

# Ezra 9.5-15

## Prayer

### Remember this?

Ezra was feeling angry and sad and upset.

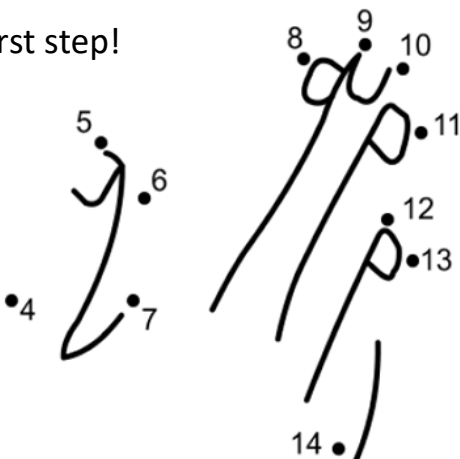
He fell on his knees, spread out his hands to the LORD his God, and he prayed.

Today we're going to 'listen in' to Ezra as he prayed and learn about prayer from him.

To get you thinking about prayer, how about learning to draw some 'praying hands' ...

Here's an easy first step!

Join the dots!



Trust in the LORD  
at all times O people.

Pour out  
your hearts  
to Him,  
for God is our refuge



**Psalm 62.8**

*Albrecht Durer was one of 18 children in his family! The family couldn't afford to send all the children to college, and while Albrecht went to art school his brother Albert went down the mines. He'd agreed with Albert that when he finished college they would swap, and Albert could go to college instead. But when the time came Albert's hands were too damaged by his work in the mines. So Albrecht then painted this picture of his brother's hands stretched out to God.*



('Praying Hands' by Albrecht Durer – 1508)

# HOW TO DRAW PRAYING HANDS



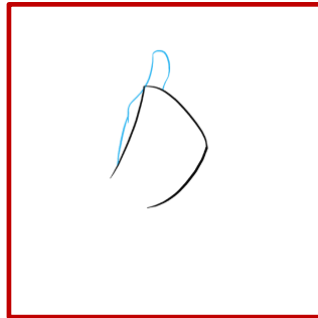
**Here's a challenge for you!**

See if you can draw your own 'praying hands'.

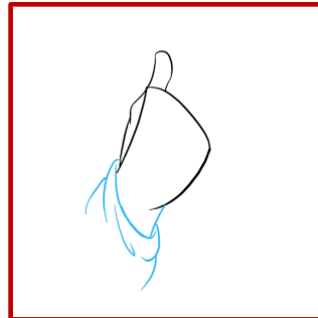
Follow the steps in the boxes below and discover that it's not too hard to draw them!



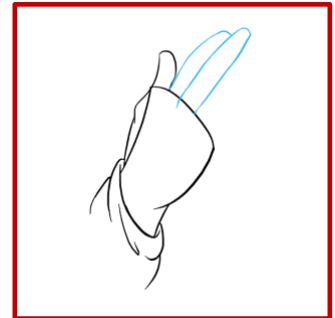
1. Begin by sketching the shape of the hand. Use three curved lines to form three sides of an open, roughly rectangular shape



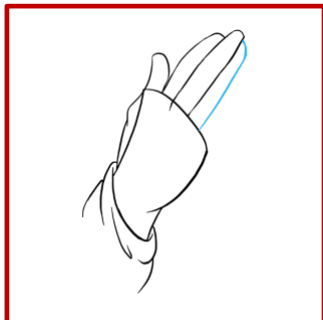
2. Use a series of curved lines to flesh out the top side of the hand. Notice the overlap and bulge that represent the knuckle. Use an upside down, roughly "U" shaped line to enclose the thumb.



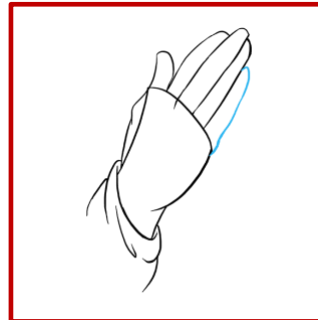
3. Extend the wrist using a curved line. Then, use a long, curved line to connect the sides of the wrist. Use additional curved lines to craft the folds of the fabric of the sleeve.



