



◆ THE FOUNDATION

The Foundation

Walking With God Every Day

"Draw near to God, and He will draw near to you."

JAMES 4:8 · ANCHOR VERSE - READ THIS ALOUD TOGETHER TO OPEN

Key Points

READ TOGETHER

- ◆ God wants a relationship with you – not just your good behavior.
- ◆ Every healthy relationship requires communication.
- ◆ We talk to God through prayer.
- ◆ God speaks to us through His Word, the Holy Spirit, wise people, and the circumstances He allows in our lives.
- ◆ Spending time with God each day helps us grow closer to Him.

Story One: Emma and Grandma's Letters

AGES 6–10

READ TOGETHER

Emma loved her grandma. Grandma lived several states away, so they didn't get to see each other very often. Sometimes it was almost a whole year between visits.

Even though they lived far apart, Emma always smiled when a letter arrived in the mailbox with Grandma's familiar handwriting. Inside was usually a note telling Emma how much she loved her, a few family pictures, and sometimes a sticker or bookmark tucked inside.

Emma carefully read every word. Then she sat at the kitchen table and wrote Grandma a letter back. She told her about school. Her soccer games. Her new puppy. The funny things that happened during the week.

A few days later, Grandma would call. The two of them talked and laughed for nearly an hour.

One afternoon Emma asked her mom, "How do Grandma and I stay so close even though we live so far apart?"

Her mom smiled. "Because you keep talking to each other."

Emma thought about that for a moment. "If we stopped writing letters and stopped calling..."

"...would your relationship grow stronger?"

Emma shook her head. "No."

“It would slowly grow weaker.”

That evening, during family Bible time, Dad opened his Bible and read James 4:8. “*Draw near to God, and He will draw near to you.*”

Emma looked up. “So...prayer is kind of like writing letters to God?”

Dad smiled. “Even better. You don’t have to wait for the mail. You can talk to Him anytime. And every time you read your Bible...”

Emma finished the sentence. “...it’s like reading one of God’s letters to me.”

Dad nodded. “I think that’s exactly what it is.”

From that day on, Emma looked forward to both kinds of letters. One came through the mailbox. The other came every time she opened her Bible.

Story Two: Dad, Pawpaw, and the Phone Call

AGES 10–14

READ TOGETHER

One evening after dinner, Dad was sitting in his favorite chair talking on the phone. When he hung up, Nathan asked, “Was that Pawpaw?”

“It was.”

“You talk to him a lot.”

Dad smiled. “Usually every couple of weeks.”

Nathan thought for a minute. “I don’t really know Pawpaw very well.”

Dad looked surprised. “You’ve met him.”

“I know...” Nathan said, “...but we only see him every year or two. And he doesn’t really call me.”

Dad nodded slowly. “I understand.” Then he asked, “Do you think relationships happen automatically?”

Nathan shrugged. “I guess not.”

Dad picked up his phone. “How do you become close to someone?”

“You spend time with them. You talk. You ask questions. You laugh. You tell them what’s going on in your life.”

Nathan nodded.

“Exactly.”

Dad leaned forward. “Now let me ask you something. If someone only talked to God for thirty seconds before bed... and maybe another twenty seconds before eating... would that be much of a relationship?”

Nathan sat quietly. “I guess not.”

“What if someone only talked to their best friend for thirty seconds a day?”

“They probably wouldn’t stay best friends.”

Dad smiled. “That’s exactly the point. Prayer isn’t about checking a box. It isn’t saying the right words. It isn’t repeating the same prayer every night. It’s having a conversation with Someone who loves you.”

Nathan looked thoughtful. “But...what do I even talk about?”

Dad smiled. “What did you tell me about on the drive home?”

“My baseball game.”

“What else?”

“The math test.”

“What else?”

“That I was nervous about camp.”

“What else?”

“I told you I was excited about going fishing.”

Dad nodded. “Those are all things you can tell God.”

“But...” Nathan interrupted. “Doesn’t God already know all of that?”

Dad laughed. “He does.”

“Then why tell Him?”

Dad smiled. “Because relationships aren’t built by sharing information. They’re built by spending time together. I already know you love me. But it still means something when you tell me.”

Nathan smiled. “So prayer is really just talking with God.”

“Exactly. And the more you talk with Him...” Dad paused. “...the better you’ll know Him.”

That night Nathan prayed a different kind of prayer. It wasn’t memorized. It wasn’t rushed. He simply talked to God.

For the first time... prayer felt like a conversation instead of a chore.

