

Conversations with God

Monday

Tuesday

Wednesday

Thursday

Friday

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"So everyone who acknowledges me before men, I also will acknowledge before my Father who is in Heaven."
Matthew 10:32

Monday



Prayer Leader:

**In the name of the Father, and of the Son, and of the Holy Spirit.
Amen**

Is there anything that makes you feel afraid, worried or uncertain?

Most people would say 'yes' to that question – even if it's just a little fear or something that makes you feel a bit uncomfortable.

Here are some common fears... being afraid of the dark... or fear of spiders, heights or even being with lots of people.

We can also fear or worry about other things, like what people think of us, a challenging situation or about things that are happening in the world. Everyone has these sorts of feelings from time to time.

In the Gospel this week, Jesus encouraged His disciples to be brave, to have no fear and to know that God will look after them.

Let's listen to Jesus' words in the Scriptures:

(Click to reveal and invite a Reader to read from the Scriptures.)

Reader:

“Have no fear...everyone who acknowledges me before men, I also will acknowledge before my Father who is in Heaven.” (Matthew 10:26,32)

Prayer Leader:

These words encouraged Jesus’ disciples and they inspire us to talk to God, trust in Him and leave our own worries behind.

This week, our prayers focus on Bible stories that remind us of Jesus’ words, *‘have no fear’*.

Today, we will focus on **trusting in God**.

Here’s a clue about the Bible story:

An angel said, ***“Do not be afraid...”*** and someone trusted. **Can you think who that person might be?**

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'And he came to her and said, "Greetings, favoured one! The Lord is with you." But she was much perplexed by his words and pondered what sort of greeting this might be. The angel said to her, "Do not be afraid, Mary, for you have found favour with God." Luke 1:28-30



Prayer Leader:

It was Mary who trusted – the Mother of Jesus. Did you guess right?

An angel visited Mary to tell her that she would have a special baby – the Son of God!

Let's listen to what the angel said to Mary:

(Invite a Reader to read from the Scriptures.)

Reader:

'And he came to her and said, "Greetings, favoured one! The Lord is with you." But she was much perplexed by his words and pondered what sort of greeting this might be. The angel said to her, "Do not be afraid, Mary, for you have found favour with God." (Luke 1:28-30)

Prayer Leader:

Mary listened carefully to the angel. She showed her trust in God by saying, 'Yes' to Him and becoming the Mother of Jesus.

In our prayer conversations with God, we talk and we are also invited to listen and respond — just as Mary did with great trust!

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Heavenly Father,
Thank you that you are always
ready to listen and talk to me.
Help me to listen to what you
are asking me to do.
Help me to trust as Mary did,
so I can say 'yes' too.
Amen



Prayer Leader:

Mary put all her trust in God and her trust can inspire us...

Instead of worrying or feeling afraid when we're asked to do something difficult, we can do what Mary did. We can listen to God and respond by putting our trust in Him.

Let's spend some time with God the Father now...

- Close your eyes and be still.
- In the peaceful quiet, you can say anything you want to God, who is always ready to listen.
- Tell Him about your day so far or about anything that is on your mind.

(Pause)

Now listen...

- What is God the Father saying to you?
- Is there something He wants you to do?

(Pause)

Think about Mary and her 'Yes' to God.

- Will you trust like Mary?

(Pause)

Let's say a prayer together:

All:

