REACH COMMUNITY CHURCH

MAIN LESSON, ACTIVITY & DISCUSSION

Week: 43
Date: Sunday, October 25, 2026
Title: Jesus Teaches Us to Pray
Primary Scripture: Matthew 6:5–15
Supporting Scripture: Luke 11:1–13; Romans 8:26; Ephesians 2:8–9; Hebrews 4:14–16
Bible Timeline: During Jesus' earthly ministry, before His death and resurrection.

Big Idea: Because of Jesus, we can talk to our heavenly Father and trust Him with everything.

MEMORY VERSE

"your Father knows what you need before you ask him." Matthew 6:8

Meaning for children: God already knows what we need, and we can come to Him honestly because He is wise, good, and caring.

MAIN LESSON NARRATIVE

READ ALOUD | APPROXIMATELY 9 MINUTES

Think about the last time something happened that you really wanted to tell somebody about. Maybe you had wonderful news, or perhaps something happened that made you sad. When something matters to us, it's comforting to have someone who cares enough to listen.

But what about God? He's the One who created the heavens and the earth, who made the mountains, the oceans, and all the stars. Does someone as great as God really want to hear from us?

Jesus answered that question when He taught His followers how to pray.

One day, Jesus sat on a mountainside teaching His disciples, the people who followed Him and learned from Him. Crowds were also listening. He taught them about loving others, forgiving people, and living in a way that pleases God. Then He began talking about prayer, which simply means talking to God.

Some people liked to stand where everyone could see them praying. They wanted others to notice how religious and important they seemed. But Jesus explained that prayer isn't about impressing people. It's about coming to God with an honest heart.

Jesus also warned His followers against thinking they needed lots of fancy words to make God listen.

And then He said something wonderful in Matthew 6:8:

"your Father knows what you need before you ask him."

That's our memory verse this week. Let's say it together.

Now, think about what Jesus just told us. God already knows when you're frightened, when you're thankful, and when you're struggling with something difficult. He even knows what you need before you find the words to ask Him.

So why should we pray if God already knows everything?

Because prayer isn't just about asking for things. It's about knowing God, thanking Him, worshiping Him, asking for His help, and learning to trust Him.

Jesus didn't leave His followers wondering what they should say. He gave them a prayer to help them understand how to talk to God. We call it the Lord's Prayer.

He began in Matthew 6:9:

"Our Father in heaven, hallowed be your name,"

When Jesus says *hallowed*, He means that God's name is holy and deserves honor. God is completely good, completely truthful, and never does anything wrong. He loves His children, but He is also the mighty Creator who deserves our worship.

Jesus calls Him our heavenly Father. Some earthly fathers are kind and loving, while others make mistakes or cause pain. But our heavenly Father is perfectly good, and His love never fails.

Jesus continues in Matthew 6:10:

"your kingdom come, your will be done, on earth as it is in heaven."

God's kingdom means His rule as King. Jesus is teaching us to want God's good purposes to happen, even when they aren't what we expected.

Sometimes we pray for things we really want. Maybe someone we love is sick, or something at home is making us worried. We can tell God exactly what we're hoping for, but we also remember that His wisdom is greater than ours.

God doesn't promise that every prayer will be answered the way we want. That doesn't mean He stopped listening or that we didn't have enough faith.

Jesus Himself prayed to His Father before going to the cross. He knew terrible suffering was ahead, yet He trusted His Father's will. Because Jesus obeyed, died for our sins, and rose again, we have hope even when life is difficult.

Next, Jesus teaches us to pray in Matthew 6:11:

"Give us today our daily bread."

Bread was an everyday food that people needed to live. Jesus was teaching His followers that we can bring our ordinary needs to God. Food, help with problems, wisdom, and the things our families need all matter to Him.

God also wants us to care for others. When someone doesn't have enough, we can pray for them and look for ways to help.

Now Jesus comes to something every one of us needs. In Matthew 6:12, He teaches us to ask God to forgive our debts, just as we forgive others.