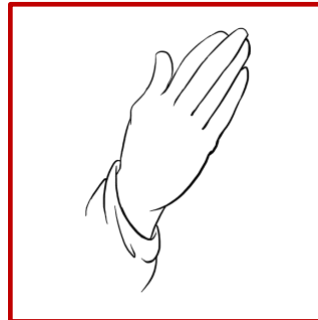
4. Draw three long, curved lines extending from the hand. At the tips, increase the curve so that the lines intersect. These form the fingers.



5. Draw another long, curved line, forming the third finger.



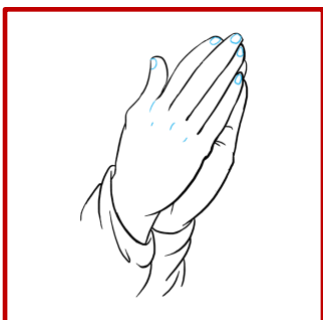
6. Draw another long, curved line, slightly shorter than the rest. This forms the final finger.



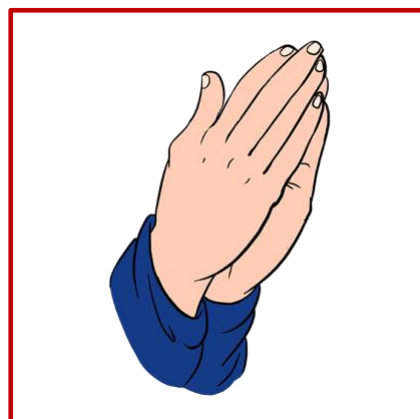
7. Use a rubber to erase the 'guide-lines' from the hand, leaving a clean outline.



8. Sketch the second hand behind the first. Begin by extending a long, curved line from the wrist to the tip of the pinkie finger. This encloses the side of the second hand. Indicate another fingertip by drawing a short, curved line between the pinkie and ring fingers. Below the hand, use several overlapping curved lines to form the draping folds of the garment. Finally, use short, curved lines to detail the hand on the palm and the knuckles of the pinkie.



9. Detail the hand. Enclose small, rounded shapes on the fingertips to indicate fingernails. Draw short, curved lines to form the curvature of the knuckles.



10. Colour your praying hands!

Drawing praying hands is one thing ...

... actually **praying** is another!

On the next page you'll get the chance to see how Ezra prayed.

But before doing that remind yourself of the helpful way of thinking about what prayer involves using the letters **PRAY**

And something else for you to do!

When Jesus' disciples asked Him to teach them how to pray, Jesus gave them what's now called "The Lord's Prayer"

See if you can fill in the missing words in that prayer below. You'll find all the letters you need in the box alongside.

\_\_\_\_\_ in heaven,  
 hallowed be Your Name.  
 Your Kingdom come.  
 Your \_\_\_\_\_ be done on earth as it  
 is in heaven.  
 \_\_\_\_\_ us this day our daily bread.  
 Forgive us our debts as we forgive  
 our debtors.  
 Lead \_\_ not into temptation, but  
 deliver us from evil.  
 For Yours is \_\_\_\_\_, the  
 power and the glory, for ever.  
 Amen



**PRAISE**

Give God glory for who He is. Praise Him! Start your prayers with praise!  
*"Praise the LORD! Praise the LORD, O my soul! While I live I will praise the LORD!"*  
Psalm 146:1-2



**REPENT**

Ask for forgiveness and for the strength to repent from your ways.  
*"Blot out my transgressions. Wash me thoroughly from my iniquity. And cleanse me from my sin."*  
Psalm 51:1-2



**ASK**

What has the Lord put on your heart? Ask Him, and let the peace of God guard your heart & mind.  
*"Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God."*



