

**TODAY'S TOPIC:  
Affirmative Prayer**

You are welcome to use this lesson to inspire spiritual conversation in your family or youth classroom. It is written for elementary age, but could be adjusted as needed.



**THINKING JOB:** Ask a “thinking job question” to get everyone thinking about something pertinent to the lesson. This could be asked moments or hours before your conversation.

***Do I pray? How do I pray?***

**Lesson**

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> <li>• Paper or cardstock</li> <li>• Scissors</li> <li>• Markers</li> </ul>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>	How to do an affirmative prayer.

**ASK:** What are some ways to talk to God? There so many ways to talk to God, but one of the best ways is prayer. You might wonder what that word “prayer” means. It actually means “talking to God”.

**ASK:** Some people wonder who can do prayer?\_Everyone! No matter what your age, background, beliefs, where you live.

**ASK:** So when can you do prayer? Anytime. Some people have times they pray ex: grace, bedtime, when you have a problem, etc.

**ASK:** Okay, then where can I do prayer? Anywhere. Do people have places they pray ex: at the table for grace, in bed, at school, when in nature,etc. One of my favorites is: (add your answer here)

**ASK:** Why would you want to pray? Talk to God. Ask questions. Talk about what’s going on. Talk about what you want.

**SAY:** There are many kinds of prayers – thinking, singing, meditation, creating, speaking. The one we’re focusing on today is called affirmative prayer. What is affirmative prayer? Prayer where you ask for something as if it already came true.

Example: if you are feeling sick, instead of saying “please make me better” you would say “I am healthy” or “I am well”. Picture it and say it as you want it to be, and tell it God.

**SAY:** REMEMBER GOD IS A PART OF EVERYTHING AND A PART OF YOU, PICTURE IT, SAY IT, SAY THANK YOU, AND GIVE IT.

**SAY:** Let's use the example of a vacation to Disneyland. What are some things you might see at Disneyland? Mickey Mouse, princesses, roller coasters, going on rides, a castle.

- REMEMBER GOD IS A PART OF EVERYTHING AND A PART OF YOU.
- PICTURE IT – Imagine/picture in your head God or Spirit. Now picture yourself with God. Then picture what you want (use the suggestions from earlier – Mickey Mouse, riding rides, roller coasters, meeting princesses, seeing the castle.)
- SAY IT – I am on a great, amazing, cool, special trip to Disneyland.
- SAY THANK YOU – Thank you God!
- GIVE IT – I release my affirmative prayer to God!

**SAY:** Another way to do affirmative prayer is the “God is Everywhere Prayer” Act out “God is Everywhere”.

- God is everywhere (recognition is God is in all people, all things, all places)
- God is inside of Me (unification - I am never separate from God, I am divine, God loves me)
- God gives me everything I need (realization - I know \_\_\_\_\_ is here and done now)
- Thank you God (thanksgiving - I am thankful for God and for \_\_\_\_\_)
- I send my thoughts out to the universe to multiply and come back to me. (release- I send this to God and know it's being done)

**SAY:** You can draw pictures, write words or just use your imagination as part of your prayer.

**PLAY:** The Treatment Song <https://www.youtube.com/watch?v=qGWPJNlmo28>

**AFFIRMATION** – I know my prayer is heard and true! Repeat 4x

**ACTIVITY:** Trace hands and help each child or member of your family to write an affirmation just for them on it.

**AFFIRMATION** – I know my prayer is already true. repeat 4X

**Note:** Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/> . A video to support this lesson is available on our MHC Y+F Positive Family Spirituality YouTube channel [https://www.youtube.com/channel/UCUc3XHlHB9TF4FENneYoO\\_Q](https://www.youtube.com/channel/UCUc3XHlHB9TF4FENneYoO_Q) . An audio conversation of this lesson appropriate for children can be found at <https://insighttimer.com/milehichurch>.