



CHOOSE PRAYER



Highlight Scripture: "Rejoice in hope, be patient in tribulation, be constant in prayer." **Romans 12:12**



Explain: How is your prayer life? It is a simple question, but it can be tough to answer. We may think we have to pray with fancy words, but prayer is simply talking to God. Throughout the day, God longs to hear our requests.

For example: "Thank you for this breakfast, Lord." – "God, help me to focus on my schoolwork." – "Lord, help me love this person right now." – "God, will you show me what to do?"

The best way to strengthen your relationship with God is through developing a prayer life. Just like with any relationship, you make a point to communicate daily to show that you love and care for them. With God, it is no different. Romans chapter 12 verse 12 says, "Rejoice in hope, be patient in tribulation, be constant in prayer." We rejoice in the hope that God will take care of everything. Our patience shows others that we are different in how we handle trials, and we are constant in prayer, knowing that God hears our requests.

So how can you be constant in prayer? You CHOOSE to. That might seem so simple, but without choosing each day to spend time in conversation with God, we will find ourselves not praying at all. Next, you need to pick a time and place where you can be alone with God. Jesus gave us a glimpse of what that looks like in Mark chapter 1 verse 35, "And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed." Jesus got up before everyone else to go spend time alone with God praying. What time works best for you? It could be in the morning before school, on the bus ride, or maybe in the evening before you go to bed. Whatever time you choose, let's start today by making an appointment to spend time praying to God.



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Apply: Take a few minutes and fill out the appointment card for your prayer time with God. (Give students a few minutes.) Now that you have set the time and place, below is a simple way to start off your time in prayer.

- t is for Thank You – Take time to thank God for all He has done.
- s is for Sorry – Ask God for forgiveness for things you have done wrong.
- p is for Please – Ask God for what you need or for the needs of others.



Respond: Let's take some time before we leave today and begin filling out our Teaspoon (.tsp) Prayer Journals.



Bottom Line: A better question than "How's your prayer life?" would be "Did you choose to pray today?"



You can print these resources [here!](#)



PRAYER TIME APPOINTMENT WITH GOD

DATE: _____

TIME: _____

LOCATION: _____

.tsp (Teaspoon Prayer)

(t) is for THANK YOU!
Take time to thank God for all that He has done for you.

(s) is for SORRY!
Ask God for forgiveness for the things that you have done wrong.

(p) is for PLEASE!
Ask God for what you need and for the needs of others.