



# The Girls in Prayer Program

## PJs, Pancakes & Prayer

**Summary**—This is a night to kick off the Girls in Prayer Program, explore how to pray with your group while enjoying some pancakes! You'll find lots of activities including an opportunity to create prayer journals. There may be more activities than you have time for so feel free to customize this fun day to meet the needs of your girls. This would be a great time to have Pioneers and Patriots lead some activities.

### Supplies needed

- Prayer Journals
- Crayons, colored pencils, pens, etc.
- Chocolate Sauce
- Pancake mix, drinks, etc.

**Open the Evening**—Welcome the girls to a fun and exciting evening!



- **Share** your heart for prayer and helping others to learn how to pray.
- **Explain** that the theme of the evening is to learn 4 steps of prayer in ways that can be remembered easily.
- **Relate** how you feel about prayer with your group. Emphasize that this will be a safe place to pray aloud and try new ways of praying.
- **Pray**—Ask God to open hearts and minds to new truth so that each girl and adult there will become a prayer warrior who loves talking to God as they walk with God.

**Distribute Journals**—direct the girls to decorate the outside of their journals in a way that is personal to them.

**Intro Activity**—**What is prayer?** Have each girl choose a partner and answer this question, then have each set of partners share their answer with the group.

**Why is it important to pray?** Have each set of partners pair up with another set of partners (group of four) and answer this question, then have each group share what they discussed.

**What makes prayer difficult?** Have each set of four pair up with another set of four (group of eight) and answer this question, then have each group share what they discussed.

**Suggested topics to begin the discussion of what makes prayer difficult:**

- We don't know how to talk to God.
- We only ask for things.
- We get lost in our own prayer/head/words.

**Explain what God says about prayer.** (Choose girls to read the following passages to the group from their Bibles.)

It matters how we come before God in prayer. The Bible tells us we are to come:

**Humbly**—Luke 18:9-14    **Confidently**—1 John 5:14    **Knowing we are loved**—Romans 8:28

**Prayer takes on many forms, but it can be simplified into these 4 steps:**

**1. Praise    2. Confession    3. Thanksgiving    4. Intercession**

Have the girls take out their new prayer journals and open to the first page.

## *Praise*—The First Step Of Prayer

**Praising God is saying what is true about God.**

**Have each girl write this definition on the first page of her journal.**

**Read Jeremiah 10:10.** Explain that Jeremiah told God in this verse that He is the TRUE God, He is the LIVING God and the ETERNAL King.

We start with praise because we need to remember how great our God is and it reminds us that he deserves honor. What is honor? Honor is treating someone with respect because of WHO they are. For example, when the President of the United States walks into a room, the people in the room are supposed to stand up because they are showing honor and respect to his authority.

**Ask the girls to brainstorm together about what is true about God?**

Explain that when we praise God, we begin by telling God why He deserves our respect. There are so many different reasons. **Here are some reasons to praise God:**

- He is our Creator.
- He is wise.
- He is everywhere at the same time!
- He is all powerful.
- He has a plan for each of us.
- He is loving.
- He is always good and kind.

When we praise God, we are simply giving Him our time, attention and worship. In this first step, we hold back from asking Him for things or talking about ourselves and instead think and talk about Him.

One thing we often don't mention about praise is that it is powerful. God uses praise to break the power of our enemy. **Read 2 Chronicles 20:22.** See how God's people defeated their enemy by praising the Lord!

## *Praise Activity*

(See page three, with eight attributes of God. Print and cut into eight small squares. Print enough pages so each girl will have a square)

Ask the girls in each small group to sit in a circle. Ask each girl to take one of the squares of paper with something praiseworthy about God, explaining that we call these **attributes of God**.

Have each girl read the attribute on the paper out loud to the group. Then think of a motion to represent that attribute and share it with the group. For example, if the paper said, "God is our healer", then she might say, "Ouch!" and then "All better." This should be fun, but also memorable so that everyone can remember why we are praising God. As you add motions, make sure the small group can repeat all of the motions.

## *Praise Journal*

After the small groups are finished with the activity, have the girls take out their journals. Have a leader read the following list of **names of God**. Ask the girls to draw something to represent each name in their journals. For instance, the leader may say "King" and the girls can draw a crown or a throne in their journals.

