

**LIFE
LABS**

We love because God first loved us.
1 JOHN 4:19

Who can talk to God?


**Jesus
centred
Spirit led
Hope
revealed**

GROUP MATERIAL

LIFE LABS 2026 | TERM 3
SALVOS YOUTH AND YOUNG ADULTS



LIFE LABS

1. Who can talk to God?

INTRODUCTION

As young people, we may feel like our voices are sometimes ignored. At times adults don't seem to listen, or they tell us to be quiet, or they misunderstand what we're saying without giving us a chance to explain. If that has been our experience, we can wonder why God would listen to us and if he cares about what we have to say.

Some of us might feel like we are not 'good enough' to pray. If we haven't been to church much or if we've done the wrong thing we can feel like we are not worthy of talking to God. We might think that prayer is just for 'good' people or 'church people'.

In church, we sometimes hear leaders praying confident prayers with special 'churchy' words. If we don't know those special words or don't feel confident praying in that style, we can wonder if prayer is really for us.

Can only certain people talk to God? Who can talk to God?

As a way to begin thinking about this, let's play the 'Ask the king' game.



PLAY THE
**'ASK THE
KING'** GAME

DO THE
'IS IT TRUE?'
ACTIVITY

How did you go with the game?

How did it feel when you couldn't talk to the king for yourself?

Why do you think young people sometimes feel like they can't talk to God?



The LORD
is near to
everyone who
sincerely calls him
for help

— Psalm 145:18

SCRIPTURE

A HUMBLE, HONEST PRAYER

Luke 18:9-14

⁹There were some people who thought they were very good and looked down on everyone else. Jesus used this story to teach them: ¹⁰“One time there was a Pharisee and a tax collector. One day they both went to the Temple to pray. ¹¹The Pharisee stood alone, away from the tax collector. When the Pharisee prayed, he said, ‘O God, I thank you that I am not as bad as other people. I am not like men who steal, cheat, or commit adultery. I thank you that I am better than this tax collector. ¹²I fast twice a week, and I give a tenth of everything I get!’

¹³The tax collector stood alone too. But when he prayed, he would not even look up to heaven. He felt very humble before God. He said, ‘O God, have mercy on me. I am a sinner!’ ¹⁴I tell you, when this man finished his prayer and went home, he was right with God. But the Pharisee, who felt that he was better than others, was not right with God. People who make themselves important will be made humble. But those who make themselves humble will be made important.”

QUESTIONS

What do you think about what we’ve just read? How does it relate to the question, ‘Who can talk to God?’

The tax collector could only get out the words “...have mercy on me, I am a sinner” — why do you think that was enough?

Have you ever felt too messy or too far gone to talk to God? What do you think this story suggests about that?

If the message of this story is true, what does that say about who can talk to God?

CONCLUSION

As young people, we may feel like our voices are not always heard. If that has been our experience, we can wonder if God will listen to us and care about what we have to say.

Some of us might feel like we’re not good enough to talk to God — like we’ve done too many things wrong or ignored him for too long. Or some of us might feel like we don’t know the right words to say. If the prayers we have heard others pray use special, churchy words we don’t know, we might not feel confident enough to try. We might be unsure if we’re qualified to talk to God.

The Good News is that everyone can pray. It doesn’t matter who we are, what we’ve done or how many churchy words we do or don’t know — we can all talk with God.



INTRODUCTION

As a way to begin thinking about this, let's play the 'Cup song' game.

PLAY THE 'CUP SONG' GAME

How did you go with the game? Did you find it easy or challenging to learn by watching?

Who has shown you an example of prayer that helped you?

DO THE 'WEB OF SUPPORT' ACTIVITY

HERE ARE TWO PRAYER MODELS TO TRY:

ACTS MODEL

This model uses words that might seem old-fashioned, but the meanings are still very useful for today. You can make each part as long or short as you like.

A – Adoration (Worship God)

Start by focusing on who God is.

Tell him what you love about him—e.g. his goodness, power, love, kindness, friendship.

This takes your attention away from yourself and helps you look to God.

E.g. “God, you are faithful and kind, and I can trust you.”

C – Confession (Be honest about sin)

Talk honestly with God about where you’ve gone wrong.

Don’t hide it—bring it to him so he can help you with it. He already knows it all and still loves you.

E.g. “God, I’ve been impatient and selfish. I’m sorry—please forgive me.”

T – Thanksgiving (Be thankful)

Thank God for what he’s done—for big things and small things.

Being thankful reminds us of all the good things God has done, so it builds our faith, too.

E.g. “Thank You for helping me feel peaceful at school this week.”

S – Supplication (Ask for help)

How do you need God to help you? Bring all those needs to him. Nothing is too small or too big for God to listen to.

E.g. “Please help me have wisdom today and help my friend who’s struggling.”

TSP MODEL

The TSP model is especially helpful if you are just starting to pray or want something very simple to follow daily.

T – Thank You

Start with thankfulness.

Name some things that God has already done and who he is in your life.

