

During difficult and confusing times, it can be hard to know what to say when praying. Do we ask for specific things or ask for hope for the world in general? Is it OK to ask for help for oneself or should we be asking God to help others? What do we say when we are angry or sad or overwhelmed? How do we choose the right words to make sure the prayer is just right?

The good news is God knows us. He knows what we need, even if we don't know how to ask Him for help. God welcomes any time that we talk to Him, even if we tell Him we have no idea what to say or do!

The Bible says:

We do not know what to do, but our eyes are on You. -2 Chronicles 20:12b ESV

Repeat this verse out loud. Say it several times. It brings a bit of relief, doesn't it? The Bible gives us the words to speak when we are unsure of what to say.

Activities to help with prayer:

- **Prayer Dice**— materials needed: large foam dice (Dollar Store), glue stick, scissors, paper, something to write with



- Write out prayers (small enough to fit on the die).
- Cut them out and glue to the sides of the die.
- When time to pray, roll the dice and focus on the topic/prayer listed.

We do not know what to do, but our eyes are on You.

-2 Chronicles 20:12b ESV

- **Prayer Mug**— materials needed: a white coffee mug (Dollar Store), Sharpie markers



- Use the markers to decorate the mug. Write specific prayers for the week (names, events, concerns).
- Each time you use the mug, take some time to pray for who or what you wrote about on your mug.
- Gently hand wash the mug with each use. Once ready to start the new week, put mug in dishwasher. It should remove the words you wrote and you can begin again.
- If all of the marker does not come off the mug, scrub it. It should take the remaining marker off.