**YIELD**

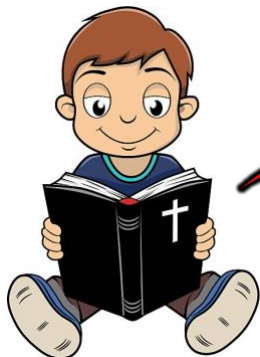
Give your prayers to God to answer in His way and in His time. Yield to His will, and then yield to and listen for His voice.  
*Wait on the LORD: Be of good courage, And He shall strengthen your heart."*  
Psalm 51:1-2

A box containing a collection of colorful letters for a word search:

	I	
V	I	E
F	U	N
R	K	O
A	S	T
G	H	H
I	O	E
T	R	L
E	M	D
H	C	G

Now put the seven missing words from the Lord's Prayer together.

You'll find an important truth which Jesus told His followers!

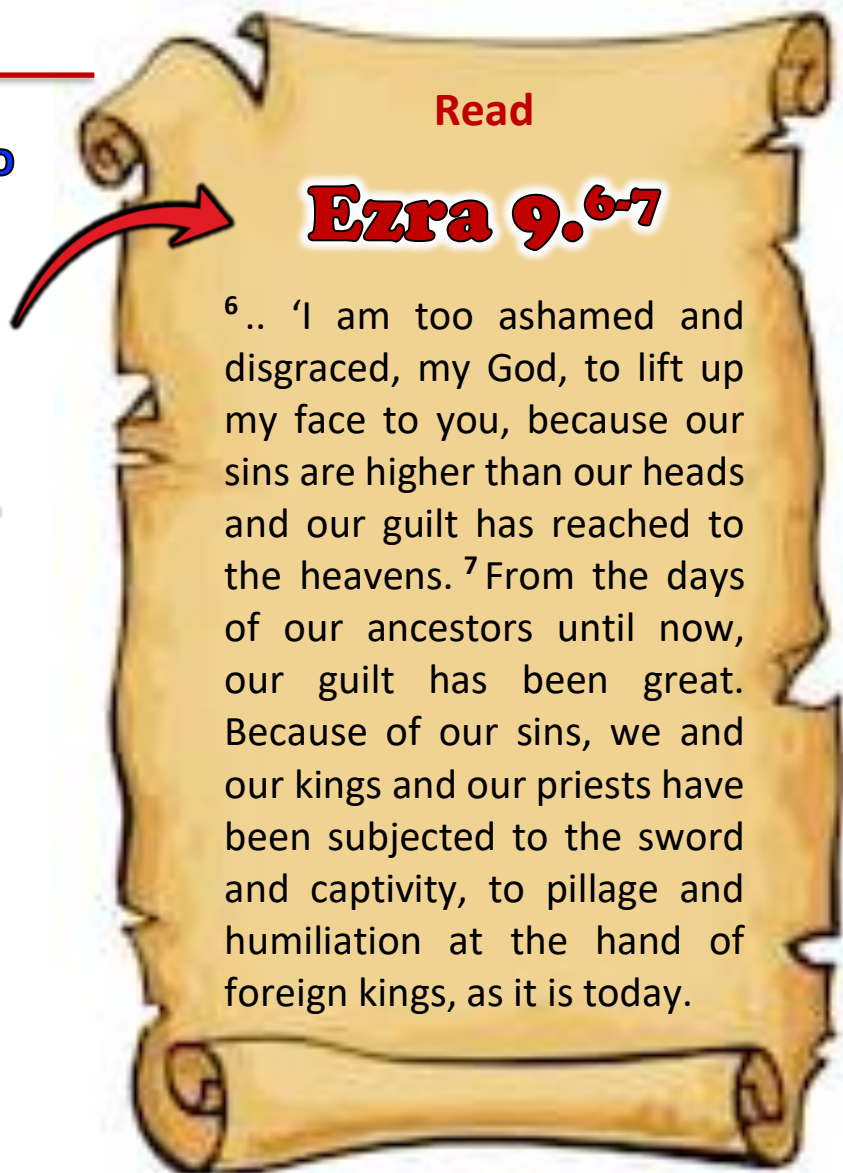


You can check this out for yourself!  
Get out a Bible and read

**Luke 12.32**

Now ... It's time to get back to  
**Ezra!**

Have a read of the first part of his prayer



Read

**Ezra 9.6-7**

<sup>6</sup>.. 'I am too ashamed and disgraced, my God, to lift up my face to you, because our sins are higher than our heads and our guilt has reached to the heavens. <sup>7</sup>From the days of our ancestors until now, our guilt has been great. Because of our sins, we and our kings and our priests have been subjected to the sword and captivity, to pillage and humiliation at the hand of foreign kings, as it is today.

It's never easy to do what Ezra did as he started praying.

Do you know what one of the hardest words of all to say is?  
