

4

A SPIRITUAL  
HABIT ACTIVITY  
TO HELP STUDENTS

SPEND TIME  
**WITH GOD**


FROM GROW'S ANNUAL *DISCIPLESHIP STRATEGY*



All aspects of Grow Curriculum and Strategy (including all logos, images, videos, language, and related products and resources) are owned by Stuff You Can Use. Stuff You Can Use gives permission to the organization that purchased this product to download, print, electronically send, and use its components for its organization's use only. No part of Grow Curriculum and Strategy may be copied, shared, resold, or republished outside of that organization in any way, except in the case of brief quotations or product reviews that credit and link back to Grow Curriculum and Strategy ([growcurriculum.org](http://growcurriculum.org)). Reproducing any of this material or incorporating it into a new work that does not follow these guidelines (including a blog post, podcast, video, article, book, or other resource) is a violation of U.S. copyright laws.

OVERVIEW

Prayer can often seem hard to understand and even harder to build into our lives as a daily habit. This quarter, as we focus on spending time with God, we recommend using these **In The Rhythm Prayer Prompts** to encourage teenagers to practice a brand new pattern of prayer this season. We've created **a deck of 40 prayer prompts** that teenagers can take home with them, draw from, and use to talk with God in a new way each day. While these prompts are designed to be printed out and given to students to use at home, you could also have small group leaders text out a new prompt to their group each day or share these prompts from your ministry's social media account.



## **SPEND TIME WITH GOD**

If we want to grow spiritually, we need to spend time growing in relationship with God through personal times of prayer, reading Scripture, reflection, and worship.

WHAT WE'VE PROVIDED

We've given you all the resources you need to make this activity happen! Here's what that includes . . .

**PLANNING**

- ▶ Activity guide
- ▶ Shopping list
- ▶ 40 unique prayer prompt cards, formatted for [printable business cards](#)

**GRAPHICS**

- ▶ Editable graphics
- ▶ Title and background images in horizontal, square, and vertical formats
- ▶ Activity flyers

## **HOW TO USE THIS ACTIVITY**

All our discipleship activities are built to be flexible for you and your ministry! You can use this activity in a variety of ways with just a little bit of modification, but **here's how we recommend using this activity . . .**

<p><b>WHEN:</b></p> <div style="border: 1px solid #ccc; padding: 10px; text-align: center; margin-top: 5px;"><i>Anytime</i></div>	<p><b>HOW LONG:</b></p> <div style="border: 1px solid #ccc; padding: 10px; text-align: center; margin-top: 5px;"><i>40 days</i></div>	<p><b>WHERE:</b></p> <div style="border: 1px solid #ccc; padding: 10px; text-align: center; margin-top: 5px;"><i>At home</i></div>
---	---	--

WHAT TO DO

## YOUR JOB

Here's what you (the ministry leader) will need to do to make this activity happen . . .

- ▶ **CHOOSE YOUR DATES:** If you're following along with the Grow Students scope and sequence, we recommend launching this activity during the the teaching series Rhythm, and using it for the 40 days of Lent, leading up to Easter Sunday! While this challenge can happen anytime, it will work especially well if you:
  - ▶ Plan to do this challenge **during the season of Lent**, since there is already a heightened focus on spiritual disciplines around the Easter season.
  - ▶ Announce the challenge **during the Rhythm teaching series**, which is all about creating rhythms for spiritual habits like prayer.
  - ▶ Encourage students to work on the challenge **every week until Easter Sunday** (and beyond).
- ▶ **REVIEW THE PROMPTS:** To review all 40 prompts easily, check out the PDF with all 40 cards we've provided. If you'd like to edit any of the content, use the Word document version provided to make your changes.
- ▶ **PRINT YOUR CARDS:** There are a few ways to print these cards, depending on how much time or money you'd like to invest. Once you've printed them, package them in small envelopes or wrap them in rubber bands before handing them out to your students. Here are three printing options . . .
  - ▶ **PRINT ON CARD STOCK AND CUT:** These can be printed on card stock and cut into cards.
  - ▶ **PRINT ON PERFORATED BUSINESS CARDS:** If you're not a fan of cutting, try printing these cards on [perforated business cards](#) and then tearing them apart. The files we've provided are sized to fit these cards.
  - ▶ **HAVE THEM PROFESSIONALLY PRINTED:** If you'd like to create 50 or more sets of cards, you may want to consider having these professionally printed on business cards to save yourself some time and effort. We can recommend [Moo](#) or [Vista Print](#) for custom business cards.
- ▶ **COMMUNICATE WELL:** Communication is so important for activities like this one that exist outside your typical weekly programming time. So as you introduce, promote, and follow up on this activity, here are a few things to keep in mind . . .
  - ▶ When communicating with **teenagers**, it's so important to repeatedly cast vision for this activity! They don't *just* need to know the details or logistics. They need to know the *why* behind what you're up to and be inspired to get involved! You can do that in lots of ways.
    - ▶ **Use the Rhythm teaching series** (which is all about spiritual habits) to teach them about the value of creating consistent spiritual disciplines like prayer.
    - ▶ **Share personal stories** from your own life, and encourage volunteers to do the same, about your experiences with prayer and how you're participating in this prayer challenge.
    - ▶ **Give students plenty of practical ideas** for how and when they can use these prayer prompt cards. Especially for your younger students, giving lots of specific, tangible ideas can help them get a clearer picture of what a consistent prayer life could look like.
  - ▶ When communicating with **volunteers and parents**, make sure you're clear about . . .
    - ▶ **The logistics**, like where the cards can be picked up and how long the challenge lasts.
    - ▶ **The vision**, like how to use the cards and why this challenge matters.
    - ▶ **How to support teenagers** throughout the challenge, whether that's through encouragement, helping them process their questions about prayer, or asking them how the challenge is going.
- ▶ **GET CREATIVE!** You don't need to only stick with what we've created — you can get creative and do even more, like . . .
  - ▶ **Ask students to share stories** about what they're discovering as a result of these prompts during your weekly program, within their small groups, or online.