Heavenly Father,

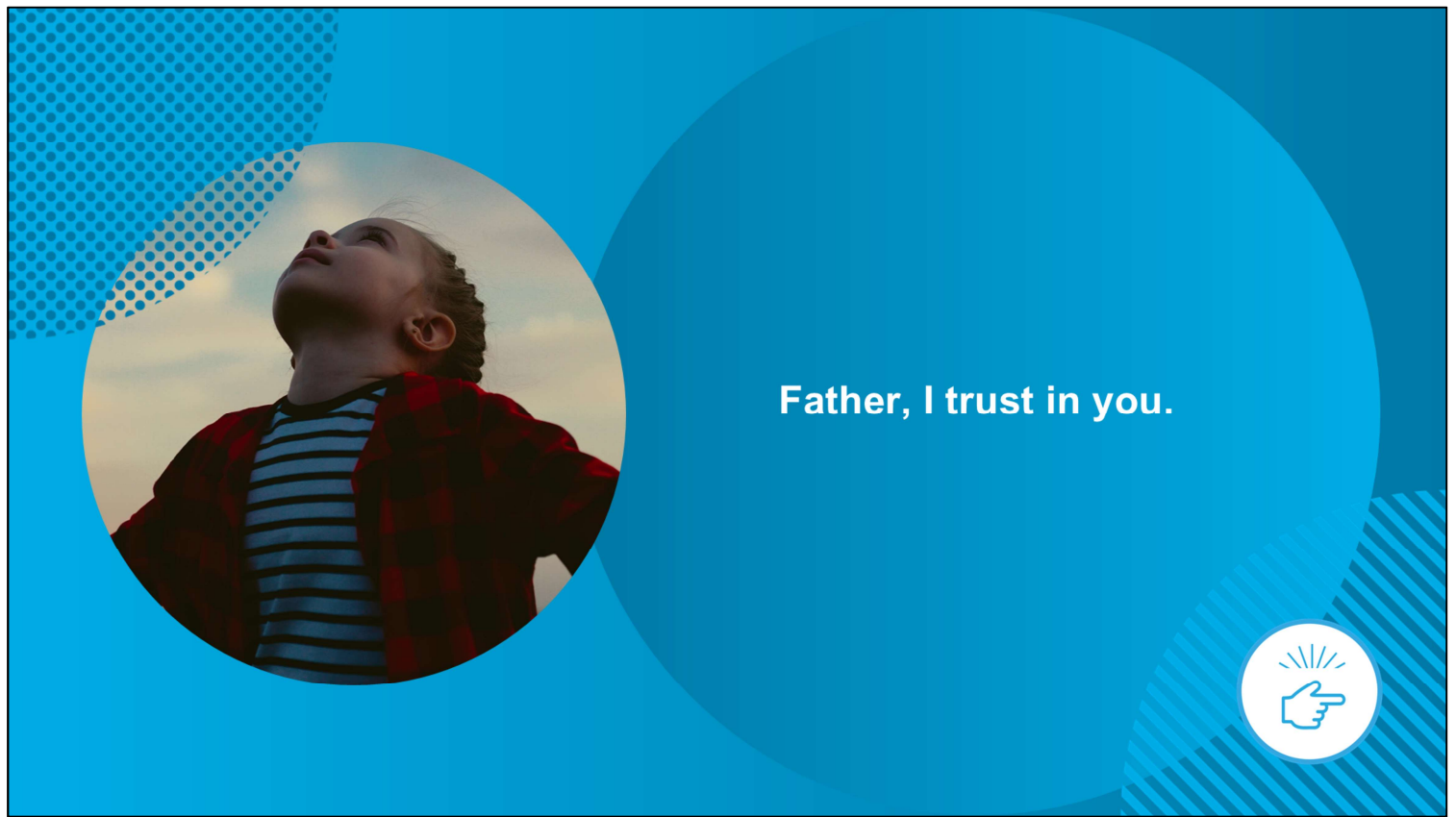
Thank you that you are always ready to listen and talk to me.

Help me to listen to what you are asking me to do.

Help me to trust as Mary did, so I can say 'yes' too.

Amen

Images by Freepik: https://www.freepik.com/premium-ai-image/blessed-virgin-mary-receives-announcement-from-archangel-gabriel-serene-digital-watercolor_326640357.htm



Prayer Leader:

Trusting God gives us confidence and helps us to make good choices. When we make good choices, we show others that we trust Him.

What good choice could you make today?

Perhaps you could be extra caring and considerate with your friends at playtime.

Let's finish our prayers by saying together:

All:

Father, I trust in you.

**In the name of the Father, and of the Son, and of the Holy Spirit.
Amen**

Conversations with God

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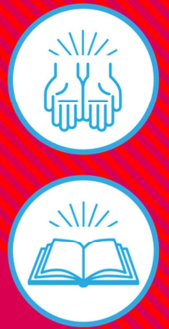
Friday

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"So everyone who acknowledges me before men, I also will acknowledge before my Father who is in Heaven."
Matthew 10:32



Tuesday



Prayer Leader:

**In the name of the Father, and of the Son, and of the Holy Spirit.
Amen**

This week, our prayers focus on Bible stories that remind us of Jesus' words, *'have no fear'*.

Jesus encouraged His disciples to be brave, to have no fear and to know that God will look after them.

Let's listen to Jesus' words in the Scriptures:

(Click to reveal and invite a reader to read from the Scriptures.)