Because that's really the word that Ezra was saying.

You'll see what that word is on the next page!

How about this for a difficult word to say?

Try saying it!



**pneumonoultramicroscopicsilicovolcanoconiosis**

It's the name of an illness.

If the doctor tells you that you've got this, you should be worried!

(And you should probably be amazed that she/he can say the word as well!)

Try counting how many letters the word has!

Here's another word  
that is even  
harder to  
say!



I know what you're thinking!

**That's easy!**

You're thinking ...

And it is. Very easy. When you don't *need* to say it.

But when you've done things wrong and you need to say it ... it becomes *very* difficult to say!

Just try it, next time you've done something wrong!

Remember how Ezra  
started his prayer:

**'I am too ashamed and  
disgraced, my God ..'**



Saying 'Sorry' to God is an important part of praying.

That's how Ezra started.

He was part of the people of God: and they had failed to live as God had told them to live.

Not just once or twice. But repeatedly.

Like – again and again and again and again and again and ..

We're not really any different.

We get things wrong like that. Often.

The same thing again and again.

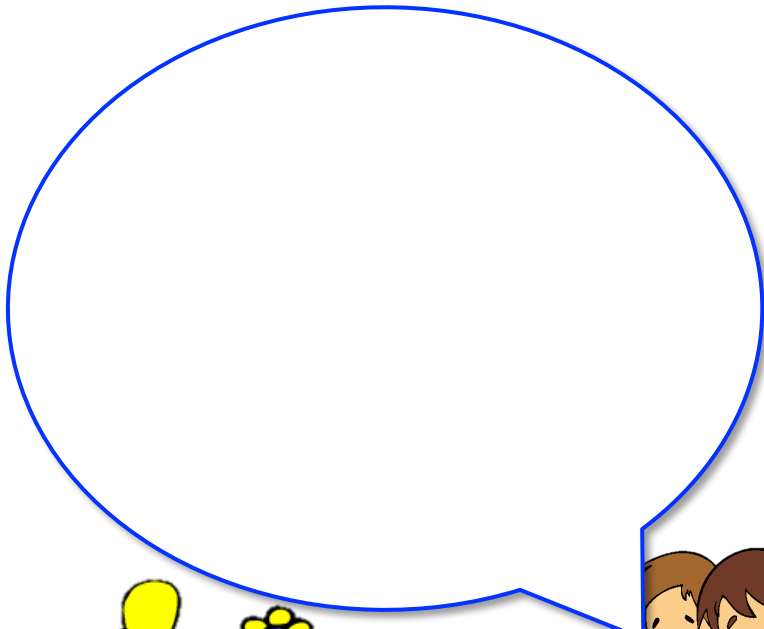
It makes us feel **ashamed**. Just like Ezra.

