

- What are some ways we can equip ourselves for effective prayer?
- How does Satan try to discourage us from meeting with God in prayer?

LIFE APPLICATION IDEAS

These application ideas will help teenagers grow in their personal prayer lives.

- Challenge teenagers to keep a personal prayer journal every day for one month. Encourage them to write out their prayers as if they're drafting a letter to God. For others who are more computer-oriented, encourage them to create an e-journal or to blog their prayers.
- Help students connect with the great prayers in the Bible by committing to pray a psalm each day.
- Assist ambitious teenagers in creating a prayer calendar that highlights various topics to pray for each day of the month. Topics could include praying for political leaders, church leaders, missionaries, those in need, family members, and non-Christian friends.

MOVIE CLIP DISCUSSION STARTER

Meet the Parents

This humorous movie clip helps students explore popular misconceptions about prayer.

SUPPLIES:

Meet the Parents (*rated PG-13*) video or DVD, TV, VCR or DVD player, Bibles

TIME: 5 to 15 minutes

For more information about purchasing a license that allows you to show films in a ministry setting, see p. 4.

SCRIPTURE: Matthew 6:5-13

CLIP LOCATION: Approximately 0:24:30 through 0:26:15 when VCR counter is set at 0:00:00 as studio logo

appears at beginning of the film. Be sure to preview this clip!

SYNOPSIS: Greg (Ben Stiller) endures a disastrous weekend with his girlfriend's parents while hoping to gain her father's permission to marry her. When Greg is asked to say grace before dinner, Pam says he can't because he's Jewish, but Greg tells them he will. They all bow their heads, and Greg gives a hilariously random prayer.

ILLUSTRATION: One of the most important ways of connecting to God is prayer, and many people, including Christians, are clueless about what that actually means. Use this silly scene to teach young people the reasons for prayer as well as the proper way to pray so they get the most out of their relationship with God.

DISCUSSION QUESTIONS:

- What were some of the routine prayers you had as a child? Is prayer an important part of your life now? Why or why not?

Read aloud Matthew 6:5-13.

- Why is prayer so important?
- What are the specific elements of Jesus' prayer? Do you pray for all of the things Jesus mentions? Why or why not?
- How does prayer affect your relationship with God?
- What can you do to improve your prayer life?

NOTES
