

FOCUS

TAKE A CLOSER LOOK

YOU CAN
PRAY
ANYTIME. ANYWHERE.
ABOUT ANYTHING.

Read Hebrews 4:16.

Who is your best friend? _____

What do you and your best friend like to do together?

Wouldn't it be cool if you could hang out with your best friend anytime you wanted? Did you know there is someone who loves you even more than your best friend who IS available all the time? Have you guessed who it is?

God is always ready, always available, and always willing to listen. You can talk to God anytime. And you don't have to travel to a specific location to find Him. You can talk to Him from anywhere and know that He hears you. You don't have to use big words or only talk to Him about the happy parts of your day. You can tell Him anything from how you're feeling to how you messed up to what you had for dinner that wasn't your favorite.

We talk to God with the confidence that He hears us and will help us when we need it. You can pray to God anytime, anywhere, about anything. Spend a few minutes with God right now in prayer. Thank Him for always listening. Thank Him for being available no matter where you are. And thank Him for the truth that no subject is off limits.

The Lord's Prayer • Matthew 6:5-13



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WHEN DO YOU
PRAY TO GOD?

Do you ever get nervous when it's your turn to pray? Maybe it's at mealtime or in your small group, and you're afraid someone is going to call on you to pray. How is it that we can be afraid to talk to God—the one who MADE us and LOVES us so much He sent His only Son to die for our sins? Clearly we have nothing to lose—He's already promised He'll never leave or forsake us!

Maybe it's because we aren't sure what to say because, well, it IS God, the Creator of the universe. Thankfully, Jesus cleared that part right up for us! In Matthew 6:5-13, He tells us how NOT to pray (in a way that draws attention to us) and how TO pray. He even gives us a great example of how to pray. It can be broken down

into these categories: **HONOR GOD. WHAT GOD WANTS. WHAT I NEED. FORGIVE ME. HELP ME.**

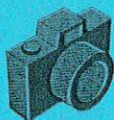
Beside each phrase above, write something personal that fits. For instance, next to "honor God," write something you've seen God do or something you're thankful for. Next to "what God wants," think about how He might want you to be a part of His plan, like by loving others. Or if you're not really sure what He might want, tell Him that and ask Him for wisdom in figuring it out! Continue until you've written something beside each part of the prayer. Then take a minute to string it all together, and—voilà!—you're talking to God!

(Pro tip: You can write these parts of the prayer down on a mirror or dry erase board and change the things you write in the blanks each day. Then you'll be connecting with God in a way that's real and relevant in your life! Remember: You can PRAY anytime, anywhere, about anything!)

The Lord's Prayer • Matthew 6:5-13
Bottom Line: You can PRAY anytime, anywhere,
about anything.



PRETEEN



PHYS ED CHALLENGE

Tuesday June 23rd

Dodgeball

Ready: Something soft to use as a dodgeball (a pair of socks rolled up into a ball maybe?)

Set: Set up defined boundaries outside.

GO: Divide up into teams, and play first team to 3 or 5. Maybe try switching the teams for round 2. If someone catches a ball, someone on their team gets to come back in.

Sock Hop (indoor)

Ready: You need a bunch of socks, two boxes or containers, and something to mark a starting line.

Set: Uh-oh! Your parents are coming and you haven't cleaned up your room! FOCUS all of your energy to pick up as many socks as you can and get them to your hamper.

GO: Stand barefoot on the starting line. On the "go" signal, run to the sock pile, pick it up with your toes, and hop back on one leg to the basket where you'll place the sock. You can only pick up one sock at a time and the sock CANNOT touch the ground! Once all socks have been picked up, count how many each player has collected—the highest number wins!

*Make sure you (or a parent/guardian) share your activities with us! Post pictures with the hashtag [#SharonSB2W2020](#)