Lesson #3

Lesson Plan

Topic: The Importance of Daily Prayers

Lesson Objective

- Students will understand why daily prayer is vital for spiritual growth.
- Students will understand that prayer connects us with God, strengthens our faith, and guides us in our daily lives.

1. Introduction (5 minutes)

- Start with a simple prayer (for example, "O Heavenly King").
- Ask students: "When do you usually pray? Morning, evening, before meals, or when you need help?"
- Explain: Prayer isn't just asking God for things it's talking with Him, listening to Him, and spending time with Him every day.

2. Teaching Points (10 minutes)

What is Prayer?

- Prayer is our way of communicating with God.
- It can be said aloud, silently, or even through our actions.

Why Daily Prayer is Important

- 1. **Strengthens our relationship with God** Just like talking to a friend every day keeps a friendship strong.
- 2. **Guides us in our decisions** When we pray, we ask God for help in making good choices.
- 3. **Prayer gives us peace and strength**, comforting us when we feel sad, worried, or afraid.
- 4. **Reminds us of God's presence** Helps us remember that God is always with us.
- 5. Helps us grow spiritually like food for the soul.

Examples from Scripture & Saints

- **Jesus prayed daily**, especially early in the morning (Mark 1:35).
- The **Prophet Daniel** prayed three times a day, even when it was dangerous (Daniel 6:10).
- Many saints began and ended their days with prayer, teaching us to do the same.

3. Activities (15 minutes)

1. Discussion Questions

- What happens if you don't talk to a friend for a long time? How is that like forgetting to pray?
- o How do you feel after praying?

2. Prayer Journal Activity

 Provide each student with a notebook. Have them write a short morning and evening prayer to use at home.

3. Role-Play

 Have one student act as "God's friend" who is ignored, and another as the child who only speaks when in trouble. Then show how things change when they talk every day.

4. Take-Home Message

- Prayer is vital for our spiritual growth because it helps us stay connected to God.
- Just as food sustains our body, prayer sustains our soul.
- Even brief daily prayers can change our lives.

5. Closing Prayer

"O Lord, teach us to pray every day, to love You with all our hearts, and to live in Your presence. Amen."

WORKSHEET - THE IMPORTANCE OF DAILY PRAYERS

Part A: Fill in the Blanks

Fill in the missing words.

1.	Prayer is our way of	with God.	
2.	Jesus prayed every day, often early in the		
3.	The Prophet p	rayed three times a day, even when it v	was
	dangerous.		
4.	Prayer gives us	when we are sad, worried, or afraid.	
5.	Just like food keeps our body alive,	prayer keeps our	alive

Part B: Matching

Draw a line to match the reason with its meaning.

- Strengthens our relationship with God
- 2. Guides us in our decisions
- 3. Gives us peace and strength
- 4. Reminds us of God's presence
- a. Helps us remember that God is always near.
- b. Helps us make good choices.
- c. Comforts us when we feel troubled.
- d. Keeps us close to God, like talking to a friend every day.

Part C: Multiple Choice

Circle the correct answer.

- 1. Why is daily prayer important?
 - a) It makes us taller
 - b) It helps us grow closer to God
 - c) It makes us rich
- 2. Who is an example from the Bible of someone who prayed often?
 - a) Daniel
 - b) Samson
 - c) Goliath
- 3. What happens if we stop praying for a long time?
 - a) Nothing changes
 - b) Our friendship with God becomes weaker
 - c) We never need God again

Part D: Short Answer

Answer in 1-2 sentences.

1. Why is prayer compared to food for the soul?	
2. What is one time during your day when you can make a habit of praying?	
2. What is one time daring your day when you can make a habit of praying.	

Teacher Note: Encourage students to share one prayer they already know (like the Lord's Prayer or Trisagion) or have them write a short personal prayer at the end of the worksheet.



Cut out this design and display it in a frame somewhere in your room.







Compose a heartfelt prayer for the health and salvation of someone unwell.