Jesus' Example

READ TOGETHER

If anyone had a close relationship with the Father, it was Jesus.

Even though Jesus was fully God, He regularly spent time alone praying. Before making important decisions, He prayed. Before choosing His disciples, He prayed. After busy days of teaching and healing, He prayed.

Sometimes He prayed early in the morning. Sometimes late at night. Sometimes on a mountain. Sometimes in a quiet garden.

Jesus showed us that prayer wasn’t an emergency tool. It was a daily conversation with His Father.

If Jesus made time to talk with God every day, how much more should we?

Why This Matters

READ TOGETHER

Imagine trying to become best friends with someone you never talked to. It wouldn’t happen.

Relationships grow through time together. Through listening. Through honesty. Through trust.

Our relationship with God works the same way. Prayer isn’t about saying impressive words. It’s about opening your heart to your Heavenly Father.

Sometimes you’ll thank Him. Sometimes you’ll ask for help. Sometimes you’ll admit you’ve made a mistake. Sometimes you’ll simply sit quietly and listen.

The more time you spend with God, the more you’ll recognize His voice through Scripture, wise counsel, the Holy Spirit’s conviction, and the peace He gives your heart.

A relationship with God isn’t built in one long prayer. It’s built through thousands of little conversations over a lifetime.

Bible Verses

READ TOGETHER

James 4:8 - “Draw near to God, and He will draw near to you.”

Jeremiah 33:3 - “Call to me and I will answer you and tell you great and unsearchable things you do not know.”

Philippians 4:6–7 - “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God...”

Matthew 6:6 - “But when you pray, go into your room, close the door and pray to your Father, who is unseen.”

John 10:27 - “My sheep listen to my voice; I know them, and they follow me.”

Discussion Questions

PARENT LEADS

1. What makes a friendship grow stronger?

2. Why do you think communication is so important in every relationship?

3. What was different about Nathan’s prayer at the end of the story?

4. If God already knows everything, why do you think He still wants us to pray?

5. What are some things you can talk to God about besides asking Him for help?

6. How does reading the Bible help us hear God’s voice?

7. When during your day would be a good time to have a real conversation with God?

8. Parent’s turn: what has helped your own conversations with God feel real instead of routine?

Vocabulary Words

READ TOGETHER

Relationship: A close connection between people who know, trust, and care about one another. *Example: Spending time talking, laughing, and helping your best friend.*

Prayer: Talking honestly with God about anything in your life. *Example: Thanking God for your family, asking for wisdom, or telling Him you’re scared about something.*

Worship: Showing God how much you love, honor, and thank Him. *Example: Singing at church, praying, obeying God, or thanking Him throughout your day.*

Faith: Trusting God even when you cannot see everything He is doing. *Example: Believing God is with you when you’re afraid.*

Trust: Believing someone will keep their promises and do what is right. *Example: Knowing your parents will care for you because they love you.*

Devotion: Choosing to spend regular time with God because you love Him and want to know Him better. *Example: Reading a short passage from the Bible and praying every morning before school.*

Disciple: A person who follows Jesus, learns from Him, and tries to live like Him every day. *Example: Reading the Bible to learn how Jesus treated others and then following His example.*

Faith Builder

YOUR MOVE

This week, begin your own **Conversation Journal**.

Each day, spend **5–10 minutes** talking with God. You don't need fancy words. Just be honest.

Try talking with God about these five things:

- **Monday:** Tell God three things you're thankful for.
- **Tuesday:** Tell Him about something that made you happy today.
- **Wednesday:** Tell Him about something you're worried or nervous about.
- **Thursday:** Pray for someone else who needs encouragement or help.
- **Friday:** Ask God to help you become more like Jesus.
- **Saturday:** Read one chapter from the Gospel of Mark and write down one thing you learned about Jesus.
- **Sunday:** Spend a few quiet minutes thanking God for the week and asking Him what He wants you to learn next.

At the end of the week, write down:

- What was the easiest thing to talk to God about?
- What felt difficult?
- When did you feel closest to God?
- What did you learn about Him this week?
- What conversation do you want to have with Him tomorrow?

Closing Prayer

READ TOGETHER

Dear Heavenly Father,

Thank You for loving me and inviting me into a relationship with You. Help me remember that prayer is not something I have to do to earn Your love, but a chance to spend time with the One who loves me most. Teach me to speak honestly with You, to listen carefully through Your Word, and to trust You every day. Help me build the kind of friendship with You that grows stronger one conversation at a time. Thank You for always hearing me, always loving me, and always keeping Your promises.

In Jesus' name, Amen.