



# How should I pray?

**“Lord, teach us to pray...”**

This is an important question that everyone who believes in Jesus should ask. Jesus’ disciples asked Him this same question (Luke 11:1). Jesus answered by giving them an example of how they should pray.

*“He said to them, ‘Whenever you pray, say: Father, Your name be honored as holy. Your kingdom come. Give us each day our daily bread. And forgive us our sins, for we ourselves also forgive everyone in debt to us. And do not bring us into temptation.’”* (Luke 11:2-4, HCSB)

This example also helps us to know how we should pray. When we pray, there are four things we should make sure that we don’t forget.

**Praise:** First, we should remember to praise and show honor to God. God wants us to praise Him for who He is and for being such a wonderful God. The Bible has many different names for God that we can use to praise Him. My favorite name for God is Creator of all things (Colossians 1:16). When I praise God, I say: **“I praise you God, for being the Creator of all things, and making such a beautiful world and such beautiful things in the world.”**

**Confess Sins:** Another thing we should remember to do when we pray is to admit our sins. A sin is anything we do or think or say that is not what God wants. When we admit our sins to God, we recognize that He is the only one who can forgive us and we ask Him to forgive us and to help us not sin anymore. When I admit my sins to God in prayer, I say something like this: **“I’m sorry for all of the things I’ve done that make you sad. I’m sorry for thinking bad thoughts about other people. I’m sorry for getting mad and losing my temper. Please forgive me for all of these sins and help me not to do them again.”**

**Give Thanks:** We should also give thanks to God for forgiving us and for all of the other things that He has done for us. Saying thanks to Him not only pleases Him and shows Him how grateful we are, but it helps us to remember how much He has done for us. Here is how I thank God in my prayers: **“Thank you, God for all that you have done for me. Thank you for sending your son Jesus to die on the cross to pay for my sins. Thank you for providing everything I need today.”**

**Prayer Requests:** Lastly, we should ask God for the things that we need. This doesn’t mean that we will always get everything that we ask God for. Sometimes we ask for things that are not best for us. God may have something better in mind for us. I ask my prayer requests like this: **“God, please heal my best friend’s broken arm so that it doesn’t hurt her anymore. Please help me to learn more about you and to do what is right. Please show me what things are good for me to ask you for.”**

We should always remember to include these things when we talk to God, but that doesn’t mean that we can only say these things to God. He loves to hear us talk to Him and wants us to talk to Him about anything and everything. He is waiting anxiously to hear everything you have to say to Him!

Try it out tonight when you pray before going to bed. Use Kandy’s prayer journal page to help keep track of the things that you pray for.

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# Your Prayer Journal

Date: \_\_\_\_\_

What I praised God for today

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What wrong things I admitted to God today

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What I thanked God for doing today

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What I asked God for today

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What God told me today

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Date: \_\_\_\_\_

What I praised God for today

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What wrong things I admitted to God today

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What I thanked God for doing today

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What I asked God for today

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What God told me today

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