

CONNECT TO THE COMMANDER

Prayer brings us closer to God (Ephesians 6:18)

Read: Matthew 6:9-13 = A special prayer

Talk: Ask these questions and discuss together

- How do we communicate with God?
- Why should we communicate with God?
- Why is prayer mentioned as a piece of armor in Ephesians 6:18?
- Is prayer more of a protective piece of armor or a weapon?
- What are some things you can pray about?

Activity: Gather finger paint, paper, and/or markers. Use markers to trace a hand or make a handprint using paint on the piece of paper. Color the fingers with different colors. Then, use the picture on the next page to write down prayers for each finger.



Pray: Lord, we thank you that we can come to you at any time and no matter where we are. Thank you that you love us enough to want to listen to us and be close to us. Amen.

5 Finger Prayer

4) The ring **finger** is the weakest. Pray for the sick, poor, and those most in **need**.

5) The pinkie finger is the smallest. Pray for yourself and your own needs.

3) The middle finger is the tallest. Pray for leaders in government, business, and the church.

2) The **pointer** finger is used to give directions. Pray for **teachers, coaches, therapists, doctors, and first responders**.

1) Your **thumb** is closest to your heart, so pray for those closest to you - your **family and friends**.