E.g. “Thank you for today, for life, and for being with me.”

S – Sorry

Admit your sin simply and honestly.

Keep it real—God isn’t looking for perfect words, just a genuine heart.

E.g. “I’m sorry for the way I spoke earlier. That wasn’t right.”

P – Please

Ask God for what you need—help, guidance, strength, hope.

Also, you can pray for others here, too.

E.g. “Please give me patience and help my family today.”

SCRIPTURE

JESUS TEACHES ABOUT PRAYER

Matthew 6:9-13

⁹ “So this is how you should pray:

‘Our Father in heaven,

we pray that your name will always be kept holy.

¹⁰ We pray that your kingdom will come—

that what you want will be done here on earth, the same as in heaven.

¹¹ Give us the food we need for today.

¹² Forgive our sins,

just as we have forgiven those who did wrong to us.

¹³ Don’t let us be tempted,

but save us from the Evil One.

For the kingdom and the power and the glory

belong to you forever and ever. Amen.”

QUESTIONS

What do you think about what we’ve just read?

How does it relate to the question, ‘How can we learn about prayer and connect with God through it?’

Why do you think Jesus teaches his disciples to call God “Father” when they pray?

What do think verse 12 means?

Why would this be an important part of prayer?

What different aspects of prayer do you notice in this passage? (e.g. Asking for what we need — verse 11).

Which of these types comes most naturally to you?

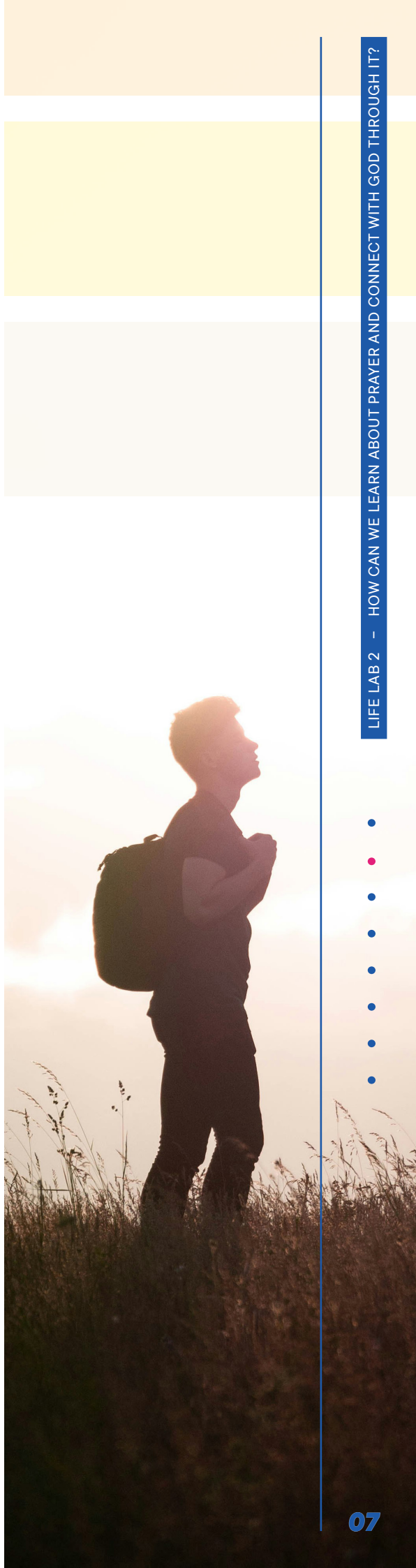
Why do you think that is?

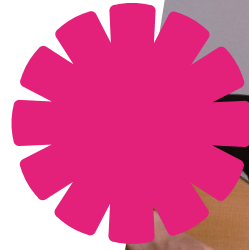
CONCLUSION

Lots of things can shape our ideas about how to pray — our leaders, family, culture, personal experiences and the things we watch and read. But we don’t always feel confident we are doing it right. When we are confused or uncertain about how to pray, we might feel self-conscious or nervous about praying in front of others. And when we feel unsure, we might also be reluctant to pray when we’re alone.

Even if we feel fairly confident praying, we might still sense there’s more — that prayer could be deeper or more personal. We want to really connect with God through prayer.

The Good News is that we can learn about prayer through Jesus’ example and teaching. As we spend time connecting with him, our experience of prayer can become deeper and more personal.





3. *How can we hear God?*

INTRODUCTION

Many of us have heard people talk about God speaking to them, but we can wonder what that means. Did they hear God's audible voice? Or was it just a thought or feeling they had? Or something else? If we haven't sensed God speak to us, we might feel embarrassed or jealous and might question why we haven't heard him in the way others have.

There might be times when we are faced with a big decision and don't know which way to go, and we may wish God would show us what to do. If we don't know how to hear his voice, we might feel lost and unsupported and may long for a way to hear some direction from God.

Some of us might have had special times when we felt like God was speaking to us but may feel frustrated that it is not an everyday thing. Are there things we can do to help us hear God's voice?

All of this can lead us to ask the question: How can we hear God?

