

## HOW TO PRAY Week 1: Prayer Means Praising

# 1

### TABLE TALKER • Family Discussion Guide

#### Let's Play!

On one side of a piece of paper, have everyone write three things they like and one thing they don't like in a mixed order. On the back side, have everyone write the one thing they don't like. Then everyone places the papers in front of them, and everyone else tries to guess which is the one thing the person doesn't like. Try this with different categories, such as what they like about Christmas, favorite foods, music, etc.

#### Let's Talk!

What do you worry about?

#### Let's Read!

Read *Philippians 4:6*

#### Let's Think!

Today's verse encourages us to not worry about anything—instead we should take our concerns to God in prayer. Not only can God help us with our troubles but He knows us inside and out. He knows what we like and what we need and, if we take our concerns to Him with an attitude of gratitude, He will meet our needs in His perfect timing!

#### Let's Do!

Everyone pray for the person on the right about what that person said he or she worries about.

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# 2

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#### Let's Play!

Each person describe a family memory—such as a vacation or funny experience—giving as few details as possible. The other family members try to guess what the memory is. Gradually give more details until someone recognizes what is being described. The older the memory is the better!

#### Let's Talk!

What is your favorite family memory?

#### Let's Read!

Read *Isaiah 25:1*

#### Let's Think!

Today's verse says that we need to praise God for the things that He has done in our past. Too often we are focused on today's problems and forget about the ways God has taken care of us. Remembering all the ways God has helped in the past reminds us that He will be faithful and help us again.

#### Let's Do!

Go around the circle and everyone say, "Thank you, God for..." mentioning some way God has blessed or helped you or your family in the past.

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# 3

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#### Let's Play!

Starting with the youngest family member, take turns thinking of an emotion (the more unusual the better) and then, without words, acting it out using only facial expressions. Let the others try to guess the emotion. No repeating emotions already done by others!

#### Let's Talk!

What makes you happiest? Saddest?

#### Let's Read!

Read both *James 5:13* and *Psalms 42:11*

#### Let's Think!

The first verse is pretty clear. If you are in trouble, pray, and if you are happy, sing songs of praise. But the second verse might surprise you. It says to praise God even when you are down and sad. Talk about why you should praise God even when you aren't happy. Could it be that even when things aren't going great you know that God loves you and is in control and is going to work things out for good? (Perhaps you could also look at *Romans 8:28*.)

#### Let's Do!

Everyone share something they are happy about, then pick a song everyone knows and sing it!