

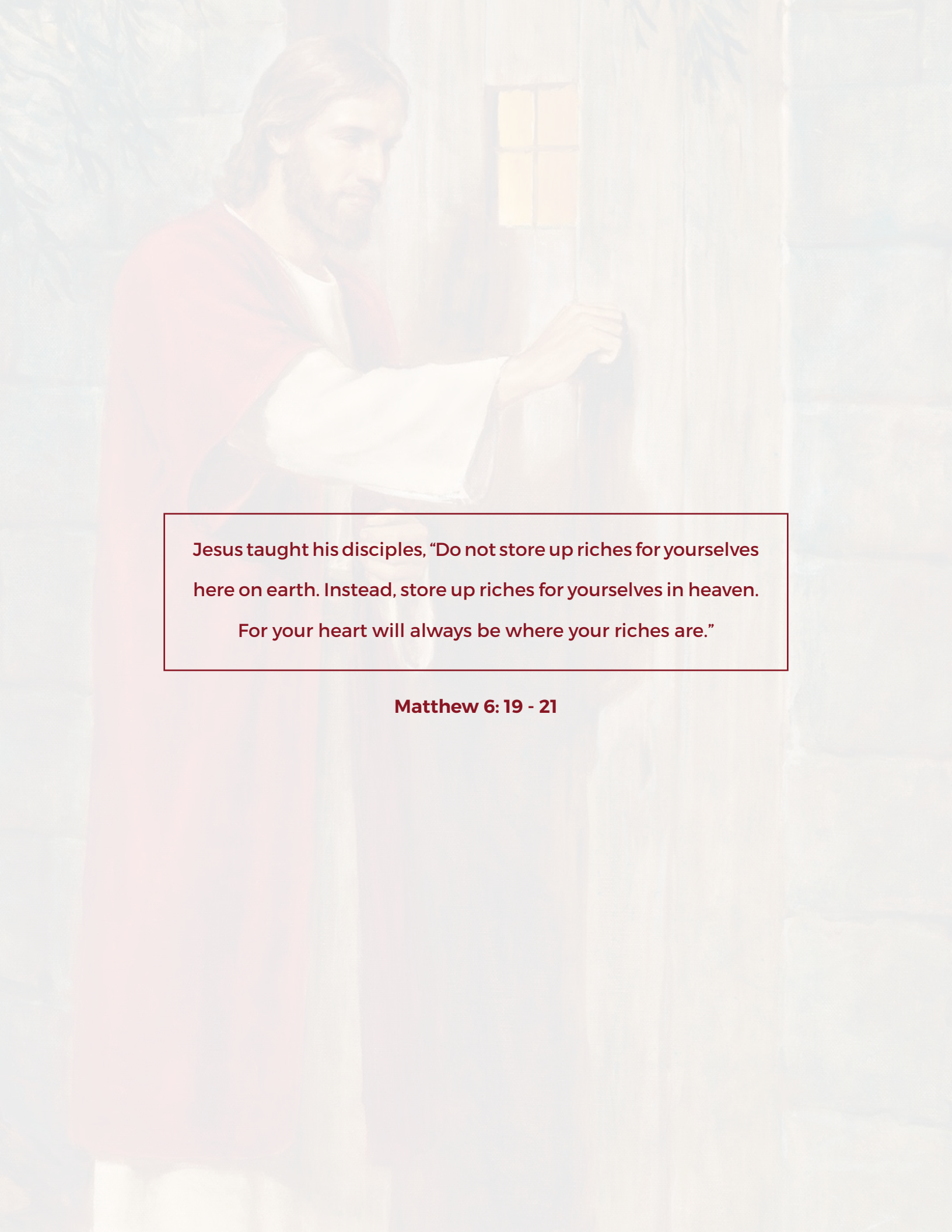
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# School of *Prayer*

*Meditation Guide*





Jesus taught his disciples, “Do not store up riches for yourselves here on earth. Instead, store up riches for yourselves in heaven. For your heart will always be where your riches are.”