As a way to begin thinking about this, let's play the 'Telestrations' game.

PLAY THE 'TELESTRATIONS' GAME

How did you go with the game?

What was going through your mind when you weren't sure what the message was?

How does it feel when we are not sure what God is saying to us?

DO THE 'LISTENING TO GOD' ACTIVITY

HOW CAN WE KNOW WHAT WE ARE HEARING IS FROM GOD?

Here are some questions we can ask to check what we have heard.

Does it match what we read in the Bible and Jesus' example?

Test what you are hearing against what you read in the Bible about God's character and with Jesus' examples.

Will it make me more like Jesus?

All of God's instructions will help us become more like Jesus through being his disciples.

Does it produce the fruit of the Spirit?

God's work in our lives should bring the fruit of the Spirit in our lives, things like peace, hope, love and joy, even if God's instructions seem hard to follow.

Have you shared it with wise people you trust?

It is important to get the wisdom of people who are ahead of us on the journey. Test what you are hearing by sharing it with wise people you trust.



SCRIPTURE

GOD SPEAKS WITH A QUIET, GENTLE VOICE

1 Kings 19:9-13

⁹There Elijah went into a cave and spent the night. Then the Lord said to him, “Elijah, why are you here?” ¹⁰Elijah answered, “Lord God All-Powerful, I have always served you the best I can, but the Israelites have broken their agreement with you. They destroyed your altars and killed your prophets. I am the only prophet left alive, and now they are trying to kill me!”

¹¹Then the Lord said to Elijah, “Go, stand in front of me on the mountain. I, the Lord, will pass by you.” Then a very strong wind blew. The wind caused the mountains to break apart. It broke large rocks in front of the Lord. But that wind was not the Lord. After that wind, there was an earthquake. But that earthquake was not the Lord. ¹²After the earthquake, there was a fire. But that fire was not the Lord. After the fire, there was a quiet, gentle voice.

¹³When Elijah heard the voice, he used his coat to cover his face and went to the entrance to the cave and stood there. Then a voice said to him, “Elijah, why are you here?”

QUESTIONS

What do you think about what we’ve just read? How do you think it might relate to the question, ‘How can we hear God?’

Are you surprised that Elijah heard God in the quiet and stillness? Why/why not?

In what ways do you think God speaks to people today?

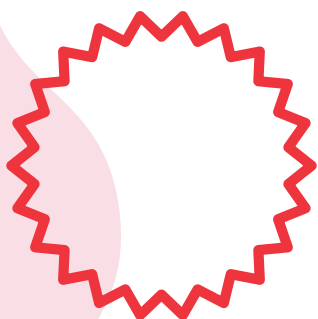
Have you ever felt like God was speaking to you or showing you something? What happened?

CONCLUSION

People talk about God speaking to them, but we can wonder what that looks like. Did they hear God’s audible voice or was it a thought or something else? If we haven’t sensed God speaking to us, we might question why we haven’t heard him in the way others have.

We may have been faced with a big decision and wish God would show us what to do. Or some of us might have felt like God was speaking to us but wish we could hear God’s voice and direction more often.

The Good News is that we can all hear God in big and small ways. It may not be the same every time or the same way for everyone, but everyone who follows Jesus can hear from God and be guided by him.



4. *Who can we talk to when we feel upset or angry?*

INTRODUCTION

Sometimes we go through tough things that create big, painful feelings like anger, sadness, hurt, fear or jealousy.

These feelings might make it difficult for us to focus, and they can affect our confidence. We might lash out and do things we'll regret. If we hold these emotions for too long, they can start to build up or feel like they are eating away at us.

When we find someone we trust, who we can share our emotions with, it can help a lot. We can feel heard, loved and supported, and it may be clearer to us how to manage our emotions.

But sometimes we are not sure we trust anyone that much. We may hesitate to share our feelings with people. We may worry that they might judge us, treat us differently or tell others what we shared. If we've had a bad experience after opening up to someone, we can feel even more cautious.

Are there people who will support us without judgment?

Who can we talk to when we feel upset or angry?

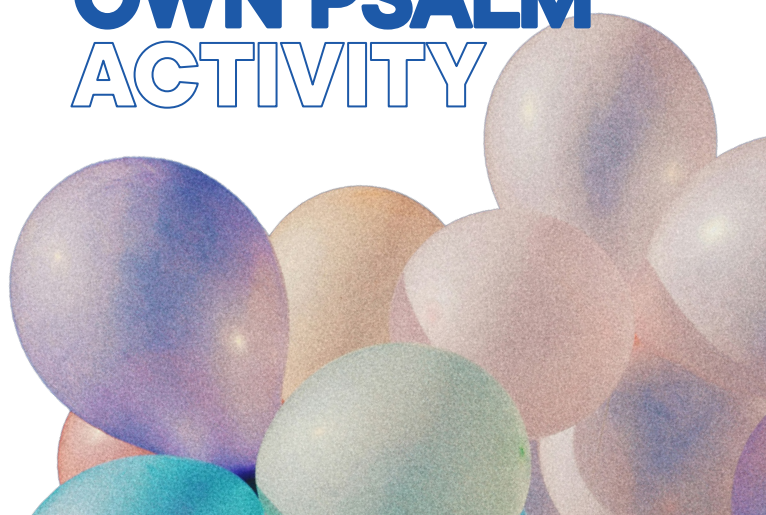
As a way to begin thinking about this, let's play the 'Keepy uppy' game.

