



explore

Student  
book  
6

in the Explore Kid's  
Discipleship Series

# Link Your Life to God



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## Student Book 6 in the Explore Kid's Discipleship Series

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# explore ..... **Link Your Life to God**

## **Page**

- 5    The Lord's Prayer**
- 9    Prayer of Jabez**
- 13   Prayer for Boldness**
- 19   Jesus' Garden Prayer**
- 23   Daniel's Praise**
- 27   The Voice of God**

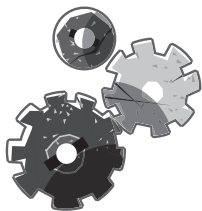


# The Lord's Prayer

**Jesus teaches us to put God first in our prayers.**

## Engage

Jesus taught His followers about prayer. As He taught, He gave them an example on how to pray. This prayer is probably the most famous prayer in the Bible. We call it the Lord's Prayer.



## Check It Out

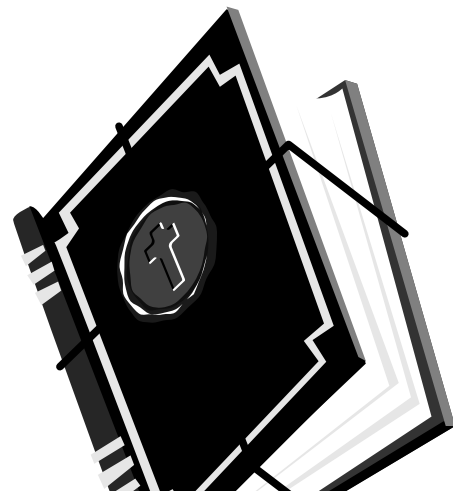
**Read Matthew 6:9–13.**

# I can know it's true:

1. The first part of Jesus' prayer relates to God. Jesus began His prayer by recognizing who God is. Jesus gave God praise and prayed that God's will would be done. Of all the ways Jesus could have started His prayer, He chose to put God first.
2. The second part of Jesus' prayer relates to us. Jesus continued His prayer by talking to God for us. What are some requests Jesus made specifically for us? He asked God to provide the food we need. He asked for our sins to be forgiven. And Jesus asked that we would be protected from temptation and the Evil One.
3. When we pray, we should put God first and ourselves second. Often times, our prayers begin with a list of personal needs, wants, and concerns. Jesus' prayer shows us that God is concerned with our physical and spiritual needs. While these

personal needs might be important, we must follow Jesus' example and offer God the praise and adoration He deserves before we ask for things for ourselves.

So remember when we pray, we should put God first and ourselves second.



## Question

There is a very similar prayer found in Luke.

**Luke 11:1–4** says,



Once Jesus was in a certain place praying. As he finished, one of his disciples came to him and said, “Lord, teach us to pray, just as John taught his disciples.” Jesus said, “This is how you should pray: ‘Father, may your name be kept holy. May your Kingdom come soon. Give us each day the food we need, and forgive us our sins, as we forgive those who sin against us. And don’t let us yield to temptation.’”

**What are some differences between the prayer in Luke and the prayer in Matthew?**

**What are some different ways we can put God first in our prayers?**

**What are some different things we can praise God for?**

Jesus calls God “our Father in heaven.” **What are some other names for God?**

Jesus prayed that God would provide the food we need. **What are some other needs you can pray for?**

**Matthew 6:12** says, “And forgive us our sins, as we have forgiven those who sin against us.”

**How hard is it to forgive other people for sinning against us?**

**What does it feel like when other people forgive you?**

**Matthew 6:13** says, “And don’t let us yield to temptation.”

**What is a time when God helped you overcome a temptation?**

**Why do you think we should put God first and us second when we pray?**

## Challenge

The challenge this week is write out your five prayers in your prayer journal. Practice putting God first and yourself second.



## explore

**Deuteronomy 6:4–5** says, “Listen, O Israel! The LORD is our God, the LORD alone. And you must love the LORD your God with all your heart, all your soul, and all your strength.”

Read this passage before you pray this week. Does this command sound familiar? It should. This is the passage Jesus quoted when asked what was the most important commandment. When we love God with all our heart, soul, and strength, it is easy to remember to keep Him first.