Here, Jesus isn't talking about money. He's talking about sin.

Sin is anything we think, say, or do that goes against God's good ways. Every one of us has sinned. We've all done things we knew were wrong, and we cannot erase those sins by trying harder to be good.

That's why we need Jesus.

Jesus is God the Son. He came into our world, lived without ever sinning, and willingly died on the cross to pay for our sins. Three days later, He rose from the grave. Jesus is alive today, and everyone who turns from sin and trusts Him receives God's forgiveness and new life.

We cannot earn salvation by praying perfectly or doing enough good things. It is God's gift to us through Jesus.

And the Bible tells us that God is one God in three Persons: Father, Son, and Holy Spirit. Jesus brings us to the Father, and the Holy Spirit helps those who trust Jesus, even when they don't know how to pray.

Jesus also teaches us to forgive people who hurt us. That can be difficult, especially when someone has treated us unfairly. But because God has shown us mercy through Jesus, He wants us to learn to show mercy, too.

Forgiving someone doesn't mean pretending they did nothing wrong or allowing them to keep hurting you. If someone is hurting or frightening you, tell a trusted adult who can help keep you safe.

Finally, Jesus teaches us in Matthew 6:13:

"And lead us not into temptation, but deliver us from the evil one."

Temptation is when we feel pulled toward doing something wrong. Maybe you're tempted to lie, cheat, or say something cruel because you're angry.

Jesus teaches us to ask God for help. God doesn't tempt us to do evil, and His Holy Spirit helps believers learn to choose what is right.

Now, someone might wonder whether we can really trust what Jesus taught about prayer. That's a fair question. Matthew recorded this teaching, and Luke also tells us about Jesus teaching His disciples to pray. Ancient Christian writings show that His followers learned and practiced this prayer. We can ask honest questions and carefully examine what God's Word says.

And here's something I hope you'll remember. You don't need special words, a certain place, or a perfect life before you can talk to God.

You can pray when you're happy, when you're afraid, when you've done something wrong, or when you don't know what to do next. And when God answers differently than you hoped, you can still trust His goodness.

Let's remember our memory verse one more time:

"your Father knows what you need before you ask him." Matthew 6:8

The greatest gift God offers us isn't getting everything we ask for. It's forgiveness and new life through Jesus Christ. Because of Jesus, we can belong to God's family and come to our heavenly Father knowing that He is good, wise, and trustworthy.

Let's pray together.

Heavenly Father, thank You for knowing us and caring about our needs. Thank You for sending Jesus to die for our sins and rise again. Forgive us when we do wrong, help us forgive others, and teach us to trust You even when life is difficult. Thank You for hearing us and loving us. In Jesus' name, amen.

DISCUSSION QUESTIONS WITH SUGGESTED ANSWERS

QUESTIONS FOR ALL CHILDREN

1. Why did Jesus tell His followers not to pray just to impress other people?

Suggested answer: Because prayer is about talking honestly to God, not making ourselves look important. Jesus wants our hearts to be focused on God.

Scripture: Matthew 6:5–6.

2. What does our memory verse teach us?

Suggested answer: God already knows what we need before we ask Him. We can trust Him and speak to Him honestly.

Scripture: Matthew 6:8.

3. What does it mean when Jesus tells us to honor God's name?

Suggested answer: It means remembering that God is holy, perfectly good, and worthy of our love and worship.

Scripture: Matthew 6:9.

4. What kinds of things can we pray about?

Suggested answer: We can thank God, praise Him, confess our sins, and ask for help with our needs, worries, decisions, and struggles.

Scripture: Matthew 6:9–13; Philippians 4:6.

5. Does God always give us exactly what we ask for?

Suggested answer: No. God hears us, but His wisdom is greater than ours. We can trust His goodness even when He doesn't answer the way we hoped.

Scripture: Matthew 6:10; 1 John 5:14.

