

P PARENT SHEET

HOW TO PRAY

Parents, we invite you to use the overview to continue the conversation that we started this week with your teen. And we encourage you to respond to the questions as well, so your teen can see that God is working through you also.

WHAT WE'RE TALKING ABOUT

What comes to mind when you hear the word power? Chances are, you think of things such as a tornado or rocket, or maybe people such as the president or your boss. As adults, we often think more about how power has control over us rather than the possibility of tapping into power for our benefit. Your teen discovered in this session that he or she has the ability to tap into the greatest power on earth—the power of prayer. Teens explored the things that hinder them from hearing God's voice and learned that Jesus wants more than anything for each of us to just spend time with Him. They also unlocked secrets that can help them sit at the feet of Jesus and tap into the power of prayer every day.

MAKE THE CONNECTION

Here are some conversation starters for this week. Remember to share your perspectives as well.

- **Name some things or people you consider powerful. Explain why. Next consider if and how you are able to access that power for yourself. How is God's power accessible to you?**
- **Describe the "noise" in your life that distracts you from spending time daily with God.**
- **How can you be more proactive about spending time each day at the feet of Jesus?**

Q2 Quotes and Questions

"We can be tired, weary, and emotionally distraught, but after spending time alone with God, we find that He injects into our bodies energy, power, and strength." —Charles Stanley



DIGGING DEEPER

What are the things that distract you from listening to God's voice and tapping into the greatest power on earth? As parents, your lives can become so filled with the day-to-day necessities of work, household chores, and driving kids to their activities that it is easy to drop activities that are essential to your own personal well-being. Try these ideas that will help you spend time with God as well as fulfill other areas of your life that may often get put on the back burner.

- **Growth Walk:** Take care of your health by exercising your body daily with a 30-to 45-minute walk. As you exercise, use the time to fill your spiritual tank as well. Grab some headphones and listen to worship music loaded on your smartphone or MP3 player as you walk. Or pray as you breathe in the beauty of God's creation. If you're walking on a treadmill, use the time to put a devotional book or the Bible in front of you, and read and reflect as you walk.
- **Prayer Bytes:** Sometimes we need to take time when we're alone to talk to God—even when it's in an atypical place to pray. When you wake each morning, hop in the shower and use the time to soak in what God is speaking to you as you start your day. Use your drive time to seek God's wisdom for things going on in your workplace or in your home. As you turn off the lights to go to bed, step into the doorways of your children's rooms to say a blessing over them and ask God to help you as you guide your kids in their own faith journeys.
- **Power Source:** Evaluate the things that currently have power in your life—are they things that are drawing you closer to your heavenly Father, or are they pulling you away from your faith? Make a commitment to rid your life of the things that hinder your spiritual growth and focus on things that lead you to rely on God as your source of power each day.