

# Come Follow Me

NEW TESTAMENT 2019

## PRAYER HANDS CRAFT

### Matthew 6-7

In Matthew 6, Christ teaches us how we should pray. It should be earnest and not contain “vain repetitions” (verse 7). He also gives us the Lord’s Prayer (verses 9-13), which President Russell M. Nelson taught serves as a pattern to follow when praying, not something to memorize. Help your young kids understand how to pray as Jesus taught by completing this simple craft:

**Materials:** paper (colored construction paper is a fun option), scissors, pens/pencils, colored pencils, crayons, markers

1. Read Matthew 6 as a family. Briefly discuss what Christ teaches about prayer.
2. Help your kids trace their hand on a piece of paper and cut it out.
3. On each finger, write one thing you could pray about. Here’s an example:
  - a. Say thank you
  - b. Praise God
  - c. Ask for forgiveness
  - d. Ask for help
  - e. Talk about your day and how you’re feeling
4. Instead (or in addition), you could list five things that make a good prayer. Here’s another example:
  - a. Pray in Secret
  - b. Don’t use vain repetitions
  - c. Be respectful and reverent
  - d. Be sincere
  - e. Have a constant prayer in your heart
5. Allow your kids to decorate the prayer hand(s).
6. When you have family prayers or help your kids with individual prayers, you can pull out the prayer hands and remember what Jesus taught about prayer.

Resources for discussion:

- [“How to Pray” Friend](#) page (an adaptation of Elder Dieter F. Uchtdorf’s [“The Hope of God’s Light”](#) talk in which he mentions six elements of prayer)
- [“Using the Supernal Gift of Prayer”](#) by Elder Richard G. Scott
- [“Daily Bread: Experience”](#) video (for older children)
- LDS Media Library [“Prayer” section](#)

[“Sermon on the Mount: The Lord’s Prayer”](#) video