

## DEAR KIDS,

Today, I want to share something very special with you: the importance of prayer and why we pray to God. My prayer is that you will discover how prayer can be life changing.

You might wonder, “Why do we pray?” Well, prayer is like having a special conversation with God. Just like you talk to your friends and family about your day, your feelings, and your hopes, prayer allows you to share your thoughts and feelings with God. It’s a way to connect with Him and let Him know what is on your mind and in your heart.

Here are a few important reasons why we pray:

1. To Talk to God: Prayer is our way of communicating with God. When we pray, we express our gratitude for the good things in our lives, ask for help when we need it, and talk about our worries and fears. It’s like having a big, loving friend who is always there to listen!

2. To Find Peace: Sometimes, life can be tough. We may feel sad, scared, or confused. When we pray, it helps us find comfort and peace. Talking to God can remind us that we are never alone, and He is always there to support us.

3. To Show Kindness and Love: Through prayer, we can also think about others. We can pray for our friends, family, and even people we don’t know. When we pray for others, we spread kindness and love. It’s a way to make the world a better place!

4. To Learn and Grow: Prayer is also a way to learn more about ourselves and our relationship with God. By taking time to pray, we reflect on our actions and choices. It helps us become better people and make good decisions.

5. To Celebrate: We can also use prayer to celebrate joyful moments in our lives! When something wonderful happens, like a birthday or a special event, we can thank God for those blessings through prayer.

Remember, there’s no right or wrong way to pray. You can pray in your bedroom, in your car, or even before a big ballgame. You can pray quietly in your heart, speak out loud, or even write your thoughts in a prayer journal. We hope you will use this prayer journal that we have provided as a way to make your prayer life more personal. The important thing is to be sincere and open, as God loves to hear from you!

I am praying that each of you can see and feel God move in your life and in the lives of your families as we embark on this prayer journey together.

Miss Heidi

# LIFESTYLE PRAYER

Very early in the morning, while it was still dark, he got up, went out, and made his way to a deserted place; and there he was praying.

(Mark 1:35)

Here’s what we see:

- He prayed every day.
- He prayed in a certain place.
- He prayed with a plan.

## 1 . TIME

We see that Jesus had a certain time that He prayed every day. The Bible says that Jesus got up very early in the morning to spend time with His Heavenly Father and pray. He had a specific time that He always knew was His prayer time. We should do the same.

DID YOU TALK TO JESUS TODAY?

