







# TALK TO YOUR FATHER

A TEACH & PLAY LESSON · TALK TO GOD · MATTHEW 6:9

"Our Father in heaven..." — Matthew 6:9

The game was loud. This part is just for you. Be honest — no one else reads this.

## 1. Right now, my prayer life feels... *(circle one)*

-  STARTING — I want to learn
-  CHECKBOX — I pray when I have to
-  ONLY IN CRISES — when things break
-  REAL — I actually talk to God

## 2. One thing that makes prayer hard for me is... *(or write "nothing — I'm ready to talk")*

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## 3. I usually talk to God about... *(check any)*

- School stress
- Family
- Friends
- Anxiety
- I'm not sure what to say
- Almost nothing yet

## 4. Tonight, I want to say yes to... *(circle)*

- ▶ Talking to God as Father — not performing (Matt 6:9)
- ▶ Bringing anxiety to God with thanks (Phil 4:6)
- ▶ Staying in touch through the day (1 Thess 5:17)
- ▶ Swapping five minutes of scroll for five with God

## 5. My prayer, in my own words:

*"Father — You are my Dad in heaven. I bring You what I actually feel today. Help me trust You more than my phone. Teach me to pray honestly, not to impress anyone. Amen."*

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**Pray like God's your Father — because He is.**