

# Praying With Expectant Hearts — Parent + Preschool Guide (James 5:13–18)

## BIG IDEA:

“God hears me when I talk to Him through prayer.”

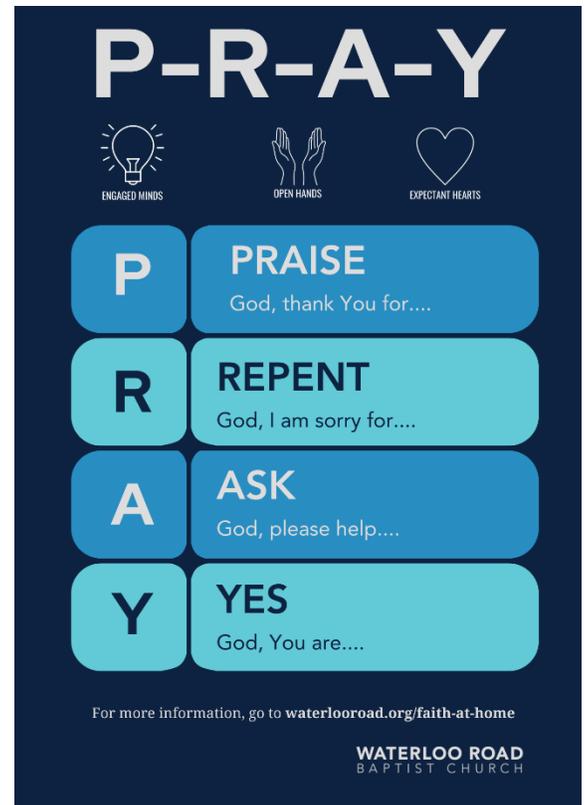
**Time:** 5–8 minutes

## 1-Minute Start

Say: “Prayer is talking to God.”

Ask your child:

- “How are you feeling today?”
- “Did you know you can talk to God about what you are feeling?”



For each point, use the acronym P-R-A-Y (above) to guide your preschooler to pray.

## Main Points

### 1) We can praise God when we pray.

Praising God is telling Him what we are thankful for. No matter how we feel, we can thank God for what He is doing.

Share the following examples:

God, thank you for...

- Listening when we pray.
- My mom and dad.
- Taking care of me.

### FOR YOUNGER PRESCHOOLERS:

**You can have them repeat after you.**

“God, thank you for \_\_\_\_\_.  
Amen.”

## **FOR OLDER PRESCHOOLERS:**

**Ask them what they are thankful for and encourage them to pray a short one sentence “Thank You God for” prayer themselves.**

### **2) We can ask God to forgive us when we sin (break God’s rules).**

Repenting is telling God that you are sorry for doing something wrong and asking Him to forgive you. God always forgives us when we ask Him to.

Share the following examples:

God, I am sorry for...

- Yelling at my sister/brother.
- Not listening to my mom/dad.
- Getting angry when I’m told, “No”.

## **FOR YOUNGER PRESCHOOLERS:**

**You can have them repeat after you.**

“God, I am sorry for \_\_\_\_\_.  
Amen.”

## **FOR OLDER PRESCHOOLERS:**

**Help them identify something they can repent for (tell God I’m sorry for). Encourage them to pray a short one sentence “God, I am sorry for” prayer themselves.**

### **3) We can ask God for help.**

God is big enough to help with whatever we are going through. God is smart enough to help us in the way that is most helpful to us.

Share the following examples:

God, please help...

- Me to be kind to others.
- My mom to get better because she’s sick.
- My friend because her dog is lost.

## **FOR YOUNGER PRESCHOOLERS:**

**You can have them repeat after you.**

“God, please help \_\_\_\_\_.

Amen.”

## **FOR OLDER PRESCHOOLERS:**

**Help them identify things that they can ask God to help them with. This can be as simple as helping them with learning something new or as complex as making friends. Encourage them to pray a short one sentence “God, please help” prayer themselves.**

**Parent tip:** If they share something big, say: “Thank you for telling me. God loves you.” Take a moment to talk through with them what they are feeling and let them know that they can pray to God to help them through this situation.

### **4) We can say “Yes” about God.**

God is more awesome than we can ever understand. Part of praying to God is telling Him we know just how awesome He is.

Share the following examples:

Yes God, You are...

- Always in charge.
- Loving and Kind.
- Powerful.

## **FOR YOUNGER PRESCHOOLERS:**

**You can have them repeat after you.**

“Yes God, You are \_\_\_\_\_.

Amen.”

## **FOR OLDER PRESCHOOLERS:**

**Help them identify some things that they know about God. This can be as simple knowing God is Creator of everything or as big as God is forgiving. Encourage them to pray a short one sentence “Yes God, You are” prayer themselves.**

## **Closing Blessing (20 seconds)**

Parents take a moment to pray over your children.