- King
- Shepherd
- Teacher
- Provider
- Peace
- Father
- Ancient of Days
- God who Sees

After the group is finished drawing the **names of God**, have them circle the name of God that means the most to them and write in their journal why that name is most important to them.

## *God is Faithful*

Deuteronomy 7:9; Psalm 145:13;  
2 Timothy 1:12

## *God is Just*

Deuteronomy 32:4; Isaiah 30:18;  
John 5:30

## *God is Holy*

Exodus 15:11; Psalm 77:13;  
Luke 1:49

## *God is Wise*

1 Chronicles 28:9; Psalm 92:5;  
Proverbs 2:6

## *God as Forgiver*

Isaiah 1:18; Ephesians 4:32;  
1 John 1:9

## *God is Eternal*

Exodus 15:18; Psalm 45:6;  
Isaiah 26:4

## *God is Creator*

Genesis 1:1; Isaiah 42:5;  
John 1:3

## *God is Good*

Psalm 25:8; Jeremiah 33:11;  
Mark 10:18

# Confession—The Second Step Of Prayer

**Confession is naming my sin and asking God for forgiveness.**

**Have each girl write this definition in her journal.**

- **Share** with the group—when we remember how great God is during times of praise, it becomes easy for us to see that we are not like Him, especially when we remember that God is good and never unkind. God tells us how He wants us to be in 1 Peter 1:16, “Be holy as I am holy.”
- **Explain** that Confession is a time when we pray silently to God and tell Him that we have not been holy. We call the things that we do wrong—sin. The Bible tells us that all sin separates us from God and from other people. The good news for us is this:

**“If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.” 1 John 1:9**

So, confession is a time when we tell God we have done wrong, apologize and ask forgiveness. It is also a time to say you will try your best not to do it again because you want to follow Him. Now, does God already know what you did? Of course. But confessing shows that you know that you need Jesus every day. We all do.

## Confession Activity

**Explain that unconfessed sin in our lives will grow.** It doesn’t go away on its own. Its like stinky trash in the house. The smell just gets worse and worse. It doesn’t get better on its own. Sin, like trash, has to be hauled and thrown away.

Have one girl from each small group go to a leader that has a bottle of chocolate sauce and have the leader put a small amount of chocolate sauce in the palm of each girl’s hand. Have each girl go back to their small group.

**Have each small group answer these questions:**

What happened to the chocolate sauce? Did it stay still? Did it run?

What effect does the chocolate sauce have on her hand?

How do we remove the chocolate sauce from her hand?

After the girls have answered the questions, the volunteers with chocolate sauce hands can wipe them clean or wash them.

**While still in their small groups, have the girls answer the following questions:**

How is the chocolate sauce like sin?

What kind of sins do you and your friends struggle with?

Review answers to questions with the whole group. Ensure they understand that the chocolate sauce only grows and spreads with time, like sin, making everything more messy. The way to become clean is to wash the chocolate sauce away. Much like sin, it must be washed away and that’s what Jesus’ death on the cross gave us when we confess our sins.

## Confession Journal

Draw a cross in your journal and write in or paste in this verse:

**“If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.” 1 John 1:9**

Next to the cross, draw several nails onto the paper and write next to each nail a sin that you would like to confess today. Let the girls know that this is a time between them and the Lord who already knows their sins and loves them anyway. **They will not have to show these or share these with the group.** That's part of what makes a prayer journal so special.

Give them a moment to pray silently and confess their sins. Remind them that part of saying "I'm sorry" is to admit that you've hurt someone, and that you intend to obey Jesus.

After they are done, ask them to celebrate with you that God forgives us.

Psalm 103:12- "As far as the east is from the west, so far has he removed our sins from us."

**That's great news!**

## Thanksgiving—The Third Step Of Prayer

**Thanksgiving is thanking God for what He has done for me.**

**Have each girl write this definition in her journal.**

Scripture tells us over and over again to thank God for everything. [Read Ephesians 5:20](#). We can thank God for the good gifts he gives, His mighty deeds in the past, and the way He is working right now. Every one of these good things comes from God. But God also tells us to thank Him for hard things as well. This can be hard to do, but when we thank God, even for the hard things, we grow in trusting Him. [Read Psalm 50:23](#). This verse tells us that giving thanks honors God and helps our focus in prayer to return to what He is doing right now.