**Try  
some  
more  
drawing!**



**Saying sorry to God is very important!**

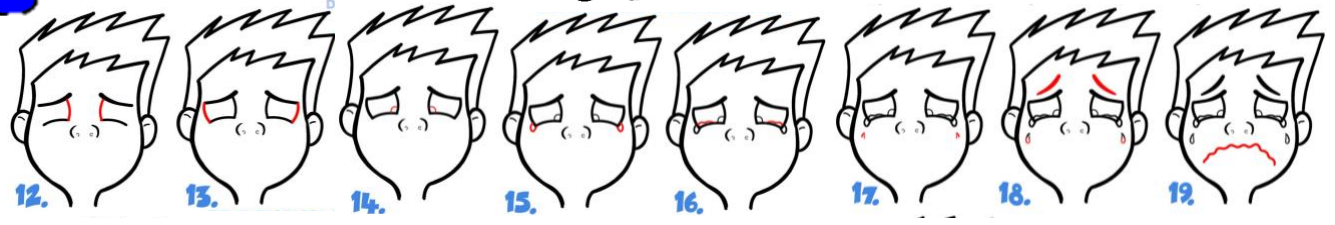
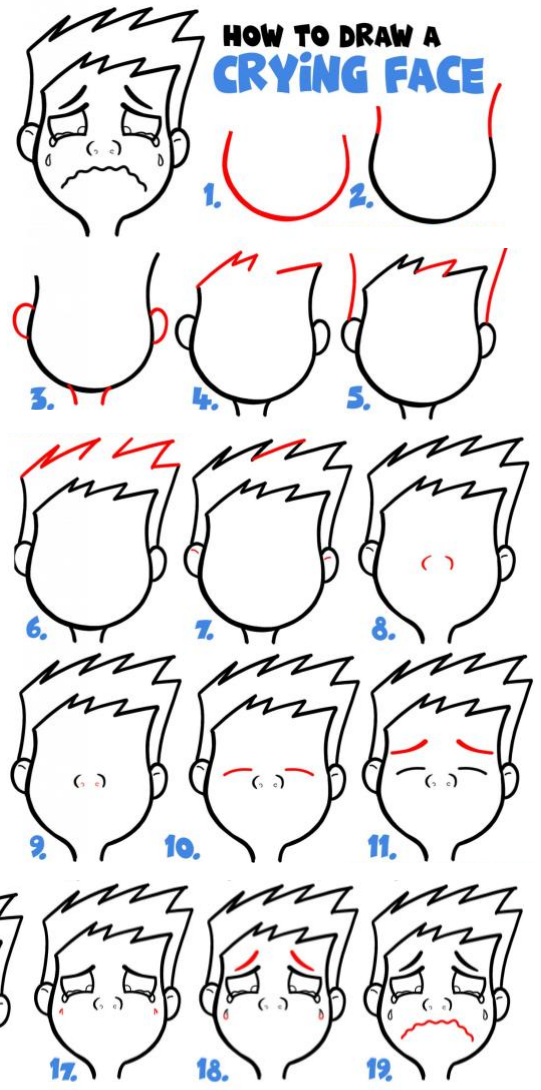
Why not write in the 'speech bubble' the things you want to say sorry to God for now.



*At each stage in your drawing look for the new bit of the picture which is in red and build your picture up by drawing those new lines.*

*Happy drawing!*

**HOW TO DRAW A CRYING FACE**



Ezra knew that it was **safe** and **wise** to say sorry to God, as well as very important.

He knew from the Bible how God treats us when we're truly sorry

He doesn't treat us as our sins deserve, nor pay us back in full for our wrongs.  
Psalm 103:10

Read

## Ezra 9:8-9

<sup>8</sup>'But now, for a brief moment, the Lord our God has been gracious in leaving us a remnant and giving us a firm place in his sanctuary, and so our God gives light to our eyes and a little relief in our bondage. <sup>9</sup>Though we are slaves, our God has not forsaken us in our bondage. He has shown us kindness in the sight of the kings of Persia: he has granted us new life to rebuild the house of our God and repair its ruins, and he has given us a wall of protection in Judah and Jerusalem.

Look how Ezra went on as he poured out his heart to God.

