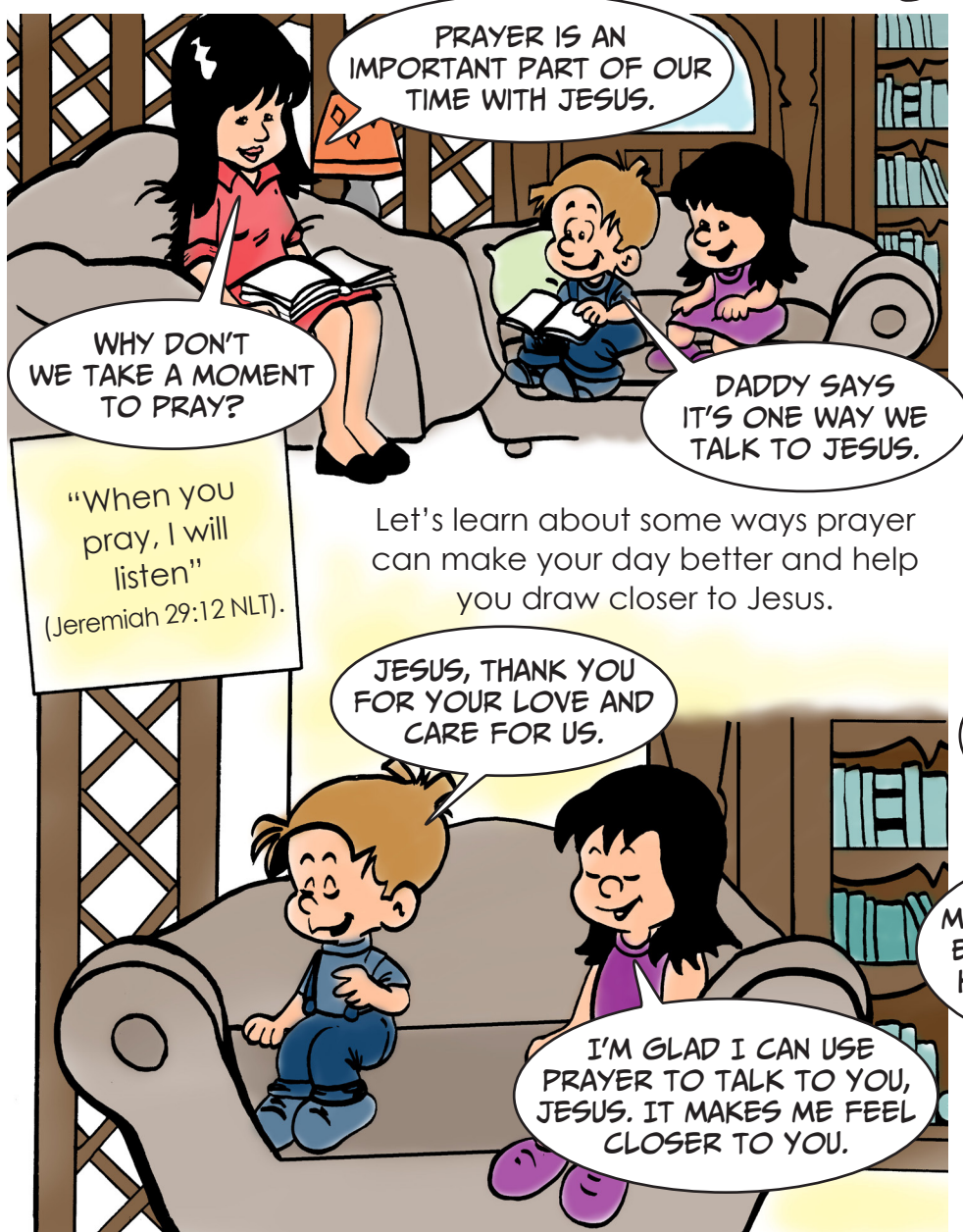
