

# PARENT GUIDE

## Week 21—Prayer

Mom and Dad, or Guardian—Prayer is both deeply personal and private and public. It is important that you as a Christian model for your child how to pray privately and publicly. It is something they will learn by observation and encouragement. There is no wrong way to pray to the one true God, Father Son and Holy Spirit it is simply conversing with God.

### What We Covered

This week, we explored what it means to be a person of prayer. Students learned two models to help shape their prayer life:

- **PRAY:** Praise, Repent, Ask, Yield
- **ACTS:** Adoration, Confession, Thanksgiving, Supplication

We talked about how prayer is a conversation with God—not just something to do when things are hard, but a regular part of our daily lives.

### Why We Talked About It

Middle schoolers are growing in independence and emotion. We want them to know that God is present, personal, and always listening. Prayer helps them stay connected to God in every season—whether celebrating, struggling, or seeking direction.

### Catechism Connection

- **The Lord's Prayer:** God invites us to pray as a loving Father who hears His children.
- **Luther's Explanation:** *"With these words God tenderly invites us to believe that He is our true Father and we are His true children..."*
- **Confession and Faith:** We are by nature sinful and unclean—but God hears and forgives.

### What You Can Do

- **Practice ACTS & PRAY:** Encourage your child to try using one of the prayer models at bedtime or during a quiet moment together.
- **Pray together:** Model short, honest prayers—even for small things like stress, friendships, or gratitude for dinner.

- **Memory Verse Support:** Help your child memorize Philippians 4:6 by breaking it into chunks or making it a family challenge.
- **Reflect:** Ask your child: “When do you feel closest to God?” or “What would you like to ask God this week?”

## Family Time Prompt

**Monday Night:** watch Episode 1 [Shema/Listen](#) from the Bible Project. Begin your study of the ancient Hebrew prayer, the Shema, with a closer look at the first word in the prayer, shema, meaning 'listen'.

**Tuesday Night:** watch Episode 2 [YahWeh \(ya/way\)/Lord](#) from the Bible Project. The Bible has lots of different titles for God. Which should we use? Explore the many names of God and the significance of the one used in the Shema.

**Wednesday Night:** watch Episode 3 [Ahavah/Love](#) from the Bible Project. Explore the ways the biblical authors used the word love, and how they depicted God as the ultimate source and goal of all human love.

**Thursday Night:** watch Episode 4 [Lev/Heart](#) from the Bible Project. How did the biblical authors understand the heart? Explore the Hebrew word for heart in the context of the ancient Hebrew prayer, the Shema.

**Friday Night:** watch Episode 5 [Nephesh/Soul](#) from the Bible Project. Explore the surprising meaning of the Hebrew word nephesh. It's often translated as 'soul', but the biblical meaning goes much deeper.

**Saturday Night:** watch Episode 6 [Meod/Strength](#) Dig into the Hebrew word me'od and learn what it means to love God with all your strength, as we're called to in the ancient Hebrew prayer, the Shema.