

A Devotional About Commitment

Read: Philippians 4:6 NIV

DAY
1

Talk to God

God loves hearing your voice! Prayer is simply talking to Him anytime, anywhere. Take a moment and say, "Hi, God. Thank You for loving me." You just prayed! Whenever you feel happy, worried, or curious today, you can simply talk to God. He's always listening.

LOOK for moments to talk to God!

DAY
2

Say "Amen"

Prayer is talking with God. Here are a couple of simple ways to talk to God. You could pray like Jesus! "Our Father in heaven, may Your name be honored." You can start by telling God one thing you're thankful for and one thing you need. Finish with "Amen." Amen means, so be it, basically saying let it be done! Prayer can be long or short, whispered or sung; what matters is that you are talking to God!

KNOW God hears every prayer, big or small!

Practice praying
to God.

DAY
3

Prayer Hand

God hears every prayer. Hold up your hand and wiggle each finger. Let each finger remind you who to pray for: thumb—family, pointer—friends, tall finger—leaders, ring finger—people who are sick or sad, pinky—you. Tell God one sentence for each finger. You can pray for these things all the time. He hears each word you say, big or small.

Trace your hand on paper. On the fingers, write FAMILY, FRIENDS, LEADERS, SICK, and ME, then decorate the page.

ASK God to love and help each person.

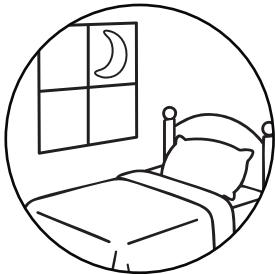
DAY
4

Thank-You Prayer

When someone gives you a gift, you say thanks. Prayer is the same. Close your eyes, and imagine a big present from God, His love! Say, "Thank You, God, for loving me and always hearing me." Think of one more thing you're grateful for; it could be family, sunshine, a good friend, your favorite food, and tell God "Thank You." Grateful prayers make your heart happy and remind you that God is good.

THANK You, God!

"Dear God, thank You for hearing me. Help me remember to thank You every day. In Jesus' name, Amen."



Pray before
you sleep



Pray for others



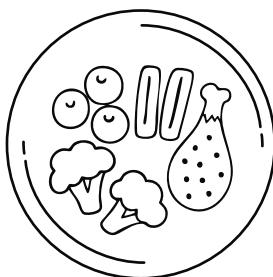
Pray before
learning



Pray on the go



Pray on the
playground



Pray before
your meal