**Matthew 6: 19 - 21**



# INTRODUCTION

*Do you ever worry* about how you can

fit in with your classmates. Maybe you think “I have to have certain friends to be cool” or “I have to look just right” or “if only I could be captain of the team.” Maybe you spend most of your time on your cell phone or video games. You could spend all your time with friends, playing sports, taking music lessons, or just hanging out. While these can all be good things, sometimes Jesus has no place in our life because we are so busy with all the other things we have to do and worry about. It’s easy to wonder, “Does Jesus really care about me?” or “Do I need Jesus in my life?” Although many things in life change, Jesus doesn’t change; His love for you always exists and He has all the answers to what you really need in life. The question to ask yourself is whether or not Jesus has a place in your life. Do you talk to Him or spend time with Him as you would with your other friends?

When He was growing up, Jesus didn’t have any of the technology or activities like you do today. Jesus worked in his dad’s carpenter shop and learned how to enjoy the simple things of life. He never worried about the next new thing or fitting in because He spent His life focusing on God and how best to love others. Jesus always saw people for who they were and loved them no matter what. Today Jesus still gives people His heart all the time and lets them know He loves them. And, Jesus loves A LOT, including YOU! He wants you (and everyone) to be His friend and know His love.

Prayer is how you can grow in friendship with Jesus. It is simple to pray. All you need to do is talk to Jesus from your heart and let Him talk to you. Don’t worry about always having something to say to Jesus or about saying the right thing. Jesus always wants to hear whatever you have to say no matter what it is. Some days He’ll just sit with you so you aren’t alone. At other times though, Jesus will talk to you too. He does this by speaking to us in our hearts. So don’t be afraid to be quiet and just listen to what Jesus has to say.

On each page of this book you have a Prayer Starter to help you talk to Jesus. You may be drawing pictures, imagining Jesus in a particular scene or reading something from the Bible. Open your heart to what Jesus has to share with you as He lets you know what is on His heart. With each prayer starter, talk to Jesus about what’s on your heart.

# PRAYER STARTER ONE

## SOMETHING TO THINK ABOUT

What is the “stuff,” the material things you have which you can’t live without...your cell phone, video games, Netflix, cheerleading, football, the clothes in your closet. Is the “stuff” worth more than your relationships?

## FROM THE BIBLE

### **Luke 15: 11 -14**

*Jesus continued: “There was a man who had two sons. The younger one said to his father, ‘Father, give me my share of the estate.’ So he divided his property between them.*

*“Not long after that, the younger son got together all he had, set off for a distant country and there squandered his wealth in wild living. After he had spent everything, there was a severe famine in that whole country, and he began to be in need.*

*So he went and hired himself out to a citizen of that country, who sent him to his fields to feed pigs. He longed to fill his stomach with the pods that the pigs were eating, but no one gave him anything.*

*“When he came to his senses, he said, ‘How many of my father’s hired servants have food to spare, and here I am starving to death! 18 I will set out and go back to my father and say to him: Father, I have sinned against heaven and against you. I am no longer worthy to be called your son; make me like one of your hired servants.’ So he got up and went to his father.*

*“But while he was still a long way off, his father saw him and was filled with compassion for him; he ran to his son, threw his arms around him and kissed him. “The son said to him, ‘Father, I have sinned against heaven and against you. I am no longer worthy to be called your son.’*

*“But the father said to his servants, ‘Quick! Bring the best robe and put it on him. Put a ring on his finger and sandals on his feet. Bring the fattened calf and kill it. Let’s have a feast and celebrate. For this son of mine was dead and is alive again; he was lost and is found.’ So they began to celebrate.*



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**DRAW** three hearts that fit on one page of paper.

1. **Label the first heart:** What I Can't Live Without. Draw (or write in) the things from your daily life which you depend on and can't live without.
2. **Label the second heart:** What I'm Left With. Draw (or write in) what your life would look like if you lost all of the material things (like cellphones) from your first heart. What would you be left with and what would fill your life. (Think about the young man working in the pig field.)
3. **Label the third heart:** What I Really Need. Draw (or write in) all the important people in your life who you know love you no matter what.

At the bottom of the page answer this question: What is Jesus trying to teach you about the things which you can fill your heart with?



