

# FAMILY PRAYER

Dear Jesus, Thank You for praying willingly in the garden. You showed us how to talk to God honestly and trust His plan. Help our family to pray willingly too—when it's easy and when it's hard. Give us hearts that want to listen, obey, and trust You always.

Thank You for hearing us.  
In Jesus' name Amen.



## Praying Willingly Challenge

Each day this week, pick one time to pray willingly about something that is hard, confusing, or beyond your control.

### DAY 7 Family Celebration

#### Review

- ★ Recite Colossians 4:2 together.
- ★ Talk about what you learned about Jesus' prayer in Gethsemane.
- ★ What will you continue to pray about willingly in the days to come?

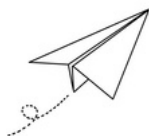


#### Celebration Ideas

Choose One or Create your own



Popcorn Night



Paper Airplane Night



Family Hot Drink

#### Family Prayer

Lord, help our family to pray willingly every day. We love and trust you.

## End of the Week Reflection

- ★ What was your favorite part of this week?
- ★ What did you learn about Jesus' prayer?
- ★ How did God show up in your prayers?
- ★ What was the hardest thing to pray about?
- ★ What will you keep doing to pray willingly?

# Praying Willingly

## A WEEKLY FAMILY DEVOTIONAL

### MEMORY VERSE

"Devote yourselves to prayer, being watchful and thankful."

Colossians 4:2



Praying to God in every season,  
just like Jesus.



## DAY 1

# Why We Pray Willingly



Colossians 4:2

### Discuss

- ★ What does it mean to devote yourself to prayer?
- ★ Why is it important to be willing when we pray?
- ★ What are some things we might not feel like praying about?

### Activity Options

- ★ Make a "Why I pray" list. Draw or write reasons you choose to pray.
- ★ Act It Out: Take turns acting out a time when you chose to pray even when you didn't feel like it.
- ★ Puzzle Verse: Write Colossians 4:2 on paper, cut it into pieces, and put it back together.



### Prayer

Dear God, Thank You for inviting me to pray anytime. Help me to choose to pray willingly every day

## DAY 2

# Jesus Goes to Gethsemane



Matthew 26:36-38

### Discuss

- ★ Why do you think Jesus went to the garden to pray?
- ★ What did Jesus take with Him?
- ★ When are some times you go to a quiet place to talk to God?

### Activity Options

- ★ Night Garden Scene: Draw or paint the garden and Jesus praying.
- ★ Quiet Time Basket: Fill a basket with things that might help us focus on God (cross, stone, bible, verse card, soft cloth, etc.)



### Prayer

Jesus, thank You for showing me how to go to God in prayer. Want to talk to You willingly.

## DAY 3

# Jesus Heavy Heart



Matthew 26:39

### Discuss

- ★ What made Jesus so sad?
- ★ What did He ask the Father?
- ★ How can we talk to God about our hard feelings?

### Activity Options

- ★ Tear Art: Use blue paper and tear them into tears, write or draw feelings that are hard to tell God about in white crayon. Then take them to Him in Prayer.
- ★ Clay Hearts: Mold a heart from dough and press in your worries or hurts. Give them to God.
- ★ Write One thing that worries you and pray about it together.



### Prayer

Lord, You know my heart. Help me be honest and bring my worries to You.

## DAY 4

# Not My Will, But Yours



Matthew 26:42

### Discuss

- ★ What did Jesus pray to the Father?
- ★ What does it mean to say, "Not my will, but Yours"?
- ★ Why is it sometimes hard to pray this way?

### Activity Options

- ★ Trace your hands. On one hand write "My plans," On the other, write "God's plans." Pray and choose God's plans.
- ★ Choose someone else to serve above what you want to do.
- ★ The "Follow the Leader" Game: Play a standard round of Follow the Leader. Talk about how easy it is to do our own thing, but how choosing to listen and follow a leader shows trust.



### Prayer

God, help me choose Your will, even when it's hard. I trust You have the best plan.

## DAY 5

# Jesus Prayed Again



Matthew 26:43-44

### Discuss

- ★ What did Jesus do when He was still struggling?
- ★ Why didn't Jesus give up praying?

What does this teach us about praying willingly?

### Activity Options

- ★ Write prayer requests on strips of paper and make a chain. Pray through each one.
- ★ Draw the garden and write or draw your prayer to God.
- ★ Practice slow breathing and pray, "God, I trust You" with each breath.

### Prayer

Help me keep praying, even when I have to wait. Thank You for always listening.



## DAY 6

# Strength From the Father



Matthew 26:45

### Discuss

- ★ An angel came to help Jesus.
- ★ How does God give us strength when we pray?
- ★ When have you felt God give you strength?

### Activity Options

- ★ Paint a small rock with a word like "Strength" or "Courage" and keep it as a reminder.
- ★ Use blocks or cups and build a tower. Talk about how God helps us stand strong.
- ★ Sing songs that remind you to talk to God.
- ★ Set a timer each day for your family to stop and pray.



### Prayer

Thank You, God, for giving me strength and never leaving me alone.