# Prayer of Jabez

**We should take time to pray for ourselves and rely on God to answer.**

## Engage

In the Bible, the book of 1 Chronicles begins with a long list of descendents of Adam. Somewhere in the middle of this list of people, the Bible mentions a man by the name of Jabez. The author of 1 Chronicles took a brief moment from listing the descendents of Adam to record a prayer that Jabez prayed.



## Check It Out

**Read 1 Chronicles 4:10.**

# I can know it's true:

1. To get an answer, we need to pray. First Chronicles 4:10 begins by saying Jabez “was the one who prayed to the God of Israel.” Because Jabez took the time to pray, God answered his requests.

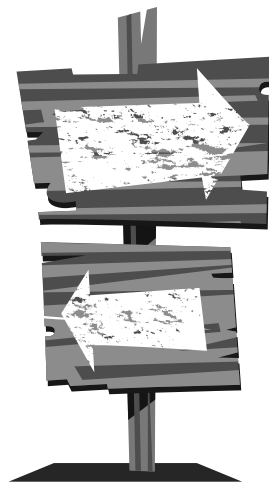
Although God already knows what we need, He wants us to take a break and spend time with Him. He wants to answer our prayers, but we have to pray them first.

2. It is OK to pray for yourself. Some people say prayers strictly for other people. They have good intentions and do not want to be selfish by praying for themselves. Praying for others is extremely important, but Jabez shows us we can also pray for our own personal needs. In this prayer, Jabez asked that God would bless him and be with him. He didn't mention anyone other than himself.

3. God answers prayers. Jabez could have tried to obtain these blessings on his own, but he knew that true blessings only came from God. He relied solely on God to answer his prayers. In the end, God granted his requests.

God always answers our prayers. Sometimes He says yes to our requests and sometimes He will tell us no. Other times He might even tell us to wait. No matter the answer God gives us, we can rely on the fact that He hears us and will always answer our prayers.

Just like Jabez, we must take time to pray for ourselves and then rely on God to answer.



## Question

If you could pray for anything in the world and God would give it to you, what would you pray for?



How does this verse relate to what Jabez prayed for?

What types of requests should we pray for?

What were Jabez's five requests?

What are some things that please God?

Jabez only prayed for himself in this prayer. **Does this mean we shouldn't pray for anyone else?**

**Why do you think some people say it is not OK to pray for yourself?**

**First John 5:14** says, "And we are confident that he hears us whenever we ask for anything that pleases him."

**Luke 11:11–13** says, "You fathers—if your children ask for a fish, do you give them a snake instead? Or if they ask for an egg, do you give them a scorpion? Of course not! So if you sinful people know how to give good gifts to your children, how much more will your heavenly Father give the Holy Spirit to those who ask him."

**What do you think this verse is saying?**

**Do you think God wants to give us blessings in our lives?**

## Challenge

This week's challenge is to pray for three areas in your life. Remember to write down your prayers in your prayer journal.

1. Pray for forgiveness of any sins you have committed.
2. Pray for God to bless your life. (It is OK to pray for specific blessings.)
3. Praise God for the blessings He has already given you.



## explore

**First John 5:14–15** says, “And we are confident that he hears us whenever we ask for anything that pleases him. And since we know he hears us when we make our requests, we also know that he will give us what we ask for.”

**Write this passage at the top of the pages in your prayer journal this week. After writing the passage down, read it out loud to help you memorize it.**

# Prayer for Boldness

**Prayer is powerful when we gather together and pray.**

## Engage

In **Acts 4**, Peter and John were arrested for telling people about Jesus. The religious leaders threatened them and told them to stop telling other about Jesus.



***Check It Out***  
**Read Acts 4:23–31.**

# I can know it's true:

1. The believers prayed together. When the other believers in Jerusalem heard the report from Peter and John, they decided to do the most powerful thing they could do; they prayed. It is important to note that they didn't leave each other and pray alone. The believers didn't say, "We'll pray later." No, they immediately prayed together as a group of believers.

Many times, we get embarrassed to pray in a group or think we have to pray alone. We can learn from the believers in Jerusalem. Prayer is powerful when we gather together and pray.

2. The believers prayed for boldness. The believers were scared to tell others about Jesus after the religious leaders threatened their lives. During the midst of this tough time, this is what the disciples prayed for. Read **Acts 4:29**. The believers prayed for great boldness to preach God's Word! They didn't

run away from their jobs or pray that someone else would witness instead. They prayed that God would give them boldness to share His Word.