PLAY THE 'KEEPY UPPY' GAME

How did you go with the game? What was it like for you as the balloons were building up and becoming more difficult to handle?

How does it feel when our emotions build up within us?

DO THE 'WRITE YOUR OWN PSALM' ACTIVITY



PROMPTS TO WRITE YOUR OWN PSALM

God you are...

[Tell God what he means to you and what is great about him]

Today I feel...

[Tell him how you are feeling]

I am enjoying...

[Tell him what you're enjoying]

I am struggling with...

[Tell him what you're struggling with]

I want you to...

[Tell him how you'd like him to help you]

Thank you that you are always with me. You surround me with your love and bring comfort and peace. Help me to remember this and to bring my worries and feelings to you in prayer. Amen

SCRIPTURE

A PRAYER FOR HELP

Psalm 142 (CEV)

- ¹ I pray to you, Lord.
I beg for mercy.
- ² I tell you all my worries
and my troubles,
- ³ and whenever I feel low,
you are there to guide me.
- A trap has been hidden
along my pathway.
- ⁴ Even if you look,
you won't see anyone
who cares enough
to walk beside me.
There is no place to hide,
and no one who really cares.
- ⁵ I pray to you, Lord!
You are my place of safety,
and you are my choice
in the land of the living.
Please answer my prayer.
I am completely helpless.
- ⁶ Help! They are chasing me,
and they are too strong.
- ⁷ Rescue me from this prison,
so I can praise your name.
And when your people notice
your wonderful kindness to me,
they will rush to my side.

QUESTIONS

What do you think about what we've just read? How do you think it relates to the question, 'Who can we talk to when we feel upset or angry?'

What do you think this psalm tells us about how God wants us to talk to him?

David felt trapped and still talked to God. What stops us from praying when things get tough?

What would it look like for you to pray like David does in this psalm – no filter, just honest?

CONCLUSION

When we go through tough times that create big, painful feelings we might find it difficult to focus. We can lack confidence or lash out and do something we'll regret. When we hold our emotions in for too long, they can start to build up or feel like they are eating away at us.

Finding someone we can talk to about our feelings can help a lot but sometimes we feel embarrassed or concerned about how people will react. We might wonder who we can talk to when we feel upset or angry.

The Good News is that God cares about us and wants us to bring everything to him, no matter what it is. We can be open and honest with God about our emotions, and he will love, help and support us.



LIFE LABS

5. *How can I pray in a way that feels natural to me?*

INTRODUCTION

In church or at Youth there are certain types of prayer that happen more often than others, for example: praying in a circle, praying out loud or praying silently. If we struggle to connect with those kinds of prayer, we may feel bored, left out or jealous of people who find it easy to connect in these ways. We might also feel embarrassed and wonder if we are doing something wrong.

We may have heard about or tried out some different ways of praying — for example: prayer walking or hands-on prayer stations — and we might have felt more of a connection with those. Or we might have had times when we felt connected to God in unexpected ways — for example: while painting, surfing or playing an instrument. In these times we may feel like something clicks, but we might question whether this really counts as prayer or we might be unsure about how we can make this type of prayer a regular part of our lives.

All of this can lead us to wonder: How can I pray in a way that feels natural to me?

As a way to begin thinking about this, let's play the 'Stand, kneel, go!' game.

PLAY THE
'STAND,
KNEEL, GO!'
GAME

DO THE
'TRY IT OUT'
ACTIVITY

How did you go with the game? What was it like to act out those ways of praying?

What is it like to pray in a way that doesn't feel natural to us?



DIFFERENT WAYS TO CONNECT WITH GOD

Praying alone

THE NEXT MORNING, JESUS WOKE UP VERY EARLY. HE LEFT THE HOUSE WHILE IT WAS STILL DARK AND WENT TO A PLACE WHERE HE COULD BE ALONE AND PRAY.

— MARK 1:35 (ERV)

Praying with others

THEY ALL JOINED TOGETHER CONSTANTLY IN PRAYER.

— ACTS 1:14 (ERV)

Praying with music

SING AND MAKE MUSIC IN YOUR HEARTS TO THE LORD. EVERYTHING THAT BREATHES, PRAISE THE LORD!

— EPHESIANS 5:19B (ERV)

Praying in nature

HE LETS ME LIE DOWN IN FIELDS OF GREEN GRASS. HE LEADS ME TO QUIET POOLS OF FRESH WATER. HE GIVES ME NEW STRENGTH.