YES

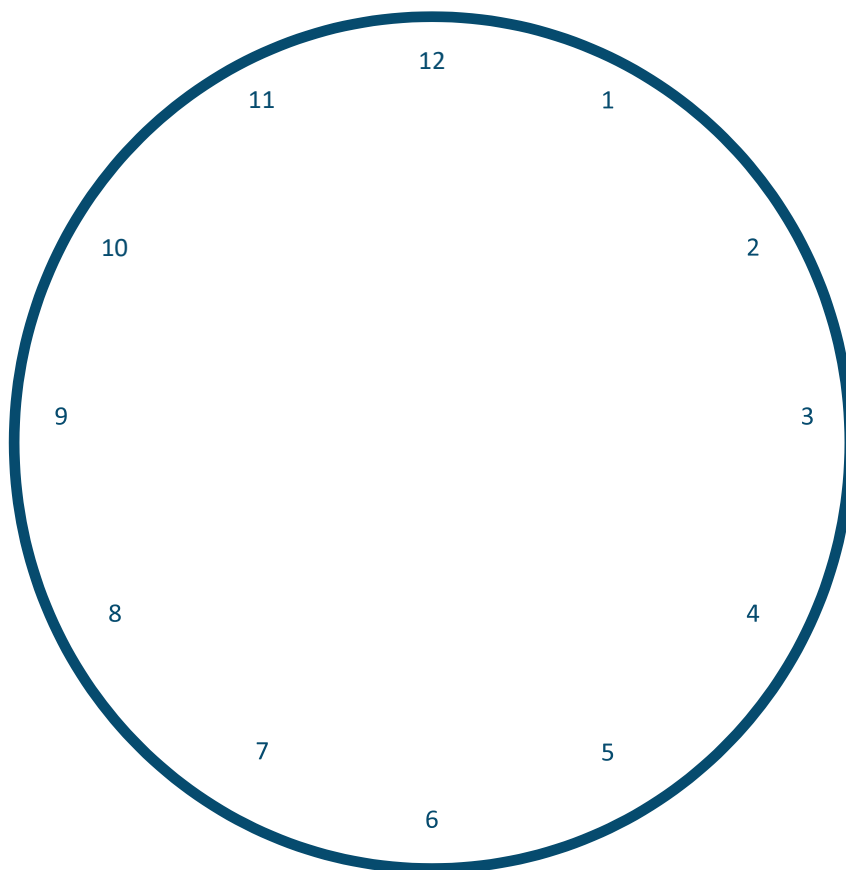
NO

NOT YET!

When will your prayer time be? Use a pencil to circle your answer or answers!

WHEN I WAKE UP      IN THE AFTERNOON      BEFORE I GO TO SLEEP

USE A PENCIL AND FILL IN  
THE TIME THAT YOU PRAYED  
TODAY!



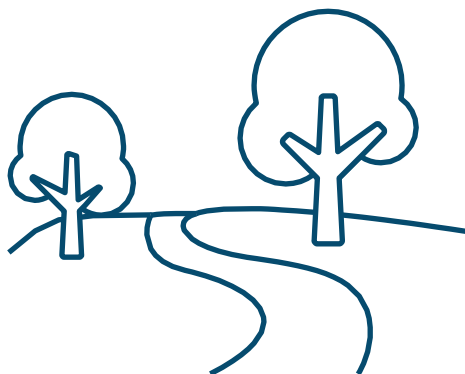
# 2 . P L A C E

We see that Jesus had a certain place that He would go to pray. We need to have a place that doesn't have any distractions, noises, or things that would keep us from focusing on Jesus.

My favorite place to pray is: \_\_\_\_\_



COLOR IN THE PLACE  
BELOW WHERE YOU  
LIKE TO PRAY  
TO JESUS.



### 3 . P L A N

We also see in the Bible that whenever Jesus prayed, He always had a plan. He had things on His heart that He wanted to pray for, and knew how He wanted to pray for them.



WRITE DOWN OR DRAW A  
PICTURE BELOW OF THE  
PEOPLE AND THINGS YOU  
CAN PRAY FOR TODAY!

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# THE LORD'S PRAYER

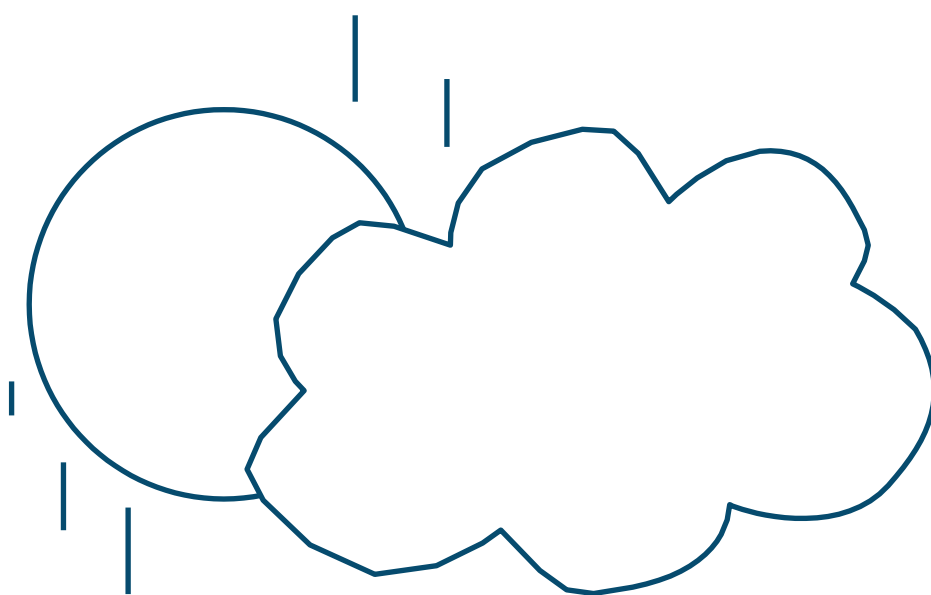
An angel of the Lord appeared to him, standing to the right of the altar of incense.  
(Luke 11:1)