# PRAYER STARTER TWO

## SOMETHING TO THINK ABOUT

Who are your closest friends? How do you know they are your friends? Is Jesus is your friend?

## FROM THE BIBLE

### **Matthew 16: 13 - 20**

*When Jesus came to the region of Caesarea Philippi, he asked his disciples, "Who do people say the Son of Man is?"*

*They replied, "Some say John the Baptist; others say Elijah; and still others, Jeremiah or one of the prophets."*

*"But what about you?" he asked. "Who do you say I am?"*

*Simon Peter answered, "You are the Messiah, the Son of the living God."*

## WHAT JESUS HAS TO TELL YOU

I love you and want you to know who I am. I already know your thoughts and would like you to know Mine. You can call out my name as you would call out to one of your closest friends. As you come to know Me more, you will realize that I will never turn away from you, be mean to you, or leave you alone. When Peter calls Me the Messiah, he knows that I came to earth to save you. This means I can be with you on the hard days and the really good ones too. I care for you and will always be there for you. I want to be a part of your life and have you talk to Me all the time. Never forget I love you. You are wonderful to me!

## JOURNAL ASSIGNMENT

Pray from your heart and talk to Jesus. What kind of friend can Jesus be to you. What kind of friend can you be to Jesus. Write a note to Jesus inviting Him in to your family, your friendships, your problems, hopes, and dreams. As you do this, know in your heart absolutely everything matters to Him.



# PRAYER STARTER THREE

## SOMETHING TO THINK ABOUT

What usually causes an argument between you and your friends? Is it because someone feels left out, someone says something mean or maybe you want to do different things. What do you do to be friends again.

## FROM THE BIBLE

### *Luke 14: 4*

*Jesus said to his disciples, "If your brother or sister sins against you, rebuke (correct) them; and if they repent (say I'm sorry), forgive them. Even if they sin against you seven times in a day and seven times come back to you saying 'I repent,' you must forgive them."*

## WHAT JESUS HAS TO TELL YOU

I know it is so hard to forgive people who hurt you. Remember that people hurt Me too but that I forgave them and I want you to forgive those who hurt you too. When you forgive others you let Me give you the grace you need to heal from the hurt. I want you to know Me and My love so that when others hurt you, you know I am there for you and I love you. If you hurt someone else, it is so important to say "I'm sorry." You'll feel better and My grace will be able to move through you in peace, patience, kindness and love. Come to Me whenever you need me. I am always here to help you.

## JOURNAL ASSIGNMENT

Either draw or write your answer.

Imagine that Jesus shows up during an argument you are having with a friend or a parent. Knowing how much He loves everyone, what do you think He would say to you to fix the argument? What would He say to your friend or parent? Write an apology note to Jesus or someone else in your life for any time you may have hurt them.





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# PRAYER STARTER FOUR

## SOMETHING TO THINK ABOUT

What does it mean when you say “YES” to something? “Yes, I’ll go to the movie.” “Yes, I studied for the test.” “Yes, I love you.” “Yes, you’re my best friend.” What is the difference between the Yes of little things, like “I studied,” and the Yes of the big things like “I love you”?

## FROM THE BIBLE

### **Luke 1: 26 - 38**

*In the sixth month, the angel Gabriel was sent from God to a town of Galilee called Nazareth, to a virgin betrothed to a man named Joseph, of the house of David, and the virgin’s name was Mary. And coming to her, he said, “Hail, favored one! The Lord is with you.”*

*But she was greatly troubled at what was said and pondered what sort of greeting this might be. Then the angel said to her, “Do not be afraid, Mary, for you have found favor with God. Behold, you will conceive in your womb and bear a son, and you shall name him Jesus. He will be great and will be called Son of the Most High, and the Lord God will give him the throne of David his father, and he will rule over the house of Jacob forever, and of his kingdom there will be no end.”*

*But Mary said to the angel, “How can this be, since I have no relations with a man?” And the angel said to her in reply, “The Holy Spirit will come upon you, and the power of the Most High will overshadow you. Therefore the child to be born will be called holy, the Son of God. And behold, Elizabeth, your relative, has also conceived a son in her old age, and this is the sixth month for her who was called barren; for nothing will be impossible for God.”*