- ▶ Create **social media posts** of these prompts and share a new card from your ministry's account every day to keep every teenager in your ministry on the same page.

- ▶ Invite teenagers to **share their deck of cards with their families** to practice getting into the habit of prayer together.

## YOUR VOLUNTEER'S JOB

To make the most out of these prayer prompts, here's what your volunteers will need to do . . .

- ▶ **GET THEIR SMALL GROUP STARTED:** Small group leaders should know the recommended start and end dates for these 40 days of prompts, where to get the decks of cards for their group, and how to help teenagers engage with these prompts every day. We recommended communicating with them a month before beginning this activity so they have plenty of time to get familiar with it and make a plan.

- ▶ **ENCOURAGE STUDENTS:** Before and during this activity, volunteers should find out who in their group is participating and encourage them along the way. You may want to cue your volunteers each week to remind them to follow up with their groups, ask them what they're learning through these prompts, and celebrate together.
- ▶ **SHARE THEIR OWN STORIES:** Small group leaders can use these cards on their own and share with their groups about what they are learning and experiencing to help the group stay engaged together.

## YOUR STUDENTS' JOB

To engage with these prayer prompts, here's what your students will need to do . . .

- ▶ **TAKE THEIR OWN DECK OF CARDS:** Each student should have access to their own deck of cards to be able to draw from each day. Make sure these are printed and available within your ministry space or distributed amongst your small group leaders to hand out to the students in their groups.
- ▶ **DRAW A NEW CARD EACH DAY:** Each day, students should pull a new card from their deck to read and interact with throughout their day. These cards are designed to be drawn in any random order to keep the prompts varied and interesting throughout the 40 days.
- ▶ **FOLLOW THE PROMPTS:** These prayer prompts are designed to be simple, but if a student finds any particular prompt physically or emotionally difficult they should feel free to skip that card or remove

it from their deck entirely. Each card will prompt teenagers to focus on one of these elements of prayer for that day . . .

- ▶ **Posture prompts** will challenge us to get out of our physical comfort zone for a moment to pray.
- ▶ **Position prompts** will challenge us to pray while participating in a normal daily activity.
- ▶ **Practice prompts** will challenge us to try praying in a new, intentional way.
- ▶ **People prompts** will challenge us to pray for one specific person, or group of people, in our lives.
- ▶ **KEEP IT GOING:** After the activity is over, encourage students to consider how they could implement some of the new things they've learned about prayer through this activity into their daily lives. They could shuffle their deck and keep this activity going in their daily lives or try to practice some of the prompts that meant the most to them on a consistent basis.

### ALSO!

Don't forget to survey your students this quarter! In your Discipleship Strategy, you'll find a **Spiritual Growth Survey** for each spiritual habit. Sometime during this semester, give your students the **Spend Time with God** survey and record their results.

CREATED BY THE STUFF YOU CAN USE TEAM



This resource was created by our team at **Stuff You Can Use!** We're a team of pastors, volunteers, church planters, writers, editors, designers, programmers, video creators, and more. We live in three countries, twelve states and five time zones, but somehow we all manage to hang out on Zoom at the same time. We're here to make ministry a tiny bit easier for you — and we really like making things for you!