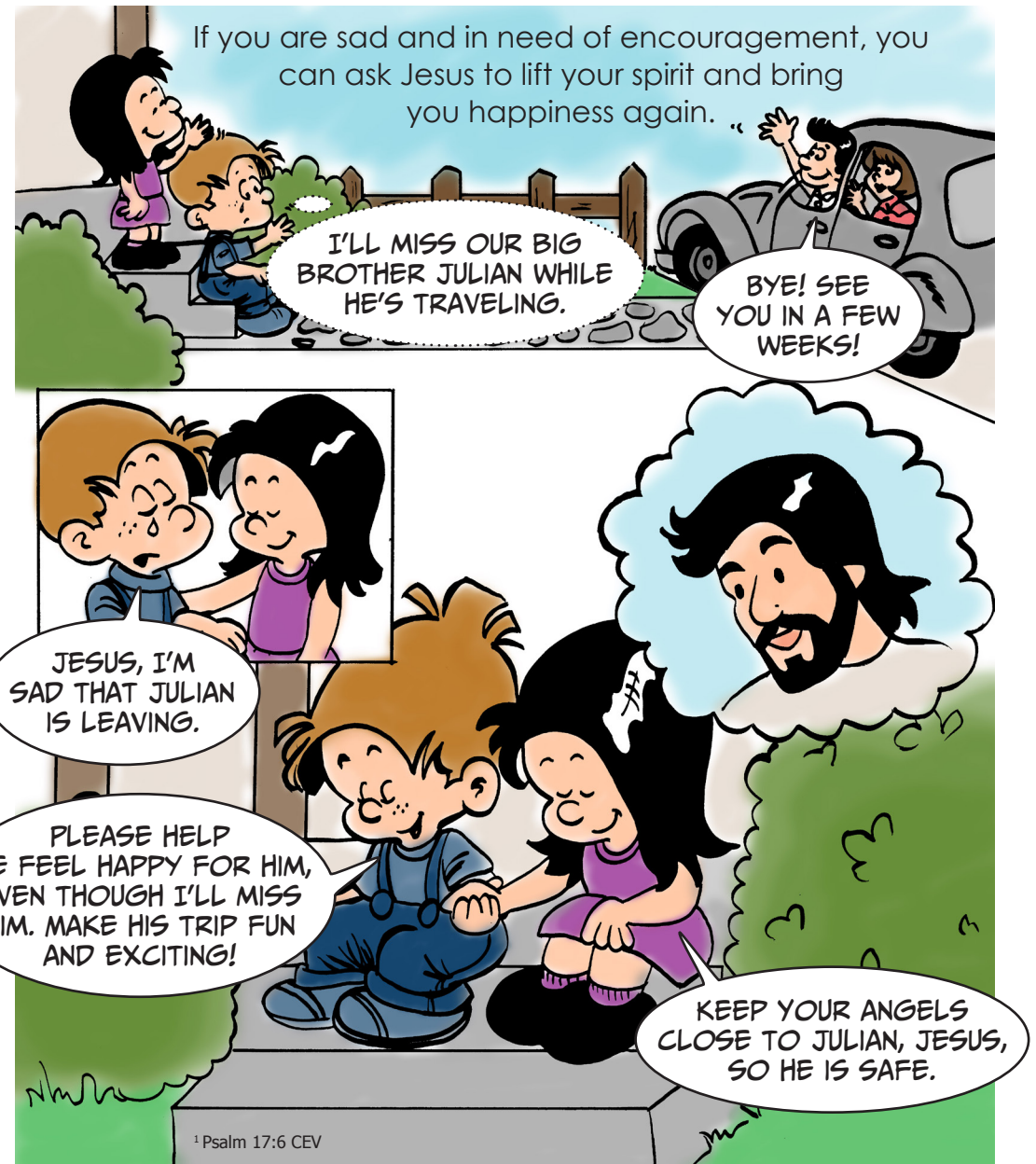


