# Praying Like Jesus: A Teen's Guide to Honest Prayer



Discover practical steps to pray confidently and honestly like Jesus taught, knowing God hears even when words feel hard or unsure.





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#### Introduction

Welcome to your journey of prayer! You're about to explore *how to pray* in a way that's simple, honest, and powerful — tailored just for teens. Prayer might sometimes feel overwhelming or uncertain, especially when you're not sure what to say. But the truth is, God listens even when the words don't come easily.

Jesus gave us an incredible example of prayer through the Lord's Prayer, breaking it down into key steps that anyone can follow. Each part of this prayer shows us how to connect with God from the heart, no matter where we are or what we're feeling.

Over the next three days, we'll dive into this example to help you understand:

- How to approach God with honesty and respect;
- How to express your needs and seek God's guidance;
- How to trust that your prayers matter, even when you don't have all the right words.

Remember, prayer isn't about perfect words or fancy language — it's about building a real relationship with God. Think of it like a conversation with a close friend who loves you deeply. So come as you are — curious, confused, confident, or unsure — and let God meet you where you're at. Let's start this adventure together and learn how to pray with courage and trust, just like Jesus showed us!







# Day 1: Approaching God with Confidence









Day 1: Approaching God with Confidence

#### Your Verse

Matthew 6:9 – "This, then, is how you should pray: 'Our Father in heaven, hallowed be your name,"

#### **Supporting Scriptures**

- Hebrews 4:16 "Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need."
- Psalm 34:17 "The righteous cry out, and the Lord hears them; he delivers them from all their troubles."







Day 1: Approaching God with Confidence

# Devotional: Boldly Approach God as Your Loving Father

**Starting your prayer journey** begins by recognizing who you're praying to: *Our Father in heaven*. This simple opening shows us God is both powerful and personal — a loving Father who cares deeply for you.

Jesus reminds us to honor God's name, meaning we approach Him with respect and awe. But don't let that intimidate you! You can pray confidently because God is kind and ready to listen.

Even if you're unsure of what to say, simply start by calling out to God, acknowledging who He is. The Bible encourages us in Hebrews 4:16 to come boldly, not ashamed or afraid. Think of prayer as stepping into His presence like a trusted friend—open, honest, and real.

**Remember:** God delights when you reach out. No matter how big or small your words, He hears every heartfelt prayer.







Day 1: 🙏 Approaching God with Confidence

## Reflect and Apply

	How does knowing God as a loving Father change the way you view prayer?
2.	What fears or doubts hold you back from approaching God confidently?
	In what ways can you remind yourself daily that God wants to hear from you?







Day 1: 🙏 Approaching God with Confidence

## **Journaling Prompts**

	Write a letter to God starting with 'Our Father in heaven' and tell Him how you feel today.
2.	List any fears or questions you have about praying.
3.	Describe a moment when you felt God's presence while praying.







Day 1: 🙏 Approaching God with Confidence

## **Prayer for Today**

**Dear God,** thank You for being my loving Father who always listens. Help me to pray with confidence, even when I'm not sure what to say. Teach me to honor Your name and trust that You hear my heart. I want to come boldly before You every day, knowing You are always near. *Amen.*  $\swarrow$ 







## Day 2: Asking and Seeking God's Will









Day 2: Asking and Seeking God's Will

#### Your Verse

Matthew 6:10 - "Your kingdom come, your will be done, on earth as it is in heaven."

#### **Supporting Scriptures**

- Philippians 4:6 "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."
- Jeremiah 29:13 "You will seek me and find me when you seek me with all your heart."







Day 2: O Asking and Seeking God's Will

#### Devotional: Trusting God While Asking and Seeking

After acknowledging God's holiness, Jesus teaches us to pray for His will to be done on earth. This means we align our desires with God's greater plan — trusting that He knows what's best.

For teens, it can be hard to know what to ask for or if God will answer. But Philippians 4:6 encourages us to bring every need, worry, and hope to God honestly, along with thanksgiving.

Seeking God's will means opening your heart fully and being willing to follow wherever He leads. Even when you're unsure, keep searching for Him with all your heart, just like Jeremiah 29:13 says. Prayer then becomes a two-way conversation — you speak, and God guides.

**Take heart:** Your questions and needs are welcomed in prayer, and God wants to guide your steps as you grow in faith.







Day 2: O Asking and Seeking God's Will

## Reflect and Apply

1.	What are some things you want to ask God about or pray for right now?
2.	How do you feel about submitting your desires to God's will?
3.	In which ways can you seek God's guidance more earnestly this week?







Day 2: W Asking and Seeking God's Will

### **Journaling Prompts**

	Write down your current hopes or worries and bring them to God in prayer.
	Reflect on a time when God's plan was different from yours but turned out right.
	Journal about how you can practice listening for God's guidance in your daily life.







Day 2: W Asking and Seeking God's Will

#### Prayer for Today

**Lord,** thank You for inviting me to bring my needs and worries to You. Help me seek Your will above my own, trusting that Your plans are good. Teach me to listen and follow Your guidance, even when it's hard to understand. I want my heart to be open and eager to know You better. *In Jesus' name, Amen.* 















#### Your Verse

Romans 8:26 - "In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans."

#### **Supporting Scriptures**

- Psalm 62:8 "Trust in him at all times, you people; pour out your hearts to him, for God is our refuge."
- 1 John 5:14 "This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us."







#### Devotional: Trusting the Spirit When Words Fail

Sometimes, praying feels difficult — you don't have the right words, or maybe your feelings are confusing. That's normal! Romans 8:26 reminds us the Holy Spirit helps us pray even when we're unsure how.

You can be honest with God about not knowing what to say. Pour out your heart, trusting He will understand. Psalm 62:8 encourages us to make God our safe place, sharing every emotion openly.

Prayer isn't about perfect words but about connection. God listens with love and understands the silent groans and unspoken thoughts inside you.

**Remember:** Your prayers matter because God's Spirit intercedes for you. Keep approaching God with confidence, even in your weakness.







## Reflect and Apply

	Have you ever felt unsure how to pray? How did that affect your prayer time?
2.	What difference does it make to know the Holy Spirit helps you pray?
	How can you be more honest with God about your feelings when praying?







## **Journaling Prompts**

	Write down any feelings or struggles you find hard to put into words during prayer.
2.	Reflect on how trusting the Spirit's help changes your view of prayer.
3.	List ways you can create space daily to listen quietly for God's presence.







#### Prayer for Today

Holy Spirit, thank You for helping me pray when words fail me. Teach me to be honest and trust that You understand my heart's cries. Help me find peace in knowing You intercede for me even when I am weak. I want to keep seeking God, confident that He hears me. *Amen.* 







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