Reader:

"Have no fear...everyone who acknowledges me before men, I also will acknowledge before my Father who is in Heaven." (Matthew 10:26,32)

Prayer Leader:

These words encouraged His disciples and they inspire us to talk to God, trust in Him and leave our own worries behind.

Yesterday we reflected on trusting in God, as Mary trusted when she said 'yes'.

Today, we will **focus on Jesus**.

Here's a clue about the Bible story for today:

Jesus encouraged one of His disciples to come to Him across the waters and not to be afraid.

Can you think who that person might be?

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'But immediately Jesus spoke to them and said, "Take heart, it is I; do not be afraid." Peter answered Him, "Lord, if it is you, command me to come to you on the water." He said, "Come." So Peter got out of the boat, started walking on the water, and came towards Jesus.'
Matthew 14:27-29



Prayer Leader:

Jesus was talking to Peter. Did you guess right?

After Jesus' Resurrection, the disciples took a boat out on the lake of Galilee and Jesus appeared and walked towards them – on the water! They thought they were seeing a ghost and they cried out in fear.

Let's listen to what happened next:

(Invite a Reader to read from the Scriptures.)

Reader:

'But immediately Jesus spoke to them and said, "Take heart, it is I; do not be afraid."

Peter answered Him, "Lord, if it is you, command me to come to you on the water."

He said, "Come." So Peter got out of the boat, started walking on the water, and came towards Jesus.' (Matthew 14:27-29)

Prayer Leader:

Peter tried to trust in Jesus, but he lost focus and his fears returned.

Just like Peter, there are times when we feel afraid and lose our focus. That's when we need to remember to look to Jesus and know that He is always with us.

In our prayer conversations with God, we are invited to look to Jesus and focus on Him.

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Jesus,
Thank you that you are always
ready to listen and talk to me.
Give me confidence
as I look to you.
Help me to fix my eyes on you.
Amen



Prayer Leader:

When we feel afraid, it's easy for our worries to increase — but looking to Jesus helps us to be confident.

Let's spend some time with Jesus now...

- Close your eyes and be still.
- In the peaceful quiet, focus your mind on Jesus, who is always ready to listen.
- Talk to Jesus about anything that is bothering you. You can ask for anything you need right now.

(Pause)

Now listen...

- What is Jesus saying to you?
- Can you hear Him guiding you and giving you confidence?

(Pause)

Think about Peter and the confidence he felt when his eyes were fixed on Jesus.

- Will you fix your eyes on Jesus?

(Pause)

Let's say a prayer together:

All:

Jesus,

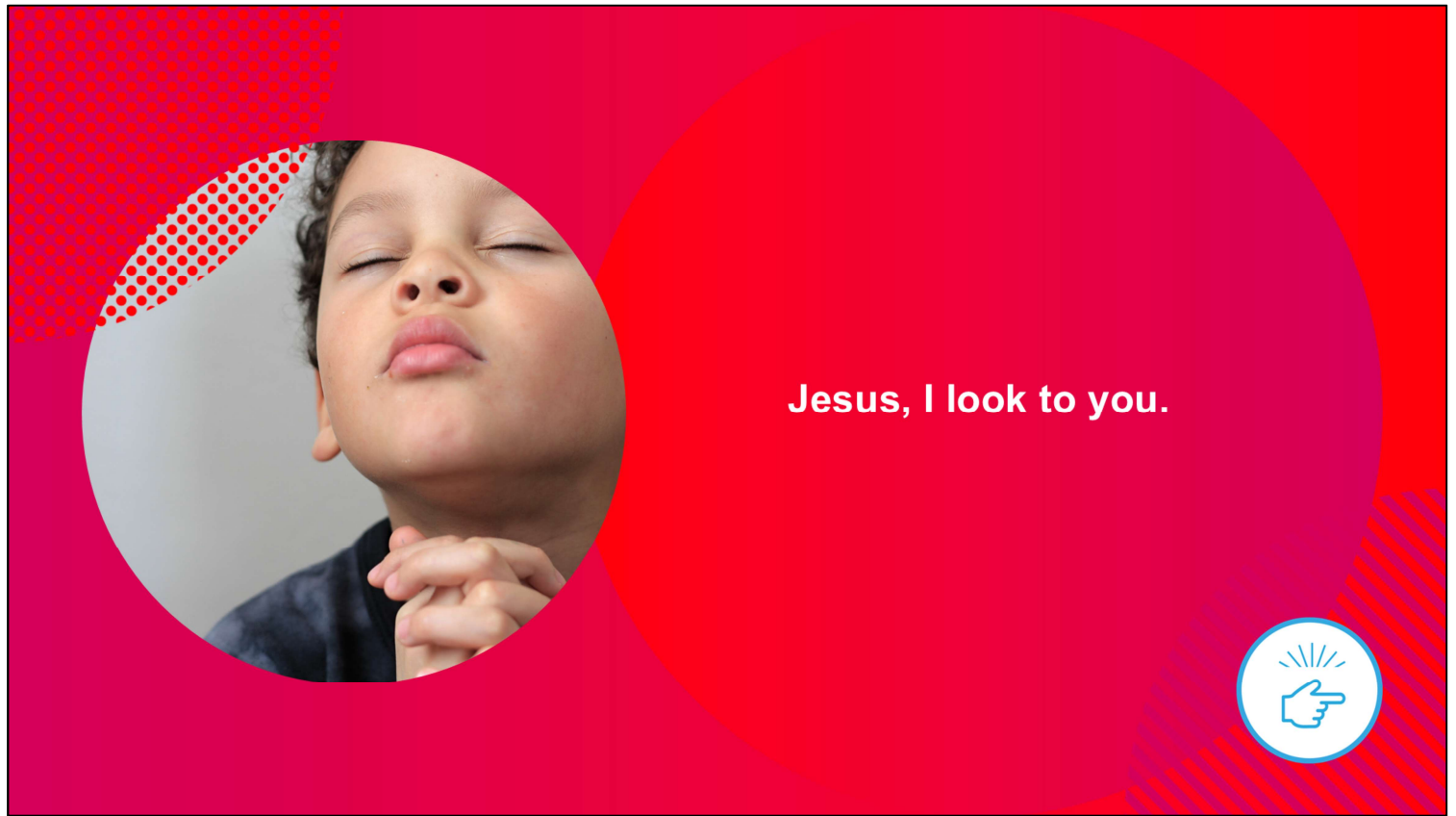
Thank you that you are always ready to listen and talk to me.

