

# HEART CONNEX

*Truth Flowing from One Generation to the Next— Through Strong Heart Connections*

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**November 1-4, 2006**

*Pray in all Situations—Richard Ross, Ph.D.*

**1. Heart Surprise (Today a parent goes first):** Say: **Once an adult told me something about you that made me proud. That adult said . . .**

**2. Read Scripture:** Invite a family member to pray. Ask family members to read Ephesians 6:18 and Psalm 105:4. Discuss the Truth and Untruths in light of these passages.

### **Truth**

- God wants believers to stay in fellowship with Him and to have an ongoing conversation with Him throughout each day.

### **Untruths**

- Prayer should be saved as your very last resort.
- Prayer is only for the big things, since God expects you to handle the small things.
- Prayer only belongs at the beginning or end of the day—and maybe at meals.

**3. Explore Scripture:** Read aloud Ephesians 6:18. Tell your family that the Greek phrase often translated “pray always” literally means “in every season.” Point out that Paul was using the same words as Jesus used Luke 21:36. Read aloud Psalm 105:4. Say: **To seek his face means wanting His presence, power, and favor.** Use your own words to explain the following quote from English preacher Charles Spurgeon: *“Seeking the Lord (is) the perpetual occupation of a believer.”* (“Perpetual” means an action that never stops.) Close by quoting commentator Matthew Henry: **“Seek (his face) while you live in this world, and you shall have it while you live in the other world.”**

**4. Think It Through:** A teenager will lead this step.

**5. Nail It Down:** Say: **Imagine a teenage couple madly in love. Each has a cell phone plan with unlimited minutes seven days a week. While they are separated by summer vacations, how many times a day do you think they might call each other? Would they think a brief conversation to begin and end the day is enough?** Discuss responses. Say: **If God is just an idea or concept to you, you probably won’t “call” Him often. If you are filled with love and warmth toward Him, you will stay in conversation with Him all day long.**

**6. Pray:** A teenager will lead this prayer.

**7. Blessing:** Say: **I bless family members who devote as much attention to their ongoing conversations with God as their ongoing conversations with each other.**

**Parent Tip:** According to research, the more times teens get to sit and eat with their families, the less likely they are to report substance abuse, mood disorders, or poor academic performance. Relaxed, happy family meals matter.