Ezra knew from the Bible how God had always dealt with His people.

It wasn't what they had deserved!

God had been full of mercy and given them a new start.

When Jesus died on the cross He was paying the price for the sins of **everyone** who trusts in Him. **Everyone** who trusts in Him.

**All** their sins. No matter how many those sins are. No matter how often we get it all wrong.

He took our place. That's what Easter is really all about!

It means that when we say sorry to God .. we can be forgiven.

He gives us a completely new start!

Say a big

**THANK YOU**

to God!

# A prayer

Think about what you've been learning today.  
Now try praying this prayer (or making up your own prayer!)

Thank You, Jesus, that You died on the cross in our place.

I sometimes feel like Ezra felt - ashamed. I don't like it when I've got things wrong and spoiled things for everyone, including You. I feel really annoyed with myself .. and very ashamed.

It's really, really hard to say 'Sorry', Jesus! But I know that I need to. So I want to say 'Sorry' to You now for all the ways in which I have gone my own way rather than Yours and disobeyed You.

Thank You for showing me today that speaking to You when I've got it all wrong is the best thing to do.

It's amazing to discover that because of what You did when You died on the cross anyone who trusts in You can be forgiven when we turn to You and say sorry!

Please help me, Jesus, to live well for you every day in everything I say and do.

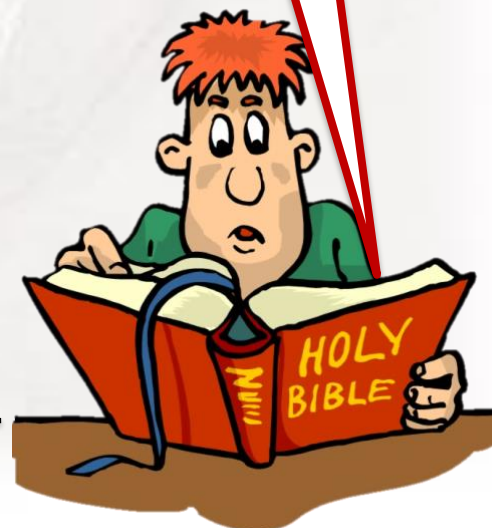
You are the best, Lord Jesus!



# Today's verse for you to try and remember!

"He doesn't treat us as  
our sins deserve, nor  
pay us back in full for  
our wrongs."

*Psalm 103.10*



# A WORDSEARCH

## Jesus Teaches About Prayer



Ask

Seek

Knock

For everyone who asks receives; he who seeks finds; and to him who knocks, the door will be opened. Luke 11:10 (NIV)

The puzzle is based on Luke 11:1-9 (NIV).

P R A Y Y B S L E F X E B P H  
U K I N G D O M L T S P D Q A  
A Y Z A U B Q Q S E E E R X L  
U Q B S B U R W F Z A A E G L  
O R R K P U J I U R Z D C K O  
O N E O L F N P I P I A Q H W  
T A A P X A A F V I X E M M E  
E M D E D M F T W T F S N U D  
M E C N H R D O H N L F B D W  
P P K K R N E G R E S M Y Y U  
A V N I I Q I C C G R T C D Y  
T N O F U N J C E S I N S A O  
I J C W D K S D G I J V Q I A  
O Q K I F B E K P I V J E L A  
N M M W N M J J P V W E M Y P

