

C.H.A.T. with God

We like to use the acronym C.H.A.T. to help our elementary aged kids learn more about prayer. It reminds them that it is not a scary thing—it's a chat with God!

C Stands for Confession

Confession is when we tell God how we have sinned—the ways we have turned away from following Him.

By confessing to God, we show Him that we trust Him with everything. Knowing that He will still love us no matter what we confess, will in turn bring us closer to Him.

By confessing first in our prayers, we experience a closer relationship with God, and we know we can trust Him with our requests.

H Stands for Honor

God loves our worship. When we honor Him with our prayers—especially after confessing—it is pleasing to Him. We declare what we know to be true about Him!

Honor statements generally start with “God, you are _____.” And we tell Him truths we know about Him from the Bible!

A Stands for Ask

God says we can ask for anything in His name—and asking is usually the first thing we think of when it comes to prayer.

Asking is when we lay our requests before our God. This comes after we have built trust in confession and recalled His attributes in honor.

Often, kids can move to asking too fast, which can distract from the reverent posture we need to take through prayer.

T Stands for Thank

Saying thank you to God comes quite naturally to kids. Encouraging them to end their prayers with statements of thanks should be an easy way to encourage them as they pray!

Help kids think of things they can be thankful for. This could be anything from answers to asked prayers, things they see in nature, their family, and even small things that they delight in!

By breaking down the different parts of prayer, we help kids slow down. Then they can consider who they are talking to and why it is important to pray.

Prayer is a way to build relationship with God. Encouraging kids in this will [help make them passionate about their faith.](#)