

Scripture Reading

James 5:16–18

¹⁶ If you have sinned, you should tell each other what you have done. Then you can pray for one another and be healed. The prayer of an innocent person is powerful, and it can help a lot. ¹⁷ Elijah was just as human as we are, and for three and a half years his prayers kept the rain from falling. ¹⁸ But when he did pray for rain, it fell from the skies and made the crops grow.

Matthew 6:9–13

⁹ You should pray like this:

¹¹ Give us our food for today.

Our Father in heaven,
help us to honor
your name.

¹² Forgive us for doing
wrong, as we forgive
others.

¹⁰ Come and set up
your kingdom,
so that everyone on earth
will obey you,
as you are obeyed
in heaven.

¹³ Keep us from being
tempted and protect us
from evil.

Memory
Verse
Challenge

Memorize the highlighted verses. *Who will be first to commit these verses to memory?*

KINDA SECRET

MILITARY FAMILY MISSION

HERO SQUAD

MISSION MANUAL

ISSUED FOR
WINTER MISSION
Prayers and Praise

Activity Instructions

Step 1: As a family, read this quarter's Scripture passages (back) and "Start Your Year with Prayer" (below).

Step 2: Use the Family Discussion Questions (right) to start applying the Scripture to your lives.

Step 3: Take the Memory Verse Challenge and complete the *Prayer Catcher* family activity to jumpstart the upcoming year with a focus on the discipline of prayer.

Start Your Year with Prayer

If God knows everything, do our prayers even matter? Yes! God wants to hear from us and he responds when we talk to him.

The letter of James reminds us the prophet Elijah was "just as human as we are," yet his prayers stopped and started the rain. So, how can our prayers change the world like Elijah's?

Jesus, in his kindness, tells us exactly where to begin. Read Matthew 6:9–13 again. The Lord's Prayer can also be used as a pattern by adding your own prayers to each part.

1. Our Father in heaven: Recognizing God as our heavenly Father reminds us of our relationship with him. He is Father of all, both powerful and caring—far above us, yet always near us.

2. Help us to honor your name: We honor God's name by showing respect and worship in our words and actions. We ask God to help us become good

and loving like him.

3. Come and set up your kingdom: Everything in heaven obeys God. His ways are best for the earth, too, so we ask God to come and set things right.

4. Give us our food for today: When we ask God to feed us each day, we remember how much we depend on him and how much he loves to provide for all our needs.

5. Forgive us for doing wrong: We want to stay right with God and others, so we ask God not to hold our sins against us, and we share his forgiveness to others who hurt us.

6. Keep us from being tempted and protect us: We are weak, but God is strong. He wants us to ask for his help to resist our wrong desires and to bring our fears to him.

Let's make 2025 a year of prayer by setting aside time each day to pray and watch how God uses them.

Family Discussion Questions

Eagle Squad

- What do you like about praying?
- How does it feel to know that God is near and he cares about everything in your life?

JV Squad

- Why is forgiveness so important to God?
- When was a time that you recognized God's response to your prayer?

Varsity Squad

- What things are easy to pray and release into God's care and what are hard?
- What does Jesus's prayer say God is like? How could you start being more like that?



Don't Forget!

Have you checked out our **Digital Resource Library** yet? Just scan the QR code with your phone to access it.

There you will find all of our Hero Squad children's devotionals and family activities available for download. Check it out today for Bible-based fun on the go!



Prayer Catcher Activity

Assembly Instructions

1. Color in designs on template.
2. Cut out prayer catcher along the exterior red lines.
3. Fold in half horizontally and vertically along solid blue lines and then reopen.
4. With the design facing down, fold in each corner then flip. Then fold in each corner to center again.
5. Crease the square in half horizontally and vertically, work your fingers into the four back corners, and pinch to form four points.



To Play and Pray

1. Get one person to choose one of the top 4 squares. Spell out the word while opening and closing the Prayer Catcher.
2. Player picks a number from inside square. Count out the number while opening and closing the Prayer Catcher.
3. Player picks a number again and reads the inside prayer prompt.
4. Using prompt, pray together and repeat each week to make a fun prayer discipline this year.