Take a Moment to Pray



PRAYER CAN BRING YOU COMFORT AND HOPE.

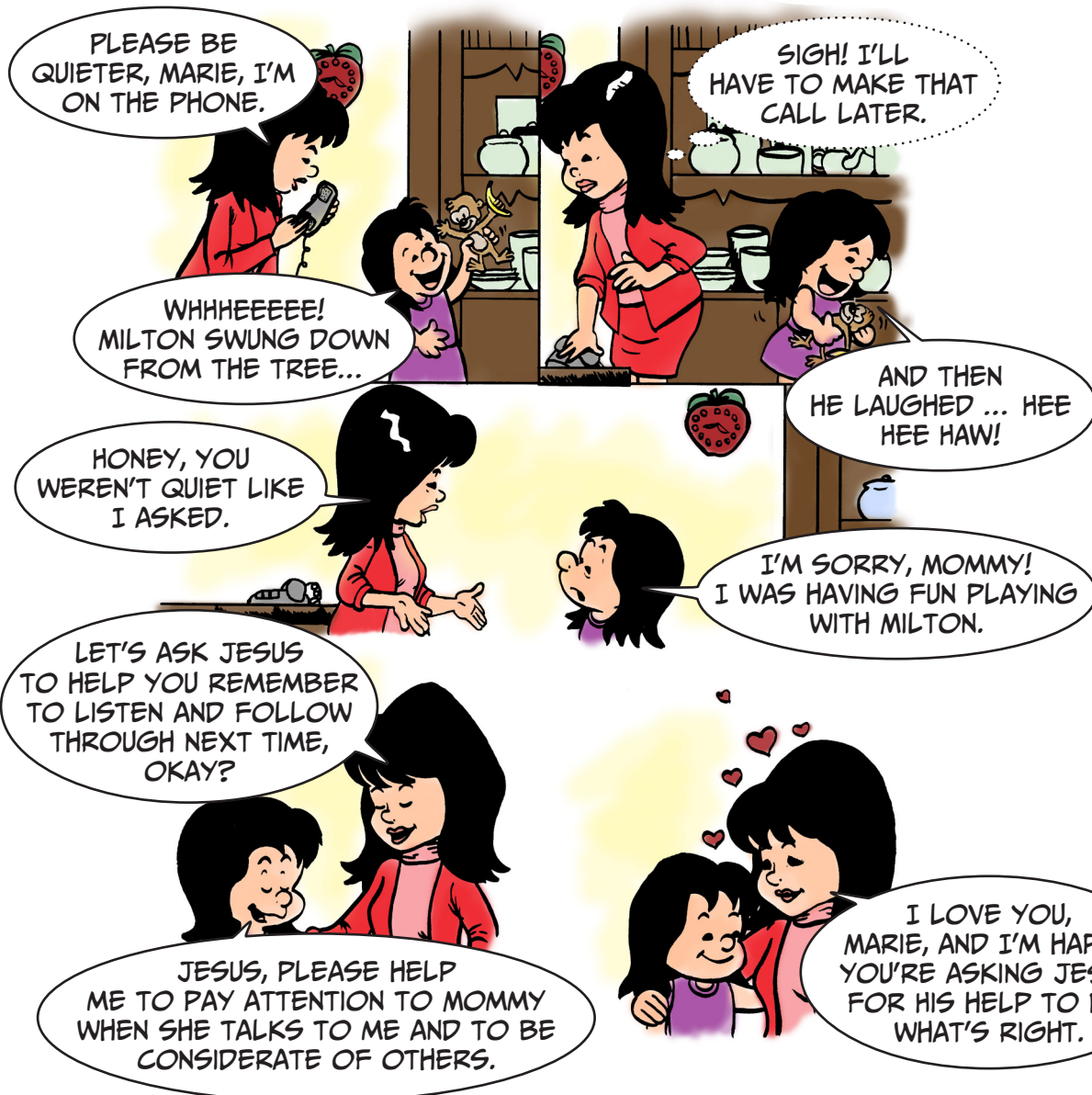
"I pray to you, God, because you will help me.
Listen and answer my prayer!"¹



PRAYER IS A WAY TO ASK JESUS TO HELP YOU MAKE POSITIVE CHANGES.