— PSALM 23:2-3 (ERV)

Praying at all times

AND PRAY IN THE SPIRIT ON ALL OCCASIONS WITH ALL KINDS OF PRAYERS AND REQUESTS. WITH THIS IN MIND, BE ALERT AND ALWAYS KEEP ON PRAYING FOR ALL THE LORD'S PEOPLE.

EPHESIANS 6:8 (ERV)

SCRIPTURE

DIFFERENT WAYS TO CONNECT WITH GOD

Praying alone

The next morning Jesus woke up very early. He left the house while it was still dark and went to a place where he could be alone and pray.

— Mark 1:35

Praying with others

They all joined together constantly in prayer.

— Acts 1:14a (NIV)

Praying with music

Sing and make music in your hearts to the Lord.

— Ephesians 5:19b

Praying in nature

He gives me green pastures to lie in.
He leads me by calm pools of water.
He restores my strength.

— Psalm 23:2-3a

Praying at all times

Pray in the Spirit at all times. Pray with all kinds of prayers, and ask for everything you need. To do this you must always be ready. Never give up. Always pray for all of God's people.

— Ephesians 6:18

QUESTIONS

What do you think about what we've just read? How do you think these Scriptures relate to the question, 'How can I pray in a way that feels natural to me?'

Which of these verses surprises you or encourages you today? In what way?

Some Bible verses support praying alone and some talk about praying with others. What do you think this shows?

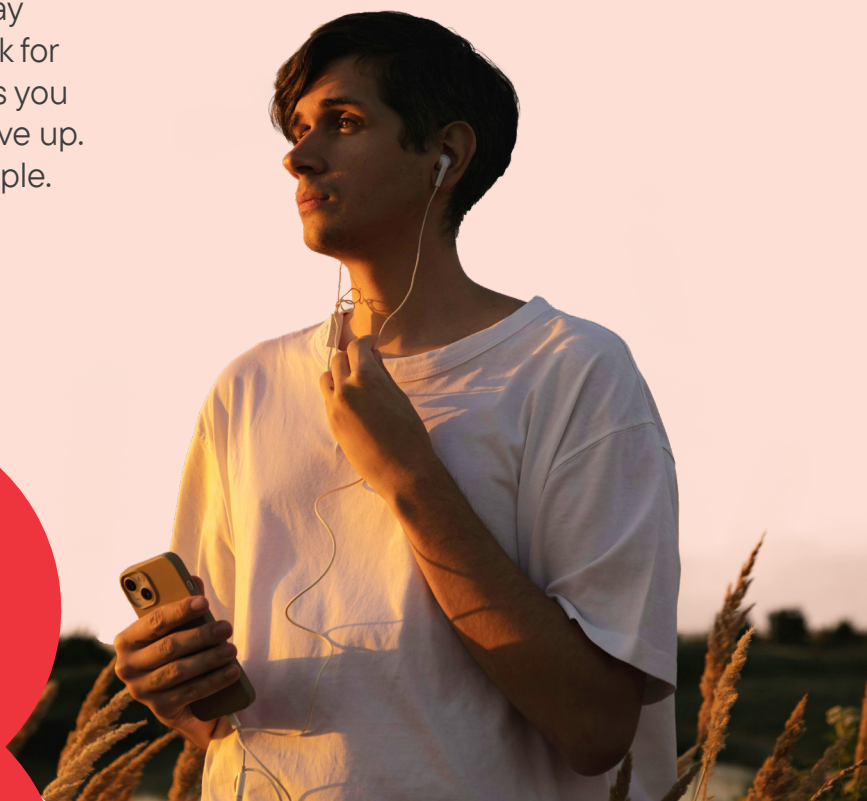
Do you think more people would pray if they knew they could do it in a way that feels natural to them?

CONCLUSION

In church or at Youth there are certain types of prayer that usually happen and if we struggle to connect with those, we may feel bored, left out or jealous of people who find it easy to connect in those ways. We might also be embarrassed and wonder if we are doing something wrong.

We may have heard about or stumbled across ways of praying that are more unusual or creative. If these feel more natural to us we can wonder if they really count as prayer, or we could be unsure how they could become a regular part of our lives.

The Good News is that God has created many different ways for us to pray and we don't all need to pray in the same way. We can connect with God in ways that feel natural to us.



6. *How can we pray about the problems we see in the world?*

INTRODUCTION

We don't have to look far to see that there are problems with our world — nations fighting, mental health crises surging, some people are rich while others struggle for food and shelter.

Sometimes we feel overwhelmed by anger or sadness at the ways people are suffering. But how do we turn that into a prayer? We might be unsure of the words we should say and what we should actually ask God for.

If we are not well informed about the problems, we might doubt whether we are even qualified to pray about them. Or sometimes the huge number of problems can send us into a spin. Where do we begin? Even if we've tried before, we can feel a bit lost and deflated, and we might avoid this type of prayer altogether.

How can we pray about the problems we see in the world?

As a way to begin thinking about this, let's play the 'Steal the toilet paper' game.

PLAY THE 'STEAL THE TOILET PAPER' GAME

How did you go with the game? What was it like to put energy into something that wasn't working?