Give me confidence as I look to you.

Help me to fix my eyes on you.

Amen

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Prayer Leader:

Our lives can so easily be filled with distractions.
Focussing on Jesus by spending time with Him helps us grow in our
friendship with Him.

What could you do to focus on Jesus today?

Perhaps you could have less screen time and read a story about Jesus
instead.

Let's finish our prayers by saying together:

All:

Jesus, I look to you.

**In the name of the Father, and of the Son, and of the Holy Spirit.
Amen**

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"So everyone who acknowledges me before men, I also will acknowledge before my Father who is in Heaven."
Matthew 10:32

Wednesday



Prayer Leader:

**In the name of the Father, and of the Son, and of the Holy Spirit.
Amen**

This week, our prayers focus on Bible stories that remind us of Jesus' words, *'have no fear'*.

Jesus encouraged His disciples to be brave, to have no fear and to know that God will look after them.

Let's listen to Jesus' words in the Scriptures:

(Click to reveal and invite a reader to read from the Scriptures.)

Reader:

"Have no fear...everyone who acknowledges me before men, I also will acknowledge before my Father who is in Heaven." (Matthew 10:26,32)

Prayer Leader:

These words encouraged His disciples and they inspire us to talk to God, trust in Him and leave our own worries behind.

Yesterday we learned that looking to Jesus and focussing on Him can calm our fears.

Today, we will focus on **having faith**.

Here's a clue about the Bible story:

The disciples were afraid in a storm. **Can you remember where they were?**

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*'He woke up and rebuked the wind, and said to the sea,
"Peace! Be still!" Then the wind ceased, and there was a dead calm.
He said to them, "Why are you afraid? Have you still no faith?"'
Mark 4:38-40*



Prayer Leader:

They were in a boat on a lake known as the Sea of Galilee. Were you right?

One night, when the disciples and Jesus were crossing the lake, there was a great storm.

Jesus was asleep and the disciples were so afraid that they woke Him up!

Let's listen to what happened next:

(Invite a Reader to read from the Scriptures.)

Reader:

'He woke up and rebuked the wind, and said to the sea, "Peace! Be still!"

Then the wind ceased, and there was a dead calm. He said to them, "Why are you afraid? Have you still no faith?"' (Mark 4:39-40)

Prayer Leader:

The disciples hadn't known Jesus very long when this happened— but they had faith and believed in Him.

When we feel afraid, we need to have faith that Jesus is with us and

looking after us.