"Always pray and never lose hope."²

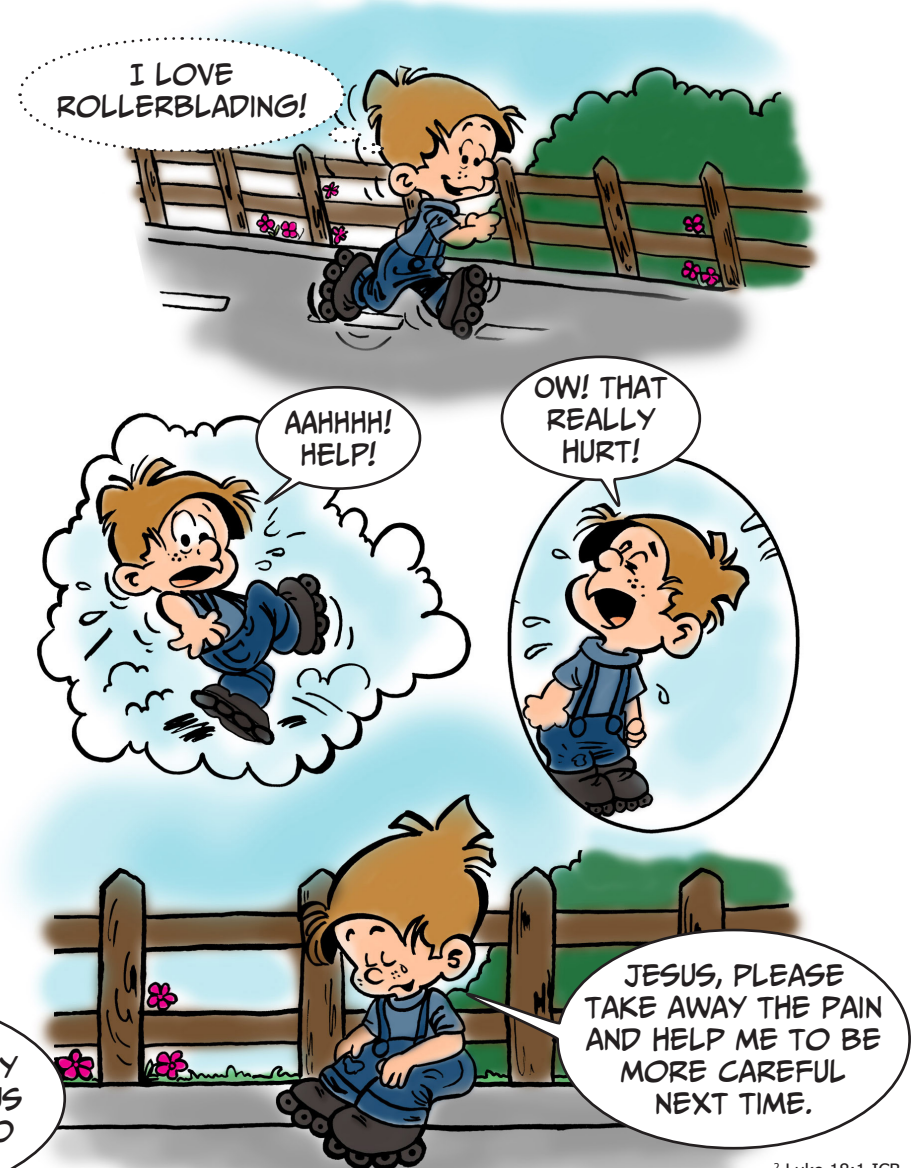
As you grow up, there are many things that you need to learn, and sometimes you may not remember to do what's right. Through prayer you can ask Jesus to help you remember next time.



