

Chatting with God

By Audrey Cox



How much is prayer like having a conversation with a friend? This activity helps families learn ways to pray—ways to chat with God—from the Bible, no matter what is going on in their lives.

For
Teen Family

Season

Summer

Needed

Two Psalms worksheet, notebook paper, stapler, pens

Prepare in Advance

Make a copy of the Two Psalms worksheet for each family member. Staple three sheets of notebook paper to the worksheet to make a booklet.

Activity Plan

1. Gather as a family and begin with prayer:

Hi, God. Thanks for giving us time together as a family. Sometimes it can be hard to remember to talk to you and to feel comfortable telling you how we feel. As we read your Word, remind us of how honest we can be with you. Help us remember how much you love us. Amen.

2. From the Two Psalms worksheet, have someone read aloud Psalm 23 and Psalm 139:1-12. After hearing the passages, discuss the following questions:
 - What is one feeling the psalm writers expressed that you have also felt?
 - What memory do you have of hearing these psalms or parts of them?
 - What do you imagine was going on in the lives of the psalmists when they wrote these psalms?
 - In what ways do these psalms resemble a conversation with a friend?
3. Give each family member a Two Psalms worksheet with notebook paper stapled to it. Keeping in mind how the psalmists spoke freely to God, invite family members to talk about when they might set aside time to chat with God as the psalmists did, through writing.
4. Allow some quiet time for each person to start a chat with God through writing, as one might jot a note to a close friend. After several minutes, encourage family members to read their prayers aloud.

Two Psalms

Psalm 23

**The Lord Is My Shepherd
A Psalm of David.**

¹ The Lord is my shepherd; I shall not want.
² He makes me lie down in green pastures.
He leads me beside still waters.
³ He restores my soul.
He leads me in paths of righteousness
for his name's sake.
⁴ Even though I walk through the valley of the shadow of death,
I will fear no evil,
for you are with me;
your rod and your staff,
they comfort me.
⁵ You prepare a table before me
in the presence of my enemies;
you anoint my head with oil;
my cup overflows.
⁶ Surely goodness and mercy shall follow me
all the days of my life,
and I shall dwell in the house of the Lord
forever.

Psalm 139:1-12

**Search Me, O God, and Know My Heart
To the choirmaster. A Psalm of David.**

¹ O Lord, you have searched me and known me!
² You know when I sit down and when I rise up;
you discern my thoughts from afar.
³ You search out my path and my lying down
and are acquainted with all my ways.
⁴ Even before a word is on my tongue,
behold, O Lord, you know it altogether.
⁵ You hem me in, behind and before,
and lay your hand upon me.
⁶ Such knowledge is too wonderful for me;
it is high; I cannot attain it.
⁷ Where shall I go from your Spirit?
Or where shall I flee from your presence?
⁸ If I ascend to heaven, you are there!
If I make my bed in Sheol, you are there!
⁹ If I take the wings of the morning
and dwell in the uttermost parts of the sea,
¹⁰ even there your hand shall lead me,
and your right hand shall hold me.
¹¹ If I say, "Surely the darkness shall cover me,
and the light about me be night,"
¹² even the darkness is not dark to you;
the night is bright as the day,
for darkness is as light with you.

