

SPRING  
2022

## High School



# Thoughts and Prayers

It seems like everyone is sending thoughts and prayers nowadays, doesn't it? Just because this idea is common doesn't mean it's comfortable. Haven't we all wondered if we're even getting this prayer thing, right? After all, is there even a wrong and right way to pray? In this series, we'll discuss the simple power of honesty and authenticity when it comes to our personal experience of prayer.

### MEMORY VERSE

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done."  
Philippians 4:6, NLT

### Week One

**James 4:8a, Psalm 145:18**

Honest prayer is greater than fancy prayer.

### Week Two

**Matthew 6:9-13**

Find your way to pray.

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ENGAGE IN EVERYDAY MOMENTS TOGETHER



## Morning Time

As your teen starts their day, encourage them with these words: “Hey, I love you. But I also really like you and the fact that we get to be a family together.”



## Their Time

Be available and accessible for when they want to talk.



## Meal Time

At a meal this week, ask your teen: “What was the best part of your day? What was the worst?” (Make sure you answer the questions too.)



## Bed Time

Pray for your teen: “Help [name of child] to find their way to talk to you, honestly and consistently. And help me to model that as well.”



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