PRAYER BRINGS HEALING.

"A prayer offered in faith will heal the sick, and the Lord will make you well."³

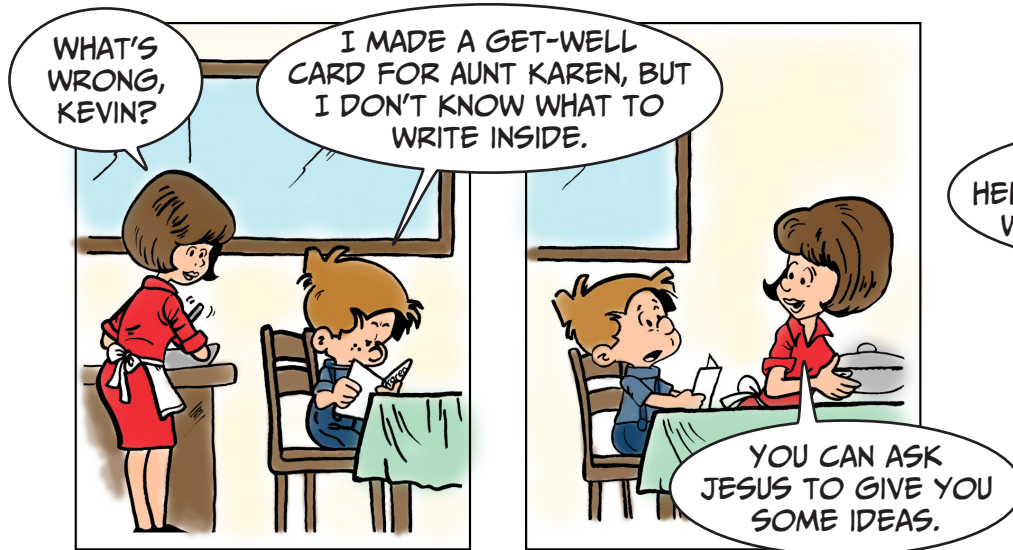
If you are hurt or sick, talk to Jesus in prayer. He can bring you the healing you need to feel strong and healthy again.



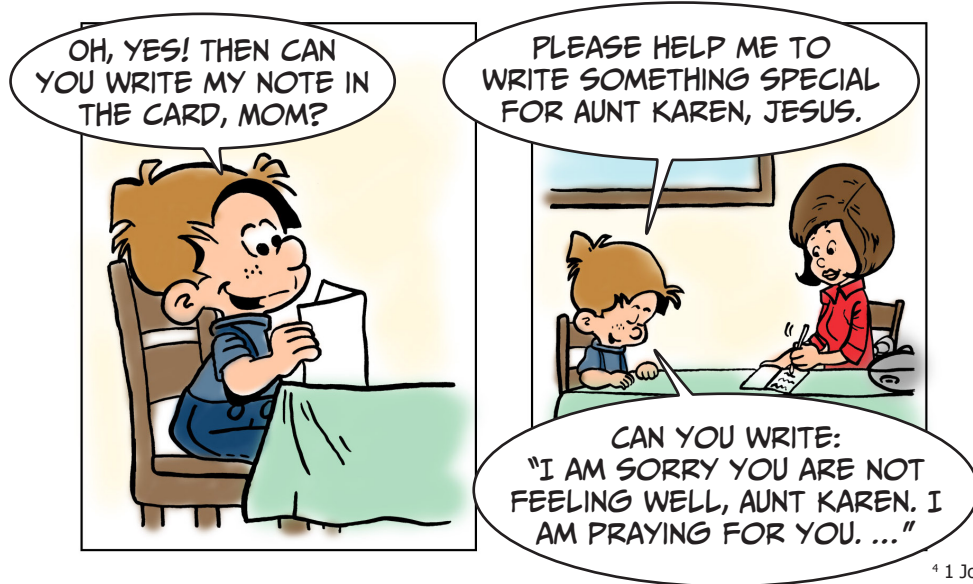
² Luke 18:1 ICB
³ James 5:15 NLT

PRAYER CAN BRING THE ANSWERS AND SOLUTIONS YOU NEED.

