

Commitment - Make a plan to be like Jesus and putting it into practice.



DAY 1

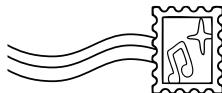
Read Jeremiah 29:12 NIrV

"Then you will call out to me. You will come and pray to me. And I will listen to you."

Prayer is like sending a letter or postcard to someone who loves you so much. Letters start with "Dear ..." and tell what's happening.



Look at this postcard outline. On the first blank, write one feeling: happy, worried, excited, tired. God wants to know how you feel. On the next blank, add something you're thankful for, maybe pancakes or a sunny day. Gratitude makes your heart lighter. On the last blank, write one thing you need help with: a math test, a sick pet, or patience with a sibling. When you finish, sign your name.



"Dear God, Today I feel _____.
Thank You for _____.
Please help _____.
I love You, In Jesus' name I pray. Amen."

DAY 2

Read Ephesians 6:18 NIrV

"At all times, pray by the power of the Spirit. Pray all kinds of prayers. Be watchful, so that you can pray. Always keep on praying for all the Lord's people."

Imagine sitting beside your best friend at lunch. You say hello, share what happened during math, ask a question, and laugh together. Praying is that simple.

Start by greeting God: "Hi, God."

Next, honor Him: "You are strong and good."

Then share what's on your heart. Tell Him about the science project, the sick puppy, or the fight with a friend. Ask for help where you need it.

Finally, say, "Thank You" or "I worship You, God."

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The Bible says, "Pray ... at all times ... with all kinds of prayers." That means you can pray before the test, during kickball, or while brushing your teeth. When you practice praying, you train your heart to notice God near you all day long. Tonight, when it's quiet, tell God one good thing and one hard thing from today, then say, "I trust You." Sleep knowing God heard. Tomorrow, start talking to Him again!

### MEMORY VERSE:

"Training the body has some value. But being godly has value in every way. It promises help for the life you are now living and the life to come."  
1 Timothy 4:8 NIrV

DAY 3

### Read Psalm 139:9-10 NIV

*“Suppose I were to rise with the sun in the east. Suppose I travel to the west where it sinks into the ocean. Your hand would always be there to guide me. Your right hand would still be holding me close.”*

God is everywhere, so you can talk to Him everywhere. King David wrote that even if he were to rise with the sun really far away, God's hand would still guide him. Think about that! Whether you are hiding in a blanket fort, hanging upside-down on the monkey bars, or buckled in the back seat, God is there! So where can you pray? Anywhere!

Right after you wake up, you can say, “Good morning, God.” In the bathroom mirror: “Thank You for making me.” At the breakfast table: “Please help Mom at work.” On the sidewalk: “Keep us safe.” Between math problems: “Help me focus.” Under the big tree at recess: “Wow God, Your world is amazing!” While picking up toys: “Forgive my cranky attitude.” Under the covers: “I trust You as I sleep.”

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The more places you pray, the more you truly notice God's presence wherever you go every day.

DAY 4

### Read Philippians 4:6 NIV

*“Don't worry about anything. No matter what happens, tell God about everything. Ask and pray, and give thanks to him.”*

Have you ever carried a heavy backpack all day? By afternoon, your shoulders ache. Worry feels like that weight inside your mind. God doesn't want you to carry it around. When you pray, you hand the heavy bag to Him.

When we tell God everything, His peace guards our hearts like a strong shield. Peace doesn't mean all problems disappear. It means you remember God is bigger than the problems.

Name what is making you tense. Say it out loud to God. Next, believe God can take the worry from you. Even if nothing around you changes, something inside you does; your heart feels lighter, and your thoughts slow down. That is God's promise working.

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Keep practicing. Every time worry shows up, treat it like a signal saying, “It's prayer time!” The more you give your worries to Jesus, more and more peace will come.