In our prayer conversations with God, we can be sure that He is with us, looking after us.

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Heavenly Father,
Thank you that you are always
ready to listen and talk to me.
Help me to know you are always with
me,
especially when I am feeling worried
or afraid.
Increase my faith in you.
Amen



Prayer Leader:

Jesus brought calm and peace to His disciples and He makes us calm and peaceful too.

Instead of worrying or feeling afraid, we can put our faith and our trust in Jesus.

Let's spend some time with Jesus now...

- Close your eyes and be still.
- Imagine Jesus with His loving arms around you.
- Tell Him about anything that is worrying you.

(Pause)

Now listen...

- What is Jesus saying to you?
- Can you feel Him soothing your fears and making you feel peaceful?

(Pause)

Think about the disciples and their faith in Jesus.

- Will you have faith in Jesus?

(Pause)

Let's say a prayer together:

All:

Jesus,

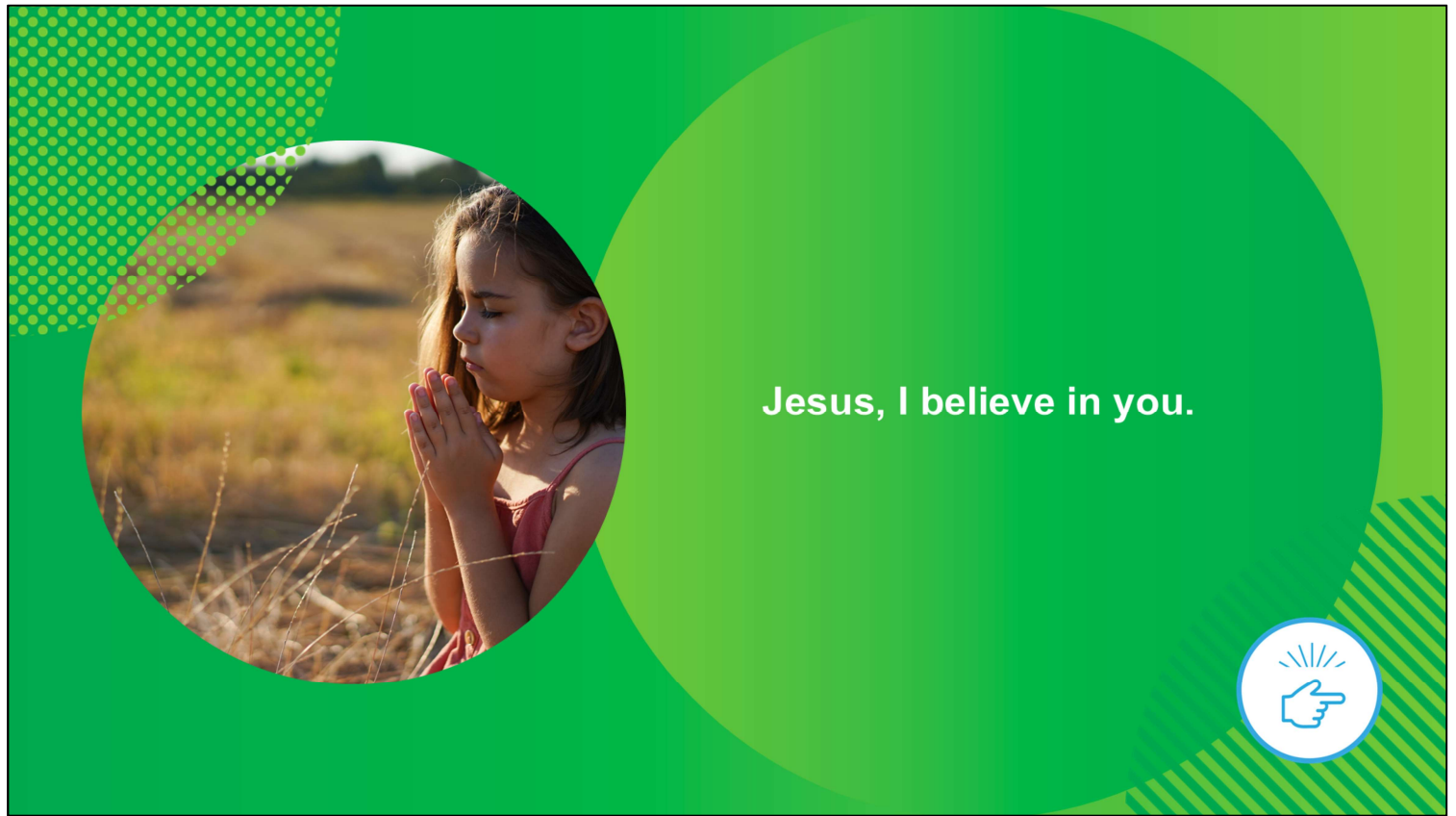
Thank you that you are always ready to listen and talk to me.