Do you ever feel discouraged when praying about the problems you see in the world? Why/why not?

DO THE 'PICK A PROBLEM' ACTIVITY

**PROMPTS FOR PRAYING FOR
PROBLEMS IN THE WORLD:**

**Thank God for
who he is (e.g. for his
power and love)**

**Tell God what the
problem is and why you
think it's a problem**

**Tell God your feelings
and concerns about
the problem**

**Tell God what help
or change you want
him to bring.**

SCRIPTURE

THE HOLY SPIRIT SPEAKS TO GOD FOR US

Romans 8:26-27

²⁶ Also, the Spirit helps us. We are very weak, but the Spirit helps us with our weakness. We don't know how to pray as we should, but the Spirit himself speaks to God for us. He begs God for us, speaking to him with feelings too deep for words. ²⁷ God already knows our deepest thoughts. And he understands what the Spirit is saying, because the Spirit speaks for his people in the way that agrees with what God wants.

QUESTIONS

What do you think about what we've just read? How do you think it might relate to the question 'How can we pray about the problems we see in the world?'

When you have prayed about problems in the world, have you ever struggled to find the right words? How does it feel to know that the Holy Spirit helps us express our prayers to God — even when we don't know what to say?

Do you usually find it easier to talk to God out loud or in your head? After reading this Scripture, do you think it matters? Why/why not?

Verse 27 talks about how the Spirit speaks for people in a way that matches up with what God wants. What do you think this means?

CONCLUSION

Sometimes we can feel overwhelmed by the problems in the world — the fighting, mental health crises, suffering and poverty, and the unfairness of it all.

We can feel angry, sad or anxious about the ways people are suffering — but how do we turn that into a prayer? We might be unsure of the words we should say or even what to ask for. We can feel unqualified to pray, or — even if we've tried before — we can feel a bit lost and give up before we begin.

The Good News is that we don't need to know exactly what to pray. Even when we don't know the words to say, the Holy Spirit can step in and speak to God on our behalf. He knows our minds and hearts and helps us to pour out our concerns to God.



7. *Who can pray for us when we need help?*

INTRODUCTION

Sometimes, after someone prays for us, we feel like a weight has been lifted or a chain has been broken. We might feel stronger, or like we can see our situation more clearly.

But what if we want someone to pray for us, but we don't know how to ask? We might be unsure if our need is big enough to ask for prayer. Or we might simply feel shy or nervous to ask.

Some of us might have experienced people praying for us in a way that made us uncomfortable or embarrassed. If that has happened, we can be guarded and cautious about letting someone pray for us in person again.

At church, we are told that it's important to pray for each other, but we might wonder: who can pray for us in a way that makes us feel supported rather than uncomfortable?

Who can pray for us when we need help?

As a way to begin thinking about this, let's play the 'Stuck in the mud' game.