*Mary said, “Behold, I am the handmaid of the Lord. May it be done to me according to your word.” Then the angel departed from her.*

## WHAT JESUS HAS TO TELL YOU

I love My Mother and want you to love her too. She loved Me with a heart open to the love of God. She said Yes when the angel asked her to be My Mother. She knew God loved her and trusted this truth when she said “I am the handmaid of the Lord”. She knew God would take care of her. This is why she said Yes. She had faith in Me and it was her faith which was most important. I want you to have the same faith. Never be afraid of Me, to trust Me, to love Me or to say Yes to what I ask of you. You can trust in Me! I love you so much and only want you to know the goodness of God. Believe in your heart that I love you and care for you. No matter what, I am with you!





# PRAYER STARTER FIVE

## SOMETHING TO THINK ABOUT

When was the last time you were afraid? What other things make you afraid. How do you overcome fear?

## FROM THE BIBLE

### **Matthew 8: 23 - 27**

*He got into a boat and his disciples followed him. Suddenly a violent storm came up on the sea, so that the boat was being swamped by waves; but he was asleep. They came and woke him, saying, "Lord, save us! We are perishing!"*

*He said to them, "Why are you terrified, O you of little faith?" Then he got up, rebuked the winds and the sea, and there was great calm. The men were amazed and said, "What sort of man is this, whom even the winds and the sea obey?"*

## WHAT JESUS HAS TO TELL YOU

I am here with you every time you are scared. I know and see all of the storms of your life, the moments when you are anxious and worried about the future or you feel forgotten. I see you and I know your heart. Invite me to come into it. I come to free you from all fears. Share your fears with Me so I can take them away from you. All you ever have to say is, "Jesus, I am afraid, take away my fear!" I want your heart to be peaceful even when there are storms in your heart and in your life. Let Me know all the times when you need Me and I will be with you. Have faith in Me.

## JOURNAL ASSIGNMENT

Either draw or write your answer.

Talk to Jesus telling Him the things which you are afraid of. What "storms" in your life do you need Jesus to calm down? How can Jesus give you peace? Write a prayer to Jesus asking Him to give you peace where you are afraid or need Him the most.



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# PRAYER STARTER SIX

## SOMETHING TO THINK ABOUT

What are some ways you let your parents, family and friends know you love them? Do you show or tell them that you love them?

## FROM THE BIBLE

*John 21: 9-10, 13,15 - 17*

*When they stepped ashore, the disciples saw a charcoal fire there with fish on it and some bread. Then Jesus said to them, "Bring some of the fish you have just caught." Jesus went over, took the bread and gave it to them; he did the same with the fish. After they had eaten, Jesus said to Simon Peter, "Simon, son of John, do you love me more than these others do?"*

*"Yes, Lord," Simon Peter answered, "you know that I love you." Jesus said to him, "Take care of my lambs."*

## WHAT JESUS HAS TO TELL YOU

I always want to be there for you and give you everything you need. What you need most is to know that you are loved. And you are!! Every time you look up at the Crucifix, remember that I love you so much. I will give everything for you, including My life! You make Me so happy when you tell Me the ways you love Me. Never be afraid to tell me that you love Me. I want to hear it! Even if you haven't talked to Me in a long time, or you need Me to forgive you, I am still here for you and love you. If you need forgiveness, ask for it and remember I LOVE YOU!

## JOURNAL ASSIGNMENT

Either draw or write your answer.

Let Jesus talk to your heart. Say: "Jesus, tell me how much You love me." Be quiet for a few minutes so He can talk to your heart. What does He have to say to you? Think about all of the ways you can tell and show Jesus you love Him. Write a letter to Jesus letting Him know how much you love Him.





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*Jesus wants you* to pray to Him from your heart every day. He always wants you to know He loves you. Think about how you can talk to Jesus every day.

1. Write down two ways you can remember to do this.

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Jesus also never wants you to be afraid to talk to Him, even if you do something wrong. When you pray, you can make promises to God to do better. Think about some ways you can promise Jesus to talk to Him more.