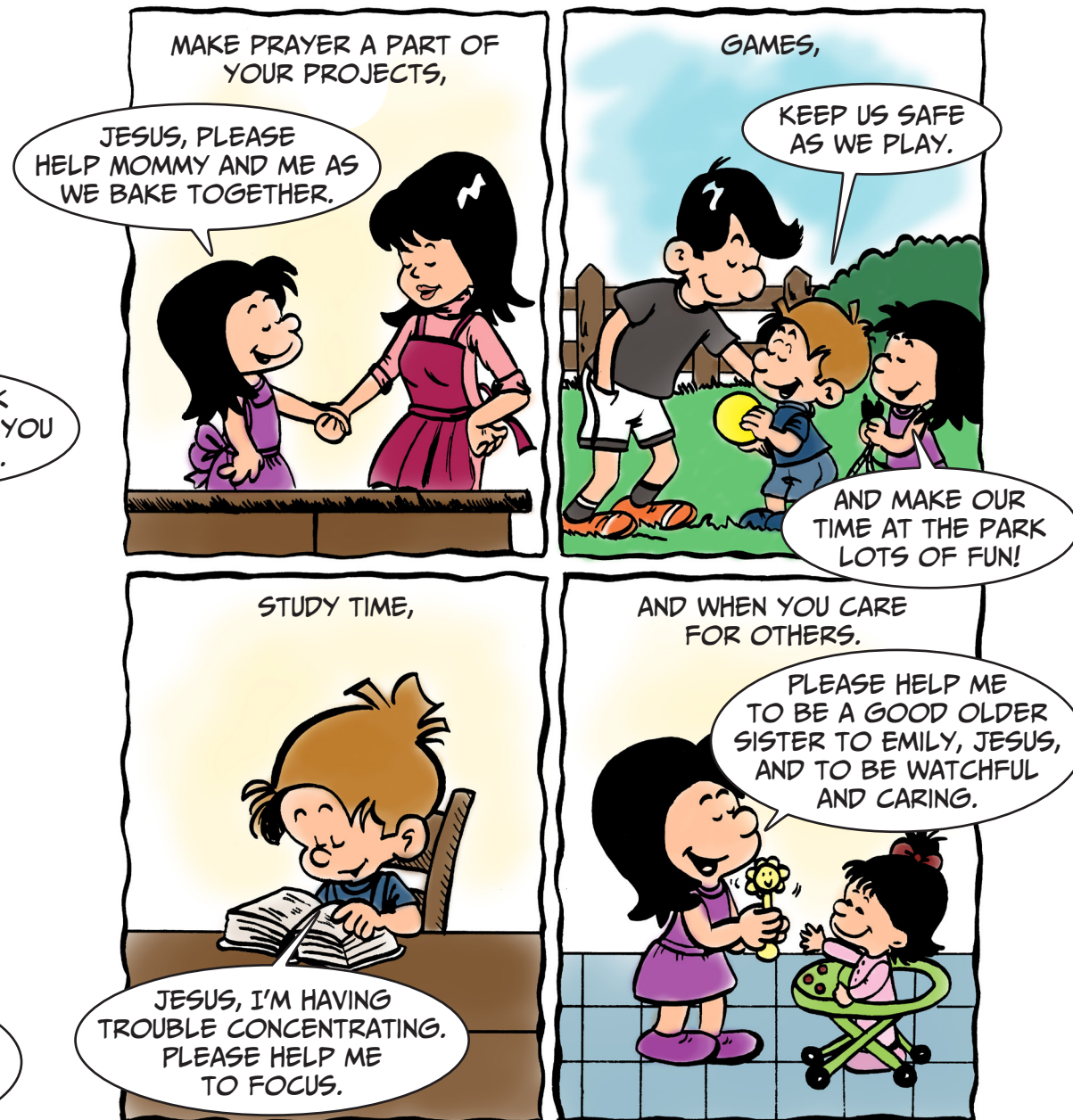
"And since we know he hears us when we make our requests, we also know that he will give us what we ask for."⁴



