

Sunday School Lesson: God Helps Us Pray

Source essay: `The Name of God and Biblical Prayer.md`

Age: 3-6 years old

Length: 25-35 minutes

Main truth: We pray to the Father, through the Son, by the Holy Spirit.

Memory verse: "For through him we both have access by one Spirit unto the Father." - Ephesians 2:18, KJV

Teacher's Big Idea

This essay teaches the triune shape of biblical prayer. For little children, the lesson can be very direct: prayer is talking to the true God, we come to the Father through Jesus, and the Holy Spirit helps us pray.

Supplies

- A Bible
- A praying child picture
- A cross picture
- A dove symbol picture
- Coloring supplies
- A heart picture

Opening Question

Ask: "Who do we talk to when we pray?"

Let children answer. Then say: "Today we will learn this truth: We pray to the Father, through the Son, by the Holy Spirit."

Bible Time

Hold up the Bible and say: "God's Word tells us the truth about Jesus and His saving work."

"For through him we both have access by one Spirit unto the Father." - Ephesians 2:18, KJV

Explain: "We pray to the Father, through the Son, by the Holy Spirit."

Repeat-after-me phrase:

"To the Father, through the Son, by the Spirit."

Simple Teaching

1. Prayer Is Talking to God

Teacher say: "Prayer is not magic words. It is talking to the true God."

Child repeat: "Prayer is talking to God."

2. We Come Through Jesus

Teacher say: "Jesus is the one Mediator who brings us near."

Child repeat: "Through Jesus."

3. The Spirit Helps Us Pray

Teacher say: "The Holy Spirit helps God's children pray."

Child repeat: "The Spirit helps me pray."

Object Lesson

Show the praying child picture and say: "Prayer is talking to God."

Hold up the cross picture and say: "We come to the Father through Jesus."

Show the dove symbol picture and say: "The Holy Spirit helps us pray."

Movement Activity

- "Prayer is talking to God." Fold hands gently.
- "Through Jesus." Make a gentle cross with arms.
- "The Spirit helps me pray." Lift hands upward softly.
- "Our Father in heaven." Point upward.
- "Thank You, Lord." Place hands on heart.

Repeat once with the children.

Short Story Illustration

Molly liked talking to her father when she had a question or needed help.

Her mother told her that prayer is talking to God, who is even kinder and wiser than earthly parents.

At church Molly learned that we pray to the Father, through the Son, by the Holy Spirit.

Discussion Questions

1. What is the main truth today?

Expected answer: We pray to the Father, through the Son, by the Holy Spirit.

2. What should we remember?

Expected answer: To the Father, through the Son, by the Spirit.

3. Who helps God's people?

Expected answer: Jesus.

4. Is God's Word true?

Expected answer: Yes.

5. What should we do?

Expected answer: Trust and obey the Lord.

Craft or Table Activity

Draw a praying child with a cross and a dove symbol nearby. Write: "God helps us pray."

Closing Prayer

Our Father in heaven, thank You for Your true Word and for the Lord Jesus Christ. Help us believe Your promises, love what is true, and walk in faith and obedience. In Jesus' name, Amen.

Parent Take-Home Line

We pray to the Father, through the Son, by the Holy Spirit.