FIND  
SEEK  
MIDNIGHT  
SINS

PRAY  
FATHER  
DAILY  
KINGDOM

OPEN  
NAME  
TEACH  
HALLOWED

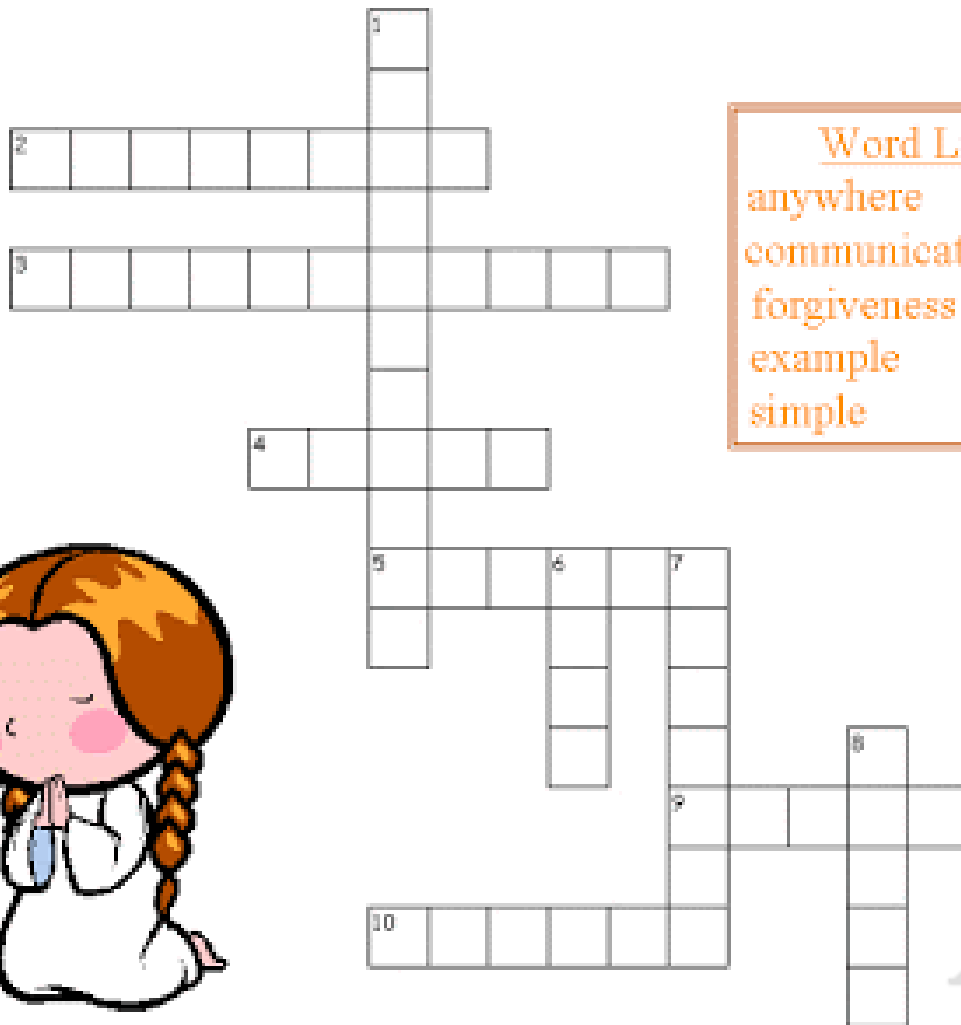
TEMPATION  
KNOCK  
LEAD  
FORGIVE

FRIEND  
RECEIVE  
BREAD  
ASK

# .. a crossword for you!

Jesus taught His followers how to pray.

## Lord's Prayer Crossword



### Word List:

anywhere    power  
communicate    pray  
forgiveness    hears  
example    praise  
simple    hands

### Across

2. We can pray anytime and \_\_\_\_.
3. Prayer is the special way we \_\_\_\_ with God.
4. We fold these out of respect and to avoid distraction when we pray.
5. Instead of using fancy words when we pray it's best to keep it this.
9. Praying has a lot of this because God can do anything.
10. Include this in your prayer to God because he deserves to hear it.


### Down

1. An important part of prayer is to ask for this.
6. God wants us to do this all the time. When things are good and bad.
7. The Lord's Prayer is an \_\_\_\_ so we can know how to pray.
8. God always \_\_\_\_ us when we pray.

# For you to COLOUR IN

*Try colouring in the pictures on this page and the next*





Dear  
Lord

Jesus

I  
AM

SORRY