If you are struggling with something, use prayer to ask Jesus to give you a hand. Talking to Jesus can erase the confusion and bring you answers.



Prayer can be a part of your day, no matter what you are doing. Learn to talk to Jesus and make Him a part of your activities; in fact, the Bible says to "pray at all times."⁵ In everything you are doing, ask Jesus to be a part.



⁴ 1 John 5:15 NLT

⁵ 1 Thessalonians 5:17 GNT

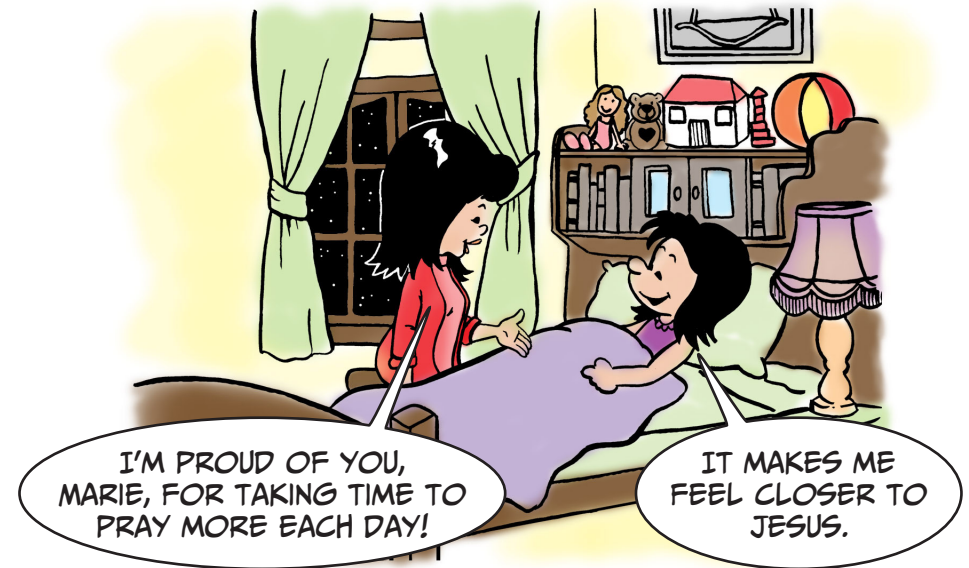
The Bible instructs you to “pray in the Spirit at all times. Pray with all kinds of prayers, and ask for everything you need. To do this you must always be ready. Never give up. Always pray for all God’s people.”⁶



The more you pray, the more you will build the habit of prayer. When you make something a habit, it means that it comes naturally to you—you don’t have to be told, you don’t struggle to remember—it is just a part of what you do. Making Jesus a part of your day by using prayer to talk with Him also draws you closer to Him. It keeps Jesus on your mind and lets Him help you when you need it.

“God, we thank you. We thank you because you are near. We tell about the wonderful things you do” (Psalm 75:1 ICB).

Prayer builds up your faith by placing your needs, worries, and concerns in God’s hands, and trusting Him for what you need. Remember, “don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.”⁷



In your prayers, remember to give thanks to God too. Use your prayers to not only ask Jesus for the things or help that you need, but remember to thank Him too. Begin your prayers with a grateful heart, which will remind you of God’s goodness and blessings to you.

⁶ Ephesians 6:18 ICB
⁷ Philippians 4:6 NLT