

LESSON *THREE*

NEW LIFE



Be With Him in Prayer & Worship

Why this matters: Prayer and worship are not activities we do for God—they are ways we stay connected to Him. Jesus invites us into an ongoing relationship with our Father, where we learn to trust Him, depend on Him, and orient our lives around His presence.

Start Here: When you think about prayer, what comes to mind? A conversation? A responsibility? Something that feels natural or difficult?

The Big Idea: Prayer is ongoing conversation with our Father. Worship is a lifestyle of honoring God with our whole lives. As we spend time with Him in prayer and worship, our hearts become more aligned with His heart.

Read Together:

Luke 11:1-4
Romans 12:1
1 John 1:9

After reading, ask: What stands out? What do you notice about the way Jesus teaches His disciples to pray?

A Few Truths to Hold:

- Prayer begins with relationship. God invites us to come to Him as our Father.
- Worship is more than singing—it is a lifestyle of honoring God.
- As we pray, worship, and turn back to God, we stay connected to Him.

Talk About It: Which part of the Lord's Prayer feels most meaningful to you right now? Why?

- "Father..."
- "Your kingdom come..."
- "Give us each day our daily bread..."
- "Forgive us..."
- "Deliver us from temptation..."

Practice This Week: Each day this week, pray through the Lord's Prayer slowly. Pause after each phrase and talk with God in your own words. At the end of the day ask: "Lord, is there anything I need to bring before you? Is there anyone I need to forgive?"

Pray Together: Ask God to grow your desire for prayer and teach you to worship Him with your whole life.

Looking Ahead: Next time, we'll talk about spiritual warfare and what it looks like to stay close to Jesus when we face temptation, lies, discouragement, and opposition.