

## KEY VERSE

Ephesians 6: 18

**Pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.**



**THE PARISH OF CHALFONT ST PETER**  
Encounter God, Encourage Others, Engage our World  
Charity Number: 1146043



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# FOUNDATION CAFÉ SERVICE

19th February 2017

## Prayer 2



**CHALFONT  
ST. PETER  
PARISH CHURCHES**

## KNOW WHAT:

- This half term we are talking about prayer. Prayer is when we talk to God.
- Last week we learned about tsp prayers.
- The disciples asked Jesus to teach them how to pray. He taught them the Lord's Prayer.
- Well known prayers often begin by remembering who Jesus is and end with the confidence that we will trust him.
- The Bible tells us to pray on all occasions with all kinds of prayers.

## SO WHAT:

- Prayer is really special.
- We can pray about everything and trust God to answer.
- Praying for other people is very important.

## NOW WHAT:

- Let's get into the habit of prayer.

## JIM'S JOTTINGS

### Bad Habits

We all have bad habits. If you do not know what yours are, ask your husband/wife/partner/best friend to tell you! Be prepared for a long list!

One of the key ways to break bad habits, alongside gutsy determination, is to consciously replace them with good habits. As an example, if you tend to lose patience very quickly and burn up with frustration, try to breathe deeply and count to ten. Sometimes that helps.

Jesus invited his disciples to follow him, not only in where he went but in what he believed and how he lived. One thing that struck the disciples was that Jesus had a habit of praying. They saw that prayer was the key to his amazing life. So they asked him to teach them to pray. In response he taught them the Lord's Prayer and encouraged them to keep on praying.

Thus week why not see if in your families you can develop some good prayer habits, such as saying grace at meals and family prayers at bedtime. You may be surprised at the results.