2. Write a prayer to Jesus with what you promise to do to talk to Him more.

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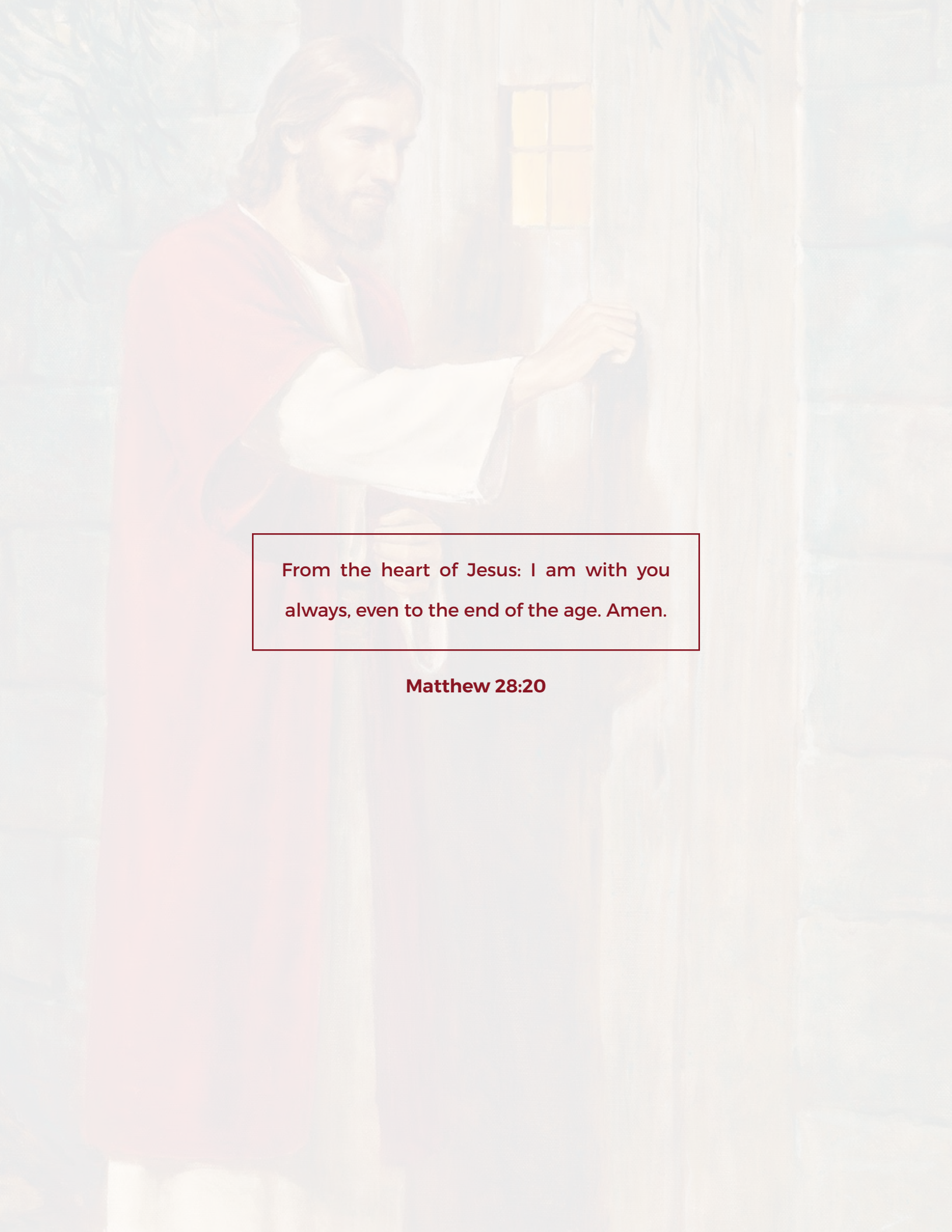
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## NOTES

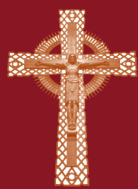
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From the heart of Jesus: I am with you  
always, even to the end of the age. Amen.

**Matthew 28:20**





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