

The Adventure Begins

14 Devotions for New Believers

How to Pray

Memorize This: Don't worry about anything. No matter what happens, tell God about everything. Ask and pray, and give thanks to him. - Philippians 4:6 (NIRV)

Big Idea: I can talk to God anytime, anywhere about anything.

Think About This: What if you had some friends who never talked to you? They wouldn't be very good friends would they? You probably wouldn't have much fun with them or get to know them very well. It's just natural that we want to talk to our friends.

God is your Forever Friend, so that means He wants to talk to you too. He wants you to get to know Him and tell Him what's going on in your life. Sure, He already knows everything, but He wants to hear it from you because it helps you become better friends. God also wants to help you and show you the best way to live.

We have a special word for talking to God. We call it prayer. Prayer is awesome because it helps us to become like Jesus, and our prayers can even change the world. But don't worry. Prayer is so simple anyone can do it!

So *when* should you talk to God? Anytime! Early in the morning. Late at night. All day long. It doesn't matter.

Just talk.

So *where* should you talk to God? Anywhere! In your room. In your yard. At school. On a roller coaster. In a swimming pool. It doesn't matter.

Just talk.

Of course it does help sometimes to get away by yourself. That way you won't get distracted. Jesus did that a lot, but He also talked to His Father all throughout the day everywhere He went.

So *what* do you talk to God about? Anything!

Tell God when you're happy. Tell Him when you're sad. Tell Him when you're scared. Tell Him when you're mad.

Not sure what to say to God? Try using the word C.H.A.T. as a guide. Each letter stands for something you can talk to God about. You don't have to pray this way, but it might help you to get started.

Cheer for God. Tell God what you love about Him and what you're thankful for today.

Hear from God. Take a minute to listen to God. Ask God what He has to say. What thoughts come to mind? *Hint: Thoughts that come from God always agree with what He's already said in the Bible.*

Ask God for forgiveness. Tell God what you're sorry for and what you need His help to change.

Tell God what you need. God is a loving Dad and King of the universe. He cares about our needs and wants. Take that stuff to Him.

Okay, so you can talk to God anytime, anywhere, about anything, but how? How do you talk to a friend you can't see?

Just talk.

You don't have to use special words or close your eyes or even get on your knees, though sometimes closing your eyes helps you to concentrate and getting on your knees reminds you that your Dad in heaven is also a King. But you don't have to do either of those things.

Just talk.

Remember, the only wrong way to pray is not to pray at all.

Put It Into Action:

Take five minutes each day and practice using the word C.H.A.T. to talk to God.

Prayer:

God, thank you that you want to talk to me. Help me to get in the habit of talking and listening to you every day. Amen.