

P.E./Sports

Prayer practice makes perfect!

Prep

None!

Demonstration

Ask two volunteers to come to the front of your class and have them try to pat the top of their heads while rubbing their stomachs in a circle motion at the same time.

After they try for a minute, have everyone else stand up and try. Then give everyone a minute or two to practice. Then see if anyone is able to do both at the same time successfully.

Object Lesson

“Just like with patting our heads while rubbing our bellies, if we don't practice certain athletic activities or sports, we aren't as good as we could be. Even if you're naturally good at a certain sport, failure to practice will keep you from being the best you can be.

Practicing is often hard and takes a lot of patience because it's not easy to challenge yourself to improve. But luckily, when we see positive results, we forget all the hassle of practicing.

Can anyone tell us about something you weren't good at, but eventually got better at with practice?

That's a lot like how prayer works. Sometimes praying can be hard. It can be really difficult to make time to pray, and then when we do pray, we get distracted or can't think of anything to say to God.

The good news is that the more we practice praying, the easier and more natural it is.

If you will take the time and effort to practice praying, it will get easier and you'll get much better at it!”

Wrap Up

“I challenge you to start praying 5 full minutes every morning before school this week. Wake up 5 minutes early, kneel beside your bed, and talk and listen to God the whole time. This may be hard at first, but with practice you will be shocked at how easy and enjoyable it will become.”