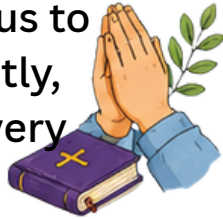


FAMILY PRAYER

Dear Heavenly Father,
Thank You that we can
come to You with honest
hearts. Thank You for
hearing us, loving us, and
caring about everything
we go through. Help us to
keep praying honestly,
trusting You with every
part of our lives.
In Jesus' name Amen.



Honesty in Prayer

Each day this week, take one
moment to tell God how you
really feel- good, sad,
excited, worried -
He wants to hear it all!



DAY 7

Family Celebration



Review Colossians 4:2

Review

- ♥ Recite Colossians 4:2
- ♥ What did you learn from Hannah this week?
- ♥ What prayer habit can you continue to do regularly?

God hears
me. God
loves me.
I can be
honest with
Him.

Celebration Ideas



Ice Cream
Night



Family Game
Night



Favorite Family
Meal

Prayer

Heavenly Father, Even before things change, give me
Your peace. Help me to trust Your heart, to leave this
heavy load with You, and to rise up with a quiet,
confident spirit. Amen

End of the Week Reflection

- What did you learn about God this week?
- How did God show up in your prayers?
- Which day was your favorite? Why?
- What will you keep doing next week?



PRAYING Honestly

A Family Time Plan



MEMORY VERSE
COLOSSIANS 4:2

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

A prayer like Hannah's is a raw, honest
pouring out of a heavy heart directly to God

DAY 1

Why We Pray Honestly



Colossians 4:2

Discuss

- What does it mean to be honest with God?
- Why is it safe to tell God how we really feel?
- What are some things you find hard to talk to God about?



Activity Option

Create a "Talk to God" bookmark with reminders like: He listens, He cares, He understands, He loves. Use it in your Bible this week.



Prayer

Thank You, God, for always listening to me - no matter what I say.

DAY 2 Hannah's Heart



1 Samuel 1:1-7

Discuss

- What was Hannah's biggest heartache?
- How did it make her feel?
- When we are sad or hurting, can we tell God?



Activity Option

Write a letter to God. Tell Him how you feel about something that is hurting or worrying you right now. You can keep it or tear it up as an act of giving it to Him.



Prayer

God, I am thankful that I can be honest with You about my feelings.

DAY 3

Hannah Poured Out Her Soul



1 Samuel 1:8-12

Discuss

- How did Hannah pray?
- What did Hannah do in the temple?
- We can pour out our hearts to God too. He understands.

Activity Option

Use a mirror and a sticky note. Write one honest prayer on the sticky note and place it on your mirror as a reminder to talk to God throughout the day.



Prayer

Help me God, to be honest with You - just like Hannah.

DAY 4

Hannah Did Not Give Up



1 Samuel 1:13-18

Discuss

- Why did Hannah keep praying?
- Was it easy for Hannah to continue to pray?
- We can keep being honest with God, even if we have to wait.

Activity Option

Whisper a nice phrase to one another without making a sound, letting them watch your lips move just like Eli watched Hannah.



Prayer

Dear God, give me patience while I wait for Your answer.

DAY 5

Hannah's Vow



1 Samuel 1:19-20

Discuss

- What promise did Hannah make to God?
- Why did she promise to give her son back to God?
- We can be honest and also trust God with the outcome.

Activity Option

Draw a comic strip (3-4 boxes) showing your honest prayer and how you trust God with the ending.



Prayer

God, I trust You with the answer, whatever it is.

DAY 6

God Heard Hannah



1 Samuel 1:21-28

Discuss

- How did God answer Hannah's prayer?
- What did Hannah do after God answered?
- We need to remember to thank God when He answers our prayers.

Activity Option

Create a "Prayer Garden" cut out paper flowers and write prayers on each flower and watch for God to answer them.



Prayer

Thank You, God, for hearing and answering my prayers.

