

🙏 Devotional for Preteens: *Talking to God Anytime, Anywhere*



🎯 *What Prayer Is and Why It Matters*

Key Scripture:

"Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus." - 2 Thessalonians 5:16-18

Reflect:

The video defines **prayer** simply as talking to God—anytime, anywhere, about anything. Think about that. You don't need a special place or fancy words—just honesty and trust.

Think About It:

- What is your favorite time or place to talk to God?
- How would it feel if God always listened?

Activity - Prayer Journal Starter:

1. Spend 2 minutes writing down three things you want to say to God today.
2. Draw a doodle beside each—something you're thankful for, something you're sorry for, something you're hoping for.

Four Ways to Pray: P.R.A.Y.

The video shows us four ways God speaks through prayer:

Letter	Type of Prayer	What It Means
P	Praise	Telling God how amazing He is—thank Him for who He is. (Based on 2 Chronicles 20)
R	Repentance	Saying "I'm sorry" when we've done wrong—Psalm 51 teaches this.
A	Ask	Bringing your needs, and the needs of others, before God.
Y	Yield	Letting go, trusting God, and listening for His answer: "yes," "no," or "not yet."

Reflect:

Which letter of P.R.A.Y. jumps out at you today? Circle it and write one way you could live that out:

- **Praise:** I can thank God for...
 - **Repentance:** I'm sorry for...
 - **Ask:** I need God's help with...
 - **Yield:** I will trust God even when...
-

🙏 Prayer Practice & Time With God



Step 1 - Set a Time or Trigger

Pick one daily moment—like waking up, before eating, or bedtime—to P.R.A.Y.

Step 2 - Try a Simple Prayer:

- **Praise:** "God, You are amazing! Thank You for ..."
- **Repent:** "I'm sorry for ... Please forgive me."
- **Ask:** "Please help me with ..."
- **Yield:** "I trust You even if I don't understand. Amen."

Step 3 - Reflect & Record:

After praying, note one word about how you feel: *peace, relieved, close...*

Optional Challenge:

Create a "Prayer Calendar" for a week. Each day, choose one P.R.A.Y. type and mark how you feel afterward.

Why This Matters

The video reminds us: **Prayer isn't meant to be perfect—it's about connection.** God cares so much that He wants your genuine thoughts and feelings. And yes, He answers—although His timing and wisdom guide His response.

Remember:

- You can talk to God **anytime**.
- He's listening.
- And every prayer matters.