We should pray for boldness to tell others about Jesus just like the disciples. Yes, it can be scary and intimidating at times. But God wants us to tell others about Him, and He will give us the boldness and power to do so when we ask.

3. The believers prayed for miracles. The believers knew that God can do anything! So they prayed that God would work miracles, perform wonders, and heal people. They didn't pray for miracles to receive personal credit and glory. They asked for miracles so others could see how amazing God is.

God still does miracles today! As believers, we should pray for miracles in Jesus' name. When He gives us a miracle, we need to remember to give God the glory.

## Question

**Matthew 18:20** says, “For where two or three gather together as my followers, I am there among them.”



**How important is it to have other believers pray with you?**

**What does God promise when we pray with other believers?**

**Acts 4:18, 21** says, “So they called the apostles back in and commanded them never again to speak or teach in the name of Jesus. . . . The council then threatened them further, but they finally let them go because they didn’t know how to punish them without starting a riot.”

**Acts 4:23–24** says, “As soon as they were freed, Peter and John returned to the other believers and told them what the leading priests and elders had said. When they heard the report, all the believers lifted their voices together in prayer to God.”

**How would you feel if you were threatened not to tell anyone about Jesus?**

**Why do you think the believers decided to pray after they heard John and Peter’s report?**

**Would you still tell others the good news or would you keep quiet?**

Share a time when you needed boldness to tell about Jesus. **Did you follow through and share about Jesus?**

The disciples prayed for miracles and healing. **Do you think God still heals people today?**

**What miracles have you seen?**

**Acts 4:31–33** says, “After this prayer, the meeting place shook, and they were all filled with the Holy Spirit. Then they preached the word of God with boldness. All the believers were united in heart and mind. And they felt that what they owned was not their own, so they shared everything they had. The apostles testified powerfully to the resurrection of the Lord Jesus, and God’s great blessing was upon them all.”

**How did God answer their prayer?**



## Challenge

The challenge this week is to ask God to reveal one person who needs to hear about Jesus. Pray for this person by name, and pray that God will give you boldness to share His good news. Write the person's name in your prayer journal and pray for him or her every day. Begin to look for different opportunities to talk about Christ with this person.



## explore

**Second Timothy 1:7–8** says, “For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline. So never be ashamed to tell others about our Lord.”

*Remember this passage this week as you tell your friend about Jesus. Ask God to give you power to love and exercise self-discipline in you.*

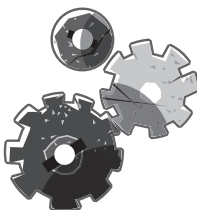


# Jesus' Garden Prayer

**We are to humbly pray for God's will in our lives.**

## **Engage**

The night before He was crucified, Jesus took three disciples to a garden called Gethsemane to pray.



## ***Check It Out***

**Read Matthew 26:36–39.**

# I can know it's true:

1. We should humble ourselves when we pray.

**Matthew 26:39** says, “He went on a little farther and bowed with his face to the ground.” Bowing down shows that you are submitting to the other person and letting them be “in charge” of you. Having your face on the ground is a very humbling position to be in. When Jesus prayed, He put His face to the ground. Jesus didn’t bow to the ground because He was tired. He wanted to be humble before God.

If Jesus, the Son of God, humbled himself when He prayed, how much more should we humble ourselves? Humbling ourselves doesn’t mean we have to bow down every time we pray. The position of our bodies doesn’t matter; it’s the position of our hearts that is important. When we truly recognize how big and amazing God is, we should be humbled that we are able to approach such an awesome God.

2. We can go to God when we are troubled. Jesus knew He was about to face the hardest point of His life. He was about to go through an indescribable amount of physical and emotional pain on the cross. **Matthew 26:37** says Jesus “became anguished and distressed.” With the weight of the sins of world on His shoulders, Jesus went to God. He prayed, “My Father! If it is possible, let this cup of suffering be taken away from me” (Matt. 26:39).

Every one of us will face hard times. God does not promise us an easy life. But, when these troubled times come, we need to do what Jesus did—go to the Father in prayer. He will help us through the difficult times in our lives.

3. We should pray for God’s will to be done. Even though Jesus prayed that the suffering would be taken away, He ended His prayer by saying He

wanted God's will to be done. Jesus knew that God's way is the best way, and He was willing to follow God's will no matter what. God did not take away the suffering that Jesus had to endure, but He did give Jesus the strength to go to the cross and die for our sins.