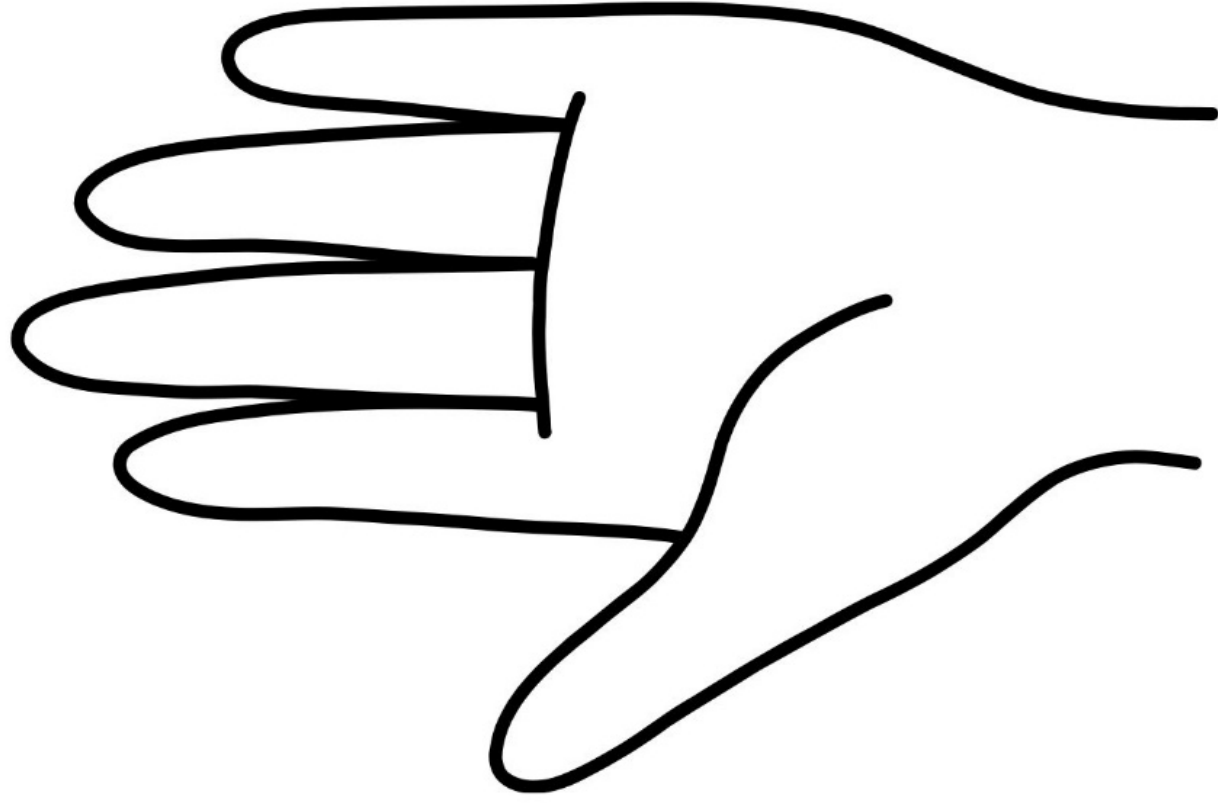
PLAY THE
'STUCK IN
THE MUD'
GAME

How did you go with the game? How did it feel when someone helped you get unstuck?

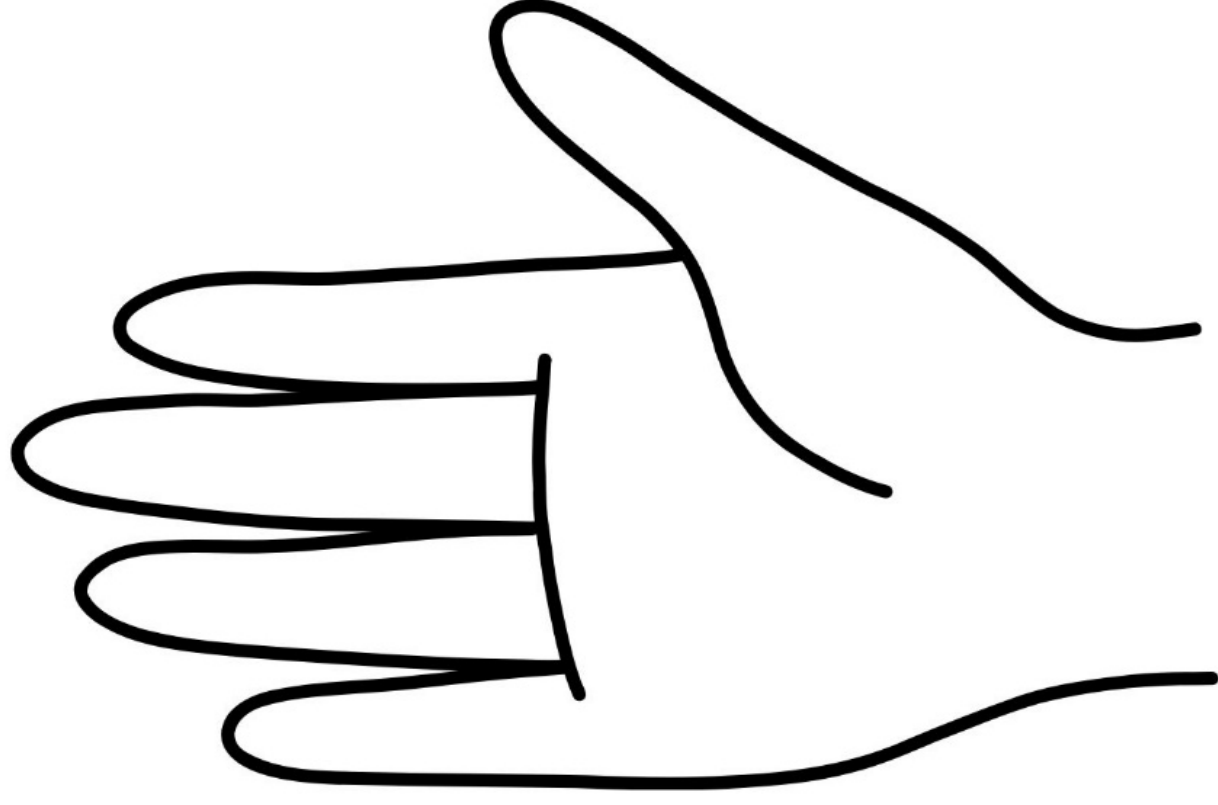
How does it feel when people pray for us?

DO THE
'PRAYER
REQUEST
SWAP'
ACTIVITY

People I can pray for



People who can pray for me



SCRIPTURE

BUILDING EACH OTHER UP THROUGH PRAYER

1 Thessalonians 5:11 (ERV)

So encourage each other and help each other grow stronger in faith, just as you are already doing.

2 Thessalonians 1:11b (CEV)

We pray for God's power to help you do all the good things you hope to do and your faith makes you want to do.

QUESTIONS

What do you think about what we've just read? How do you think it might relate to the question 'Who can pray for us when we need help?'

