

TEACH HOW TO PRAY WITH THE P-R-A-Y ACRONYM

Did you know you can use the word PRAY as an acronym to remember the four types of prayer? We all love tips to help us remember things, and this one is especially important so our prayers — and our children's — can be modeled after how Jesus taught us to pray in what is commonly known as The Lord's Prayer, which is pleasing to God.

P-R-A-Y

P - PRAISE

R - REPENT

A - ASK

Y - YIELD

INSTRUCTIONS:

To help explain each part of P-R-A-Y, do a brainstorm!

With your child, think of as many synonyms as you can for Praise, Repent, Ask, and Yield. Then, when praying, substitute one of the synonyms to keep prayer fresh and engaging. For example, a few synonyms for Repent could be sorry, turn, and feel bad. In prayer then, it might sound like, 'God, I'm sorry for...' or 'God, I feel bad that I ...'

"Our Father in heaven, hallowed be your name.

Your kingdom come, your will be done, on earth as it is in heaven.

Give us this day our daily bread, and forgive us our debts,

as we also have forgiven our debtors.

And lead us not into temptation,

but deliver us from evil."

— MATTHEW 6:9-13



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717-615-2944 | info@bible2school.com | bible2school.com

Mailing Address: 1653 Lititz Pike, #131 | Lancaster, PA 17601

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