When we pray, we need to remember that God's will is the best way for our lives. We should pray for God's will and then follow it, even if His will differs from our own.

## Question

**Matthew 26:37–38** says, "He took Peter and Zebedee's two sons, James and John, and he became anguished and distressed. He told them, 'My soul is crushed with grief to the point of death. Stay here and keep watch with me.'"



**Why was Jesus distressed and troubled?**

**How would you feel knowing that you were about to suffer like Jesus did?**

Read **Matthew 26:36–44** again.

**What did Jesus ask the disciples to do? What did the disciples do?**

**Why do you think Jesus prayed the same prayer three different times?**

Share a time you were troubled and prayed to God.

Jesus humbled himself by bowing down and placing His face on the ground. **What are some ways we can show God our humble attitude?**

**How does a person with a humble heart act?**

## Challenge

The challenge this week is to pray for God's will to be done in your life. Write in your prayer journal about any troubles you are experiencing and pray that God's will be done in your life. Remember to humble yourself as you pray this week.



## explore

Read the parable found in **Luke 18:9–14**. Verse 14 says, “I tell you, this sinner, not the Pharisee, returned home justified before God. For those who exalt themselves will be humbled, and those who humble themselves will be exalted.”

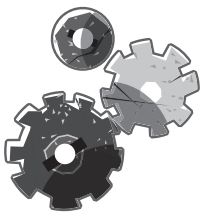
**Familiarize yourself with this parable by reading it several times this week. Memorize Luke 18:14 and quote it to yourself to help you be humble as you pray.**

# Daniel's Praise

**Giving God praise is an important part of prayer.**

## Engage

Daniel was captured by a king named Nebuchadnezzar. The king had a troubling dream one night that he would not share with anyone. He wanted a wise man to describe his dream and then interpret what it meant. Daniel prayed that God would give him the explanation of the king's dream, and God did. In response to God's faithfulness, Daniel praised God.



## Check It Out

Read Daniel 2:19–23.



# I can know it's true:

1. We can praise God for His attributes. Daniel began his prayer by praising God for His wisdom and power. God is all-knowing and all-powerful, and He gave Daniel the wisdom he needed.

Just like Daniel, we can praise God for who He is. Not only is God all-knowing and all-powerful, but He is also loving, just, and holy. He is merciful and kind. These are just a few of the amazing attributes we can praise Him for!

2. We can praise God for His work in the world. Which praises acknowledge God's work in the world? See **Daniel 2:21–22**.

We can see God's handiwork in the world all around us. He causes the sun to shine and brings rain to the growing plants. He keeps the earth spinning in exactly the right distance from the sun. He sets the

moon and stars in space to give us the perfect light at night. God provides food and protection for the animals. All creation points to a God who deserves our adoration and praise.

3. We can praise God for His work in our personal lives. God is not only at work in the world around us, He is working specifically in each of our lives. For Daniel, God gave him wisdom at just the right time to save his life! Daniel recognized the answer to the king's dream came directly from God.

We might not have to interpret any dreams, but we all face challenging situations. Whether we realize it or not, God works in our lives every day. We need to take time to recognize God's involvement in our lives and offer a prayer of praise for His goodness to us.



## Question

**Why do you think God enjoys hearing our praises to Him?**



**What are three qualities of God that we can praise Him for?**

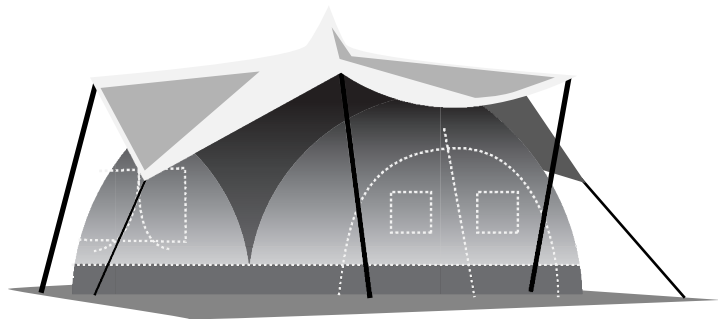
**What are three praises we can give to God for what He has done around us?**

**What are three specific praises you can give God for what He has done in your own life?**

**Psalms 117** says, "Praise the LORD, all you nations. Praise him, all you people of the earth. For he loves us with unfailing love; the LORD's faithfulness endures forever. Praise the LORD!"