... AND THE REST OF THE TEAM



**CONTENT:** Elle Campbell, Brooklyn Lindsey, Garret Shelsta, Linda Moon, Crystal Quintero, Stephen Switzer, Danny Sugimoto, Jason Sivewright

**GRAPHIC & LAYOUT DESIGN:** Jules Gray, Brooklyn Lindsey, Elle Campbell, Church Media Squad

**ADDITIONAL SUPPORT:** Kenny Campbell, Yulee Lee, Ali Anne, Kellee Gentry, David Magallanes, Madison Terry, Caitlyn Smelser, Jay Logan, Peter Drew, Jaycee Harris II



**PRAY WITH YOUR  
HANDS FOLDED IN  
YOUR LAP.**



**PRAY WITH YOUR  
HANDS IN FRONT OF  
YOU, PALMS UP.**



**PRAY WITH YOUR  
FACE ON THE GROUND  
OR IN YOUR HANDS.**



**PRAY WITH YOUR  
HANDS RAISED.**



**PRAY WHILE  
KNEELING.**



**PRAY WHILE LAYING  
DOWN.**



**PRAY WHILE  
STANDING UP.**



**PRAY WITH YOUR  
EYES OPEN.**



**PRAY WHILE DOING  
SOMETHING YOU LOVE  
TO DO.**



**PRAY WITH  
A FRIEND.**



**PRAY WITH A FAMILY  
MEMBER OR SOMEONE  
YOU LOVE.**



**PRAY WHILE TAKING  
A WALK.**



**PRAY WHILE YOU'RE  
AT SCHOOL.**



**PRAY BEFORE YOU  
EAT A SNACK.**



**PRAY UNDER THE  
STARS.**



**PRAY OUTSIDE WHERE  
YOU CAN FEEL THE SUN OR  
HEAR THE RAIN.**



**PRAY WHILE RIDING IN  
A CAR, BUS, OR TRAIN.**



**JOURNAL. WHAT'S ONE THING YOU OFTEN FIND UNCOMFORTABLE ABOUT PRAYER?**



**JOURNAL. HOW DOES GOD BRING PEACE TO YOUR STRESS?**



**JOURNAL. WRITE DOWN THE NAMES OF PEOPLE IN YOUR LIFE WHO YOU ARE THANKFUL FOR.**



**BE SILENT FOR 1 MINUTE AND JUST LISTEN.**



**WHAT'S ONE WAY YOU COULD LOVE PEOPLE BETTER THIS WEEK? ASK GOD TO HELP YOU SEE THESE OPPORTUNITIES.**



**READ PSALM 23. PRAY AND THANK GOD FOR BEING A PROTECTOR.**



**READ PSALM 100. PRAY AND THANK GOD FOR LOVING YOU.**



**PRAY ABOUT THE THINGS BRINGING YOU STRESS.**



**SPEND TIME PRAYING AND BEING THANKFUL FOR THE THINGS THAT MAKE YOU FEEL FULFILLED.**



**SPEND TIME PRAYING AND BEING THANKFUL FOR THE THINGS THAT MAKE YOU FEEL LOVED.**





**READ 1 PETER 5:7. BREATHE IN AS YOU SAY, "GOD I GIVE..."  
BREATHE OUT AS YOU SAY, "...ALL MY FEARS." REPEAT THIS  
AS MANY TIMES AS YOU'D LIKE.**



**READ JOHN 14:26. BREATHE IN AS YOU SAY, "HOLY SPIRIT..."  
BREATHE OUT AS YOU SAY, "...PLEASE GUIDE ME." REPEAT  
THIS AS MANY TIMES AS YOU'D LIKE.**



**READ MATTHEW 6:14-15. BREATHE IN AS YOU SAY, "GOD  
FORGIVE ME..." BREATHE OUT AS YOU SAY, "...AS I FORGIVE  
OTHERS." REPEAT THIS AS MANY TIMES AS YOU'D LIKE.**



**PRAY FOR YOUR  
CHURCH.**



**PRAY FOR YOUR  
TEACHERS, COACHES, AND  
COUNSELORS AT SCHOOL.**



**PRAY FOR THE PEOPLE IN  
YOUR SMALL GROUP.**



**PRAY FOR YOUR  
FRIENDS.**



**PRAY FOR YOUR FAMILY OR  
THE PEOPLE IN YOUR LIFE  
YOU CONSIDER FAMILY.**



**PRAY (GOOD THINGS) FOR  
SOMEONE YOU DON'T GET  
ALONG WITH.**



**PRAY FOR YOUR YOUTH  
LEADERS.**



**PRAY FOR SOMEONE IN  
YOUR LIFE YOU HAVEN'T  
TALKED TO IN A WHILE.**



**PRAY FOR THE  
OVERLOOKED OR  
UNDERPRIVILEGED PEOPLE  
IN YOUR COMMUNITY.**



**PRAY FOR THE  
OVERLOOKED OR  
UNDERPRIVILEGED PEOPLE  
IN YOUR COMMUNITY.**



IN THE

# WYTHAM

PRAYER PROMPTS

IN THE

# WYTHAM

PRAYER PROMPTS



**IN THE**  
**BEAT**  
**RHYTHM**  
*PRAYER PROMPTS*

**IN THE**  
**BEAT**  
**RHYTHM**  
*PRAYER PROMPTS*

**IN THE**  
**BEAT**  
**RHYTHM**  
*PRAYER PROMPTS*

**IN THE**  
**BEAT**  
**RHYTHM**  
*PRAYER PROMPTS*