - **Journal your thoughts** 📝

### **Example:**

- **Read:** *“Give us today the food we need.”* (Matthew 6:11)
  - **Reflect:** God provides for me every day.
  - **Respond:** *“Thank You, God, for taking care of me. Help me trust You.”* → **Sing a song of gratitude, journal a prayer, or simply say it out loud.**
-

## 2. The Lord's Prayer: A "Letter to God"

Jesus taught us to pray using **The Lord's Prayer** (Matthew 6:9-13).

Think of it as writing a **letter to God**:

### **The Envelope (How We Begin)**

- **Address God:** "Our Father in Heaven"
- **Honor His Name:** "May Your Name be kept holy."

### **Part 1: What We Want God to Do**

- **For the world:** "May Your Kingdom come."
- **For our lives:** "May Your will be done."

### **Part 2: What We Need**

- **Daily needs:** "Give us today the food we need."
- **Forgiveness:** "Forgive us our sins."
- **Help to forgive others:** "As we have forgiven those who sin against us."

### **Part 3: Asking for Guidance**

- **Direction:** "Don't let us yield to temptation."
- **Protection:** "Rescue us from the evil one."


### **Closing the Letter**

- **Sincerely:** "Amen" (We trust God with our prayers.)
-


### 3. The 4/4 Pattern of Prayer (Think Like Music!)

Prayer has a rhythm like a song with **4 beats**:

#### 1. UPWARD – Worship God (Reverence)

- Start with **praise**: “God, You are amazing!”
- Example: “*Our Father in Heaven, holy is Your name.*”
- **Sing a worship song that reminds you of who God is!** 


#### 2. DOWNWARD – Surrender to God (Response)

- Say, “**God, I trust You.**”
- Example: “*Your Kingdom come, Your will be done.*”
- **Ask God to help you hear Him and journal what He speaks to your heart.** 

#### 3. INWARD – Ask for Help (Requests)

- Bring your needs to God: “**God, help me, my family, and my friends.**”
- Example: “*Give us today the food we need.*”
- **Pray for others, sing a song about trusting God, or write a prayer request.**

#### 4. OUTWARD – Ask for Strength (Readiness)

- Ask for **courage and protection**: “God, help me make the right choices!”
- Example: “*Lead us not into temptation, but deliver us from evil.*”
- **Declare God’s promises over your life through prayer or song.** 


---


### 4. Practice Together

 **Step 1:** Pick a verse.

 **Step 2: Read, Reflect, Respond.** Write down or say your prayer.

 **Step 3:** Use the **4/4 Pattern of Prayer** to guide your conversation with God.

 **For Kids:** Write or say a short prayer.

 **For Adults:** Journal, pray out loud, reflect quietly, or sing.

---

## 5. Final Thought:

💡 **Prayer is for every season of life.**

📖 *1 Thessalonians 5:17* – “Never stop praying.”

- ✓ If you're **new to prayer**, start small—just talk to God!
- ✓ If you've **prayed for years**, this pattern can **refresh your prayers**.
- ✓ If you're **leading others**, use this as a simple way to **teach prayer** in your family, small group, or church.

🙏 **Let's make prayer a daily habit, just like talking to a best friend!**