

## Fast, Silent Prayer

In Bible times, some kings would kill anyone who made them feel upset. Read Nehemiah 2:1–5. Why was Nehemiah afraid? What did Nehemiah do when the king asked why he looked sad?

We don't know what Nehemiah prayed. But it must have been a fast, silent prayer, because Nehemiah answered the king's question right away.

Can you think of times kids might want to say fast, silent prayers? You might pray "God, help me remember what I studied" just before you take a test. Or you might quickly ask for safety when you have to walk to the bus stop on an icy sidewalk. Think of at least five situations and write down a fast prayer for each. It is good to know that God listens to fast, silent prayers, as well as to long ones.

# Live It!



**Nehemiah 2:1–5**