**I know that you are always with me,
especially when I am feeling worried or afraid.**

Increase my faith in you.

Amen

Image by Freepik: https://www.freepik.com/premium-ai-image/jesus-calming-storm-religious-painting-depicting-miracle-faith-trust-god_317146821.htm



Prayer Leader:

As the disciples got to know Jesus, their faith grew.
Our faith grows as we learn more and more about Jesus each day.

How can you grow in your faith today?

Perhaps you could talk about Jesus to your parents or carers and ask what their faith means to them.

Let's finish our prayers by saying together:

All:

Jesus, I believe in you.

**In the name of the Father, and of the Son, and of the Holy Spirit.
Amen**

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"So everyone who acknowledges me before men, I also will acknowledge before my Father who is in Heaven."
Matthew 10:32



Thursday



Prayer Leader:

**In the name of the Father, and of the Son, and of the Holy Spirit.
Amen**

This week, our prayers have focussed on Bible stories that remind us of Jesus' words, *'have no fear'*.

Jesus encouraged His disciples to be brave, to have no fear and to know that God will look after them.

Let's listen to Jesus' words in the Scriptures:

(Click to reveal and invite a Reader to read from the Scriptures.)

Reader:

"Have no fear...everyone who acknowledges me before men, I also will acknowledge before my Father who is in Heaven." (Matthew 10:26,32)

Prayer Leader:

These words encouraged His disciples and they inspire us to talk to God, trust in Him and leave our own worries behind.

Yesterday we reflected on having faith in Jesus, who is always looking after us.

Today, we will focus on **being filled with courage**.

Here's a clue about the Bible story:

Jesus promised to send a special helper and guide. **Can you think who Jesus was talking about?**

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“But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you everything, and remind you of all that I have said to you... Do not let your hearts be troubled, and do not let them be afraid.” John 14:26-27



Prayer Leader:

Jesus promised to send the Holy Spirit. Did you guess right?

Jesus would soon return to His Father in Heaven and the disciples were worried and afraid. They didn't know what they would do without Jesus!

Let's listen to what Jesus said:

(Invite a Reader to read from the Scriptures.)

Reader:

“But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you everything, and remind you of all that I have said to you...”

Do not let your hearts be troubled, and do not let them be afraid.”
(John 14:26-27)

Prayer Leader:

The Holy Spirit came to the disciples at Pentecost and gave them the courage and confidence to go out and tell others about Jesus.

In our prayer conversations with God, we are invited to listen and respond

with courage.

Images by Freepik: https://www.freepik.com/free-vector/watercolor-pentecost-background_26148862.htm



Come Holy Spirit,
Fill me with confidence
and courage.
Guide my words and actions
so that I may follow Jesus
each day.
Amen



Prayer Leader:

Jesus reminds us that we are not alone — the Holy Spirit is with us, inspiring us and filling us with the courage to act.

Like the disciples, we can call upon the Holy Spirit to help us and guide us.

Let's spend some time with God the Holy Spirit now...

- Close your eyes and be still.
- Rest for a moment in the peaceful quiet.
- God knows all of your needs before you ask, but you are invited to bring to mind anything that you are finding difficult right now.
- Maybe you'd like to tell Him about something that is making you feel nervous or unsure.

(Pause)

Now listen...

- What words of encouragement do you think God is giving you?

(Pause)

Take a deep breath and imagine the Holy Spirit filling you with all the courage and confidence you need today.

(Pause)

Let's say a prayer together:

**All:
Come Holy Spirit,
Fill me with confidence and courage.
Guide my words and actions today.
Amen**

Images by Freepik: https://www.freepik.com/free-vector/watercolor-pentecost-background_26148862.htm



Prayer Leader:

The Holy Spirit guides us to take action with courage.

What brave steps can you take with the help of the Holy Spirit today?

Perhaps you could be the first person to say sorry after a disagreement.

Let's finish our prayers by saying together:

All:

Holy Spirit, guide me.

In the name of the Father, and of the Son, and of the Holy Spirit.

Amen

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