

A Talk with a Friend

Pray always.
(1 Thessalonians 5:17, *paraphrased*)





Close your eyes for a minute. Are you thinking about something? What is it?

Just like we have thoughts running through our mind all day, we can also learn to pray throughout the day. Prayer is talking to Jesus and letting Jesus talk to you.



The Bible tells us to pray always. That might seem difficult to do, but if we take the time to stop and pray before or while doing something, this is one way that we can include Jesus in our activities.

Our prayers don't have to be long and with many words. Even a simple request for Jesus' help is enough to connect you to Jesus and His power. We can think of Jesus as a friend whom we talk to throughout the day—someone we can share our joys with, and even our sad moments.



It doesn't really matter what we are doing, when we bring Jesus into it through our prayers, it is always better. Jesus makes it so!





Get three small papers and ask your mommy or daddy to write "Pray Always" on each paper. Decorate these papers however you like. Then ask your parent to help you find three places to put them around your house to remind you to pray. Whenever you see one of the signs, remember to say a little prayer.

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