Based on these verses, do you think we should only ask for prayer when we are facing something very serious? Why/why not?

Who could help you "grow stronger in faith"? Why do you think God wants to strengthen and encourage us all?

2 Thessalonians 1:11 says, "We pray for God's power to help you do all the good things you hope to do..." What kinds of things would you like God to help you do? What would that mean for you?

CONCLUSION

Sometimes, after someone prays for us, we feel like a weight has been lifted or a chain has been broken. We may feel stronger, or like we can see our situation more clearly.

But what if we want someone to pray for us, but we don't know how to ask? We might be unsure if our need is big enough for us to ask for prayer. Or we might feel shy or nervous to ask.

If we have experienced people praying for us in a way that made us uncomfortable or embarrassed, we might be concerned it will happen again. We might want to be prayed for, but only in a way that makes us feel supported rather than uncomfortable.

The Good News is that God can strengthen and encourage us through the prayers of other Christians. When we are facing something difficult, we can find help and support by asking other Christians to pray for us.



8. How can we trust that God hears our prayers?

INTRODUCTION

Some of us might find it easy to believe God hears our prayers, but it's natural to struggle with this sometimes.

Sometimes prayer can feel like speaking into a void — there's no reply, no nodding or eye contact, just quiet. We might be frustrated there isn't more obvious evidence of God listening, or we might doubt whether he hears us.

Some of us have prayed and believe God answers, and when we look back, we find out he was listening — even though we didn't see it at the time.

Others have had people in our lives who have not listened to us, or they've treated us like our voice didn't matter. This can make us wonder whether God would really listen to us, or if we can trust him.

And what if the things we pray for don't happen? Or a different answer comes than the one we were expecting? We might wonder if we're being ignored, or if we're doing something wrong. Waiting can be uncomfortable, especially when we're used to quick answers everywhere else in life.

All of this can cause us to wonder: How can we trust that God hears our prayers?

As a way to begin thinking about this, let's play the 'Message mash-up' game.

PLAY THE 'MESSAGE MASH-UP' GAME

***How did you go with the game?
What was it like when you didn't get a
response to your question?***

How does it feel when God doesn't seem to be answering our prayers?

DO THE 'REMEMBER WHEN...' ACTIVITY

GOD IS NEAR US WHEN WE PRAY

***Our Lord,
everything
you do is kind and
thoughtful, and
you are near
to everyone
whose prayers
are sincere.***

—Psalm 145:17-18, CEV

SCRIPTURE

GOD CARES ABOUT YOU

Matthew 6:25-33

²⁵ “So I tell you, don’t worry about the things you need to live—what you will eat, drink, or wear. Life is more important than food, and the body is more important than what you put on it. ²⁶ Look at the birds. They don’t plant, harvest, or save food in barns, but your heavenly Father feeds them. Don’t you know you are worth much more than they are? ²⁷ You cannot add any time to your life by worrying about it. ²⁸ And why do you worry about clothes? Look at the wildflowers in the field. See how they grow. They don’t work or make clothes for themselves. ²⁹ But I tell you that even Solomon, the great and rich king, was not dressed as beautifully as one of these flowers. ³⁰ If God makes what grows in the field so beautiful, what do you think he will do for you? It’s just grass—one day it’s alive, and the next day someone throws it into a fire. But God cares enough to make it beautiful. Surely he will do much more for you. Your faith is so small!

³¹ Don’t worry and say, ‘What will we eat?’ or ‘What will we drink?’ or ‘What will we wear?’

³² That’s what those people who don’t know God are always thinking about. Don’t worry, because your Father in heaven knows that you need all these things. ³³ What you should want most is God’s kingdom and doing what he wants you to do. Then he will give you all these other things you need.”



QUESTIONS

What do you think about what we’ve just read? How do you think it might relate to the question ‘How can we trust that God hears our prayers?’

What does it mean to you that God feeds birds and ‘dresses’ flowers? How would knowing this help you not to worry about the things you need?

If God cares about birds and flowers and other parts of the world he created, what makes us think he wouldn’t care about us and listen to us?

What do you think happens to us when we pray about the things that we need, and/or the things that worry us? How do you think praying helps us to trust God more?



CONCLUSION

Some of us might find it easy to believe that God hears our prayers, but it’s natural to struggle with this sometimes. We might have prayed and believed God would answer, but it’s only when we look back that we find out he was listening. We might not see it at the time.

Sometimes prayer can feel like speaking into a void — we might be frustrated there isn’t more obvious evidence of God listening, or we might doubt whether he is listening at all. If we pray for things and they don’t happen the way we expect, we might wonder if we’re doing something wrong.

If we’ve had people in our lives who haven’t listened to us, we can wonder if God would really listen, or if we can trust him.

The Good News is that God always hears our prayers. He cares deeply about us and all the details of our lives. We can trust that he listens to us and cares about our worries and needs.



LIFE LABS



ACKNOWLEDGEMENT:

All Scripture quotations, unless otherwise noted,
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