



FAMILY TIME
TRAINING

Activity: Prayer Box

Teaching Goal: Through prayer, give your concerns to God. Wait on God's timing for answers to prayer.

Scripture: Matthew 5:44 Pray for those who treat you badly.

Luke 11:2-4 The Lord's Prayer

Romans 8:26 The Holy Spirit will help us pray.

Ephesians 6:18 Pray for other Christians.

Philippians 4:6 Through prayer, present your requests to God.

Materials: Shoebox
Markers, crayons, decorations for the box
Paper
Glue

- I. Play theme song
- II. Pray
- III. Review last lesson
- IV. Lesson and discussion

✓ Words written in **bold** are when the leader is speaking. Feel free to use your own words.

A. DISCUSSION: **Even though the Bible tells us not to be anxious and not to worry, sometimes I still find myself anxious or worried. I am anxious when someone I love is seriously sick. I worry when I've done something wrong and maybe hurt a friend's feelings. Can you remember a time recently when you were anxious or worried? Listen and share.**

Invite a volunteer to read Philippians 4:6. **The verse says not to be anxious, but to pray. Prayer can help us not to be anxious and not to worry!**

In the book, *Redeeming Love*, by Francis Rivers, a young woman named Susanna talks to her new friend Angel about how she handles life's worries and concerns. "This is my God box. When problems prey on my mind, I write them down, fold them up, and put them through the slot. Once they're inside this box, they're God's problem, not mine...a plain ordinary box, but it reminds me to put faith in God and not in myself." Susanna tells Angel that she puts the date on her prayers when they are answered. She opens the box, and shows Angel prayers that have been answered and prayers for which she is still waiting on answers.

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B. ACTIVITY: Make a “God box” using a shoebox or other container from around your home. Cut a slit in the top for putting prayers into the box.

Decorate the box. You can color symbols and images associated with prayer. You may want to glue onto the sides of the box some of the prayer verses listed with this activity.

While you are decorating the box, talk about the different ways God answers prayer. Use the following three stories when God said, “Yes,” “No,” and “Wait.”

YES: Acts 12:1-10 Story of Peter being released from jail while friends prayed.

NO: 2 Corinthians 12:7-10 Story of Paul asking God to remove his thorn in the flesh but God didn’t.

WAIT: Genesis 15:4, 17:19 God promises Abraham a son. More than 15 years later, at the age of 100, God gives Abraham and Sarah a son.

Ask each family member to write down two items (events, relationships, concerns) that make them anxious or worried. After everyone puts their concerns in the box, invite volunteers to read Matthew 5:44, Ephesians 6:18, Romans 8:26 and then invite everyone to read or say the Lord’s Prayer, Luke 11:2-4.

Keep the box in a prominent place for at least a month. Open the box each week, to see if any of the prayers have been answered. If they have been answered, then date the paper. Add concerns to the box as they occur or each week at Family Time.

At the end of a month, you will find that God answers some of your prayers quickly, others take more time, and for still others, the answer may be unclear. See if the family would like to continue using the “God Box” for another month.

V. Memorize:

**No longer mine
Jesus, it’s thine.**

VI. Close in Prayer

VII. Pass It On: Make an extra copy of this lesson and *pass it on* to another family.