6. Why do we need Jesus to forgive our sins?

Suggested answer: Because everyone has sinned, and we cannot save ourselves. Jesus lived without sin, died for our sins, and rose again. When we turn from sin and trust Him, God forgives us and gives us new life.

Scripture: Romans 3:23; Ephesians 2:8–9; 1 Corinthians 15:3–4.

7. Does forgiving someone mean we must let them keep hurting us?

Suggested answer: No. Forgiveness doesn't mean that wrong behavior is acceptable. We can forgive while asking trusted adults for help and keeping safe boundaries.

Scripture: Ephesians 4:32; Proverbs 22:3.

8. What can we do when we don't know how to pray?

Suggested answer: We can speak honestly to God, even with simple words. The Lord's Prayer helps guide us, and the Holy Spirit helps believers in their weakness.

Scripture: Matthew 6:9–13; Romans 8:26.

OPTIONAL DEEPER QUESTIONS

9. Why does Jesus teach us to ask for God's will instead of only asking for what we want?

Suggested answer: Because God is perfectly wise and good. We don't always know what is best, but we can trust His purposes.

Scripture: Matthew 6:10; Matthew 26:39.

10. How does Jesus make it possible for us to come to God?

Suggested answer: Jesus is God the Son. He died for our sins and rose again. Through faith in Him, we receive forgiveness and access to the Father.

Scripture: Romans 5:1–2; Hebrews 4:14–16.

11. How do we know that Jesus taught His followers about prayer?

Suggested answer: The Bible records Jesus teaching about prayer in Matthew 6 and Luke 11. Early Christians also preserved and practiced His teaching. These written records help us know what Jesus taught.

Scripture: Matthew 6:5–15; Luke 11:1–13.

HANDS ON ACTIVITY

MY PRAYER PATH

Purpose: Help children remember the main parts of the prayer Jesus taught and practice speaking sincerely to God.

Time: Approximately 10 minutes.

Supplies: One sheet of paper per child, crayons or pencils. No special materials needed.

INSTRUCTIONS

1. Give each child a sheet of paper and ask them to draw five large circles, forming a path across the page. Children who need help may draw alongside the teacher.
2. In the first circle, write or draw something that reminds them God is holy and good. Younger children might draw a heart or simply write the word "God."
3. In the second circle, ask them to draw something that represents wanting God's will to be done. They might draw two people helping each other or someone showing kindness.
4. In the third circle, have children draw something they need and want to bring before God. It might be food, help with a difficult problem, or someone they love.

5. In the fourth circle, ask them to write or draw something that reminds them of forgiveness. They might draw a cross, remembering that forgiveness comes through Jesus.
6. In the fifth circle, have children draw something that reminds them to ask God for help when they're tempted to do wrong. They might draw a Bible or the word "Help."
7. Invite the children to look at their finished paths and notice how Jesus taught us to worship God, trust His will, ask for what we need, seek forgiveness, and ask for help.
8. Give children a quiet moment to pray using their prayer paths. They may pray silently, and no child should feel pressured to share personal worries or sins aloud.

SCRIPTURE CONNECTION

Matthew 6:9–13 gives us the pattern Jesus taught His followers. The circles are simply reminders of His teaching, not a required order or a special way to make God answer.

Optional Group Review: Ask the class to say the memory verse together before putting away their papers.

TEACHER CLOSING

Before dismissing the children, remind them that prayer is not something we have to perform perfectly.

Jesus teaches us to come to our heavenly Father with honest hearts. God is holy and good, and through Jesus, those who trust Him receive forgiveness and new life.

There may be times when we pray and don't understand God's answer, but His love and wisdom remain trustworthy.

Encourage the children to remember that they can speak to God when they're happy, worried, afraid, thankful, or sorry for something they've done.

Final takeaway: Because of Jesus, we can talk to our heavenly Father and trust Him with everything.

Memory Verse Review: Matthew 6:8.

END OF WEEK 43 MAIN LESSON, ACTIVITY & DISCUSSION