

TURN WEEK 4 — PRAY IT: “Turn My Heart Back”

Weekly Focus: Confession • Renewal • Honesty with God

This week invites every age group to practice honest prayer. Turning back to God begins with truth-telling: naming mistakes, asking for help, receiving grace, and trusting that God’s love remains steady.

Using Book of Psalms 51, we remember that confession is not about shame or fear. It is about renewal, healing, and beginning again.

God does not ask us to hide our hearts. God invites us to return honestly and receive mercy.

SCRIPTURE FOCUS

Main Scripture: Psalm 51:10–12

“Create in me a clean heart, O God, and renew a right spirit within me.”

Supporting Scriptures: Luke 15:11–32, Matthew 4:18–20

OPENING PRAYER (ALL AGES)

“Merciful God, thank you that we can always return to you. Help us be honest about our mistakes and brave enough to receive your grace. Renew our hearts and guide us back toward love. Amen.”

WEEK 4 KEY PRACTICE: BREATH PRAYER

Inhale: “God, I turn to you”

Exhale: “Make me new”

Encourage families and individuals to practice this throughout the week:

- before bedtime
- during conflict
- while driving
- before school or work
- during moments of frustration or anxiety

WEEK 4 FAMILY BLESSING

“May God meet you with mercy when you fall short, courage when honesty feels difficult, and peace as you begin again. May your heart be renewed, your spirit restored, and your life shaped by grace. Amen.”

TURN: Week 4 Pray It!
AGES 0-4

Main Idea: God loves me and helps me begin again.

Story Focus: Talk about simple everyday experiences:

- making mistakes
- trying again
- saying sorry
- receiving hugs and love

Reinforce: “God always welcomes you back.”

Activities

- Place hand on heart while praying
- Practice saying “I’m sorry” and “I love you”
- Draw hearts with washable markers and “clean” them with water

Breath Prayer

Inhale: “God loves me”

Exhale: “I come back”

Bedtime Prayer

“God, I love you. Help me try again tomorrow. Amen.”

TURN Week 4: Pray It!
AGES 5–10

Main Idea: God helps us begin again with love and honesty.

Scripture Focus: Introduce Psalm 51 as a prayer someone prayed after making mistakes.

Psalm 51:10–12

Create pure thoughts in me
and make me faithful again.
Don't chase me away from you
or take your Holy Spirit
away from me.
Make me as happy as you did
when you saved me
make me want to obey! (CEV translation)

Discussion Questions

- Why is saying sorry important?
- What helps us tell the truth?
- What does a “clean heart” mean?

Activities

- Heart craft with words about kindness and forgiveness
- Practice breath prayers together
- Write or draw one thing they want help with

Breath Prayer

Inhale: “God, I turn to you”

Exhale: “Make me new”

Bedtime Prayer

“Dear God, thank you for helping me try again today. If I made mistakes, help me know I am still loved. Help me sleep with a happy heart. And begin again tomorrow. Amen.”

TURN: Week 4 Pray It!
AGES 11–13 (Tweens)

Main Idea: Honest prayer helps us grow.

Scripture Reflection

Read: Psalm 51:10–12

Create pure thoughts in me

and make me faithful again.

Don't chase me away from you

or take your Holy Spirit

away from me.

Make me as happy as you did

when you saved me

make me want to obey! (CEV translation)

Ask:

- Which words stand out?
- Which words feel difficult?
- Which words feel comforting?

Journal Prompts

- What is something I wish I could “redo” from today or this week?
- When do I notice myself avoiding honesty with God, others, or myself?
- What helps me actually admit I’m wrong instead of defending myself?
- Do I believe God really welcomes me when I mess up? Why or why not?

Dinner Discussions

- Why is it hard to say “I’m sorry” sometimes—even when we know we should?
- What helps someone actually change, not just feel bad?
- What’s the difference between guilt, shame, and conviction?

Spiritual Practice

Encourage to pause each night and ask:

- What went well today?
- What do I wish had gone differently?
- Where did I notice God’s grace?

Closing Prayer

“God, help me be honest, brave, and willing to grow. Teach me how to turn back to you when I drift away. Amen.”

TURN: Week 4 Pray It!
AGES 14–18 (Teens)

Main Idea: Confession is about healing and transformation, not punishment.

Scripture Exploration: Psalm 51:10–12

Create pure thoughts in me
and make me faithful again.
Don't chase me away from you
or take your Holy Spirit
away from me.
Make me as happy as you did
when you saved me
make me want to obey! (CEV translation)

Reflect on:

- shame vs. conviction
- hiding vs. honesty
- guilt vs. growth
- grace vs. perfectionism

Discuss:

- Why do people defend themselves instead of apologizing?
- What makes vulnerability difficult?
- How can prayer become more honest?

Reflection Questions

- Where have I turned away from love?
- What keeps me from admitting mistakes?
- What would healthy spiritual honesty look like?
- How do I respond when I fail?

Breath Prayer Practice

Encourage teens to use the breath prayer during stress or conflict:

Inhale: "God, I turn to you"

Exhale: "Make me new"

Prayer

"God, I'm sorry for the ways I have avoided truth, love, or courage. Help me trust your mercy and begin again with honesty and hope. Amen."

TURN: Week 4 Pray It!

Adults

Main Idea: Spiritual renewal begins with honest surrender.

Scripture Reflection: Psalm 51:10–12

Create pure thoughts in me
and make me faithful again.
Don't chase me away from you
or take your Holy Spirit
away from me.

Make me as happy as you did
when you saved me
make me want to obey! (*CEV* translation)

Use Psalm 51 as a framework for reflection:

- confession
- honesty
- renewal
- surrender
- restored joy

Discussion Themes

- Why do adults resist vulnerability?
- What habits keep us spiritually numb?
- What role does grace play in transformation?
- How can confession become life-giving instead of shame-centered?

Personal Reflection

Complete: “God, I need renewal in...”

And: “One place I feel invited to return is...”

Spiritual Practice for the Week

Practice the breath prayer daily:

Inhale: “God, I turn to you”

Exhale: “Make me new”

Use during: stressful moments, conflict, prayer time, transitions during the day

Closing Prayer

“God of mercy, create in us clean hearts and renew right spirits within us. Teach us to trust your grace enough to be honest, to surrender what burdens us, and to begin again with joy. Amen.”