**What does author of this passage give God praise for?**

**What other verses or chapters in the Bible give praise to God?**





## explore

**Exodus 15:2** says, “The LORD is my strength and my song; he has given me victory. This is my God, and I will praise him—my father’s God, and I will exalt him!”

In this passage, Moses praised God after He gave the Israelites freedom from Egypt. Read why Moses gave praise to God in **Exodus 14** this week.

### Challenge

The challenge this week is to give God praise in the three areas in the lesson. In your prayer journals, write “Attributes of God” at the top of one page, “What God Has Done in the World” on another page, and “What God Has Done in My Life” on the top of a third page. Fill out the pages throughout this week as you notice God’s blessings.



# The Voice of God

**Prayer is talking to God and God talking to us.**

## Engage

Before David became king, he was chased into the wilderness by King Saul. Saul was jealous of David and wanted to kill him. However, God kept David safe. In the midst of running from Saul, David and his men encountered a town that needed help.



## *Check It Out*

**Read 1 Samuel 23:1–4.**

# I can know it's true:

1. Prayer is a conversation with God. We see in **1 Samuel 23** that David and God talked back and forth. While running from Saul, David discovered that the Philistines were stealing grain from the people in a town called Keilah. David felt compelled to help, but he did not know whether to stay and defend the town or keep running from Saul. David decided to ask God. Although we don't know how God's voice sounded or by what means He spoke, we see both God and David talking together.

We need to remember that prayer is a conversation with God. God loves listening to what we have to say, and He wants us to listen to Him in return. How does God speak to us today? He speaks audibly, directly to our hearts, through the Bible, and through other people.

2. We should pray to God for guidance. The decision to attack the Philistines was not an easy decision for David. He was already in the midst of fleeing from King Saul, and the Philistines had a powerful army. It would not be an easy fight. Even David's own men did not want to fight the Philistines. David did not know what to do, so He went directly to God for guidance.

We will all have decisions to make in life. Some decisions do not have an obvious choice. Before we seek guidance from our friends, parents, or teachers, we need to turn to God and ask Him what we should do.

3. When God speaks, we need to listen. God told David to attack the Philistines and save the people of Keilah. David and his men were terrified of the Philistines, and they were not sure they wanted to listen to God. Being unsure, David prayed again.

Read **1 Samuel 23:4** to discover what God told David to do. This time David listened to God, and God brought them victory.

There are many times God tells us to do something, and we simply do not listen. We disobey because we are scared or don't agree with God. If we hear God's voice and don't obey, we are not really listening. David listened to God and was blessed for obeying. God will bless us, too, if we listen to His voice.

## Question

Many times people will compare prayer to talking on the phone. **What are some similarities and differences between prayer and talking on the phone?**



**First Samuel 23:4** says, "So David asked the LORD again, and again the LORD replied, 'Go down to Keilah, for I will help you conquer the Philistines.'"

God spoke directly to David in this prayer.

**Does God still speak to us the same way He did to David?**

**What are some other ways God speaks to us?**

Read the following passages and list the ways God spoke: **Matthew 1:20–21; Acts 1:23–26; 9:3–6, 10–16; 16:6–10; Numbers 22:27–31; 1 Samuel 3:1–14; and 1 Kings 19:11–13.**

## Challenge

The challenge this week is to set up a time where you will spend some quiet time with God. Try to find a place and time in which you will not be interrupted. Remove anything that will distract you and don't play any music. Just spend time talking and listening to God.



## explore

**First Samuel 3:10** says, "And the LORD came and called as before, 'Samuel! Samuel!' And Samuel replied, 'Speak, your servant is listening.'"

Read this passage before you pray this week. Reflect Samuel's attitude to God by asking Him to speak to His servant. Remember to listen to what He has to say to you.

# My Prayer Journal Certificate

**Congratulations on completing your  
prayer journal covering six prayers in Scripture!**

**Start Date:** \_\_\_\_\_

**End Date:** \_\_\_\_\_

**Most Meaningful Prayer  
You Studied:** \_\_\_\_\_



**Most Important Lesson  
from Your Prayer Journal:** \_\_\_\_\_







# Congratulations

on taking steps to link  
your life with God.

**explore**

Now continue on to Explore  
how to unearth God's  
image in you!