

# Teach Us to Pray

1st - 3rd Grade  
Lesson 4

## The Instruction of Christ

Jesus taught His disciples many things while He was on the earth. One thing He taught them was how to pray. Prayer is asking. We must talk to God. Do you talk to God? Do you thank Him for your food before you eat? Do you ask Him to help you obey your mom and dad and teachers? Do you ask Him to help you get well when you are sick?

One of the disciples said to Jesus, "Lord, teach us to pray" (Luke 11:1).

Jesus gave us a model prayer in Luke 11 and Matthew 6. But we can also learn how to pray by seeing how Jesus prayed.

### The Model of Christ in Prayer

Mark 1:35 says that Jesus prayed early in the morning. What a great time to talk to God! You should try talking to Him when you first wake up in the morning. Thank Him for giving you a good night's sleep. Ask Him to help you obey your parents. Ask Him to help you do well at school. You will find that He will answer your prayers.

Matthew 14:23 says that Jesus "went up into a mountain apart to pray." He spent time alone with God. No one else was around. This was a time for just the two of them to talk.

In Luke 6:12, we read that Jesus spent all night praying to God. He needed time to talk to His Father. He wasn't in a hurry. I Thessalonians 5:17 tells us to "pray without ceasing." You can talk to Him when you're getting ready to take a test at school. You can ask Him to help you find something you lost. Don't forget to praise God, too. Thank Him for all the good things He does for you every day.

### A Model of Prayer to Follow

Jesus taught His disciples to say, "Our Father which art in heaven." Is God your Heavenly Father? He is if you have asked Jesus to save you. If you have not been saved, you need to be saved today. Romans 10:13 says, "For whosoever shall call upon the name of the Lord shall be saved." Jesus will save you, and you will become God's child. He will be your Heavenly Father forever.

Jesus spoke very politely to His Father. We should be polite to everyone, but especially to our Heavenly Father. God is the One Who made us. He gives us life and all good things. He knows everything. He has all power. He is holy. We should remember that when we speak to Him and about Him.

Jesus also tells us to forgive others. We should not stay angry when someone hurts us. Jesus is the best example of this. He was crucified because of our sin, but He forgives us anyway.

### A Model Prayer to Avoid

Jesus also told the disciples some ways they should not pray. He told them that prayer is not trying to sound important. Have you ever been asked to pray in Sunday school or at home

