

Prayer Experience Guide for AHG Troops

Scripture Focus

Memory Verse – Proverbs 3:5-6

"Heavenly Father, I trust in You with all my heart and lean not on my own understanding. In all my ways, I acknowledge You, and I ask You to make my paths straight."

Lesson Overview

Focus: Understanding the Purpose of Prayer and instilling the Habit of Prayer

Age Range: 4-18

Suggested Flow

- Read the memory verse together at the beginning of the meeting and explain that it is a recorded prayer, one of many recorded in the Bible.
- Split the Pioneer and Patriots into two groups- one group with the Pathfinders and Tenderhearts and one group with the Explorers. If the groups are big enough split them down so that there are no more than 7-8 younger girls in each group.
- Have the older girls ask the younger girls what they think prayer is. Try to let each answer.
- Have an older girl read the book "Pray With Me: A Child's Guide to Prayer" to the group.
- Hand out the prayer page and have the older girls help anyone who needs it, to write out their own prayer.
- Separately ask the older girls to do the same.
- End the session with a group round prayer, or a group recitation of Proverbs 3:5-6
- Separate to normal activities

Additional Options-

- Give each girl a small notebook and colored pen or pencil.
- Let the girls decorate the notebook as a designated prayer book.
- Or, have the girls decorate notebooks to give to their "Big, Little Sisters" within the troop

[illegible]