**This builds our faith! Let's try it.**

## Thanksgiving Activity

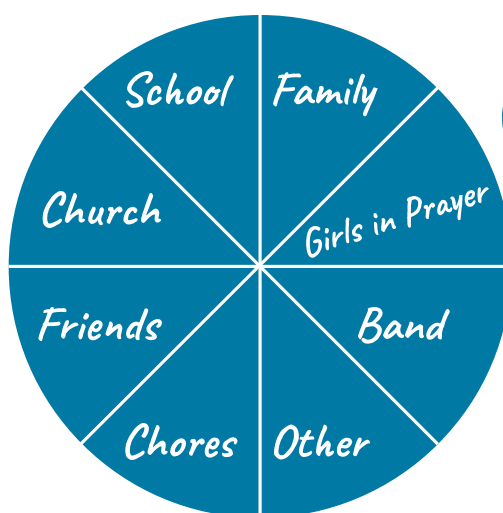
Have each small group play an alphabet game with things they are thankful for. So, the first girl says "A—I'm thankful for apples", the next girl, "B—I'm thankful for babysitters", etc. through the alphabet.

## Thanksgiving Journal

Have each girl draw a pie (circle with divisions) in her journal. This pie represents different areas of her life. Encourage her to identify at least four different areas she is a part of at this time in her life—school, family, church, friends, band, even chores. Write the different areas of life in those slices. Finally, ask them to write next to each slice, one or two specific things they can be thankful for in that area.

Give the girls some time to turn these drawings into prayers, and to share one or two things they are thankful for with the group. Leaders, you can model a thanksgiving prayer as an example:

*"God, Thank you that I get to be a leader with this group of students. I love them so much and it is a privilege to be with them tonight."*



*Learn about prayer.  
A fun place to be with  
my friends.*

# Intercession—The Fourth Step Of Prayer

**Intercession is asking God to work in the life of someone else.**

**Have each girl write this definition in her journal.**

Intercession is a fancy word for being a connection between two things or people. When we intercede, that means we are praying on behalf of another, connecting their requests or needs to God. The Bible tells us in Romans 8:27 (read Romans 8:27) that the Holy Spirit searches our hearts and intercedes for us! AND Hebrews 7:25 (read Hebrews 7:25) tells us that Jesus intercedes for us to the Father as well.

Being able to carry people in prayer to Jesus is such a gift and privilege!

## Intercession Activity

For this activity you will need a designated “leader” for each small group.

Have each small group stand up and make a “river” on the floor. Lay 4-5 feet of masking tape “river shoreline” on the floor making the “river” 6-7 feet wide. Tell the girls that they each have a “need” that must get across the river. Only their leader can touch the river because she has special, weighted shoes that keep her in place. And those weighted shoes can only be used when she is in the river. Once the leader steps down into the river, the weighted shoes are planted there until the activity is done and she steps out of the river.

To complete the task each girl must step on the leader’s two planted feet and step across to the other side.

After the activity is completed, explain the symbolism of what the leader did for the girls in their group.

“Intercession is one person standing in the gap for someone else. Your leader carried your need across the river to the other side. Prayer carries someone else’s needs to God.”

Next, review a need your group may know about (ie., someone’s sick family member, an event coming up, etc.).

Explain how each girl has the opportunity to be the person in the middle of the river carrying a need for someone else to the Father in Heaven who is waiting to hear and answer.

## Intercession Journal

Have each girl draw a circle (or the earth) on the left side of a page in her journal and a cross on the right side. Now, draw a girl in the middle with hands reaching and connecting the world and the cross. Under the girl (you are the girl) write a few requests or needs from people you know and love.



## Prayer Cards

Now that we’ve covered the 4 steps of prayer, it’s time to distribute the prayer cards. These are cards that will help you remember and practice the 4 steps of prayer for the next 14 days. Let’s take a few minutes and go through the cards once tonight recalling what we learned about each step.

## Pancakes and Wrapping Up

With our remaining time, let’s eat some pancakes and if you would like, you may finish decorating your prayer journals. **Who would like to pray for our food?**

Special thanks to Karen Reddick and Angela Williams of Jonesboro, Arkansas for the original development of this event.

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