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“Therefore you should pray like this: Our Father in heaven, Your name be honored as holy. Your kingdom come. Your will be done, On earth as it is in heaven. Give us this day our daily bread. And forgive us our debts, As we also have forgiven our debtors. And do not bring us into temptation, but deliver us from the evil one. For Yours is the kingdom and the power and the glory forever. Amen.”

(Matthew 6:9-13)

“OUR FATHER IN  
HEAVEN...”



Connect with God. He is your loving father.

LIST SOME THINGS  
YOU COULD SAY  
TO START YOUR  
PRAYER WITH GOD.

Examples: "Dear God...", "Hi Dad!", "Good Morning Lord!", "Hey Papa!"

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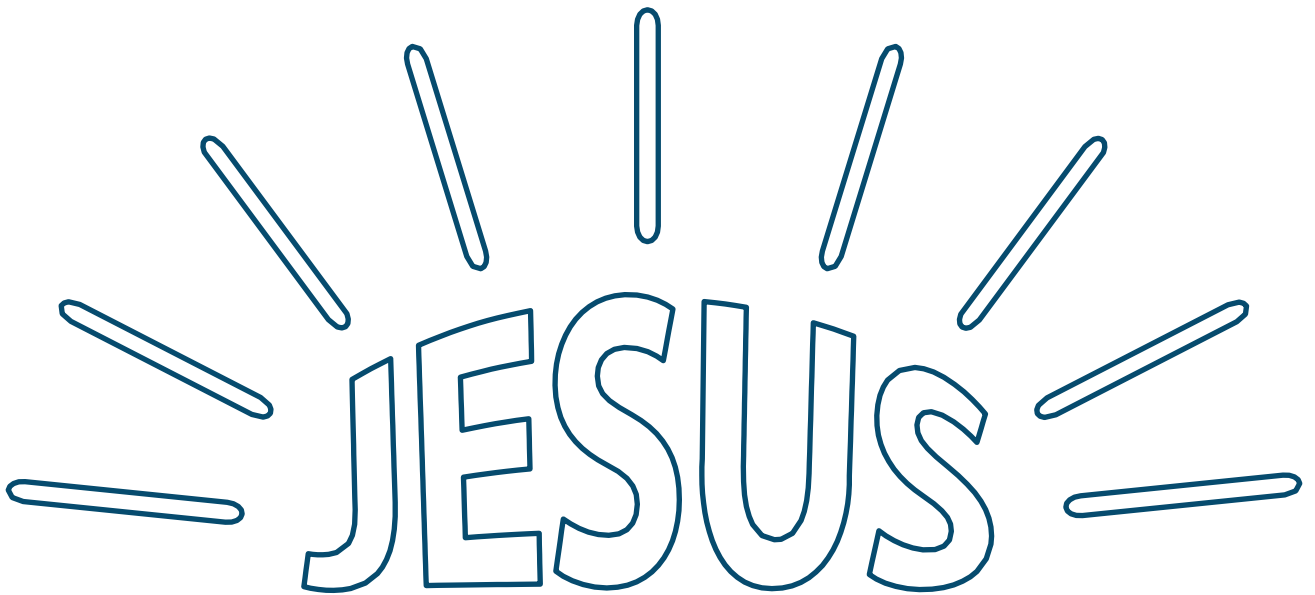
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“... H A L L O W E D    B E  
Y O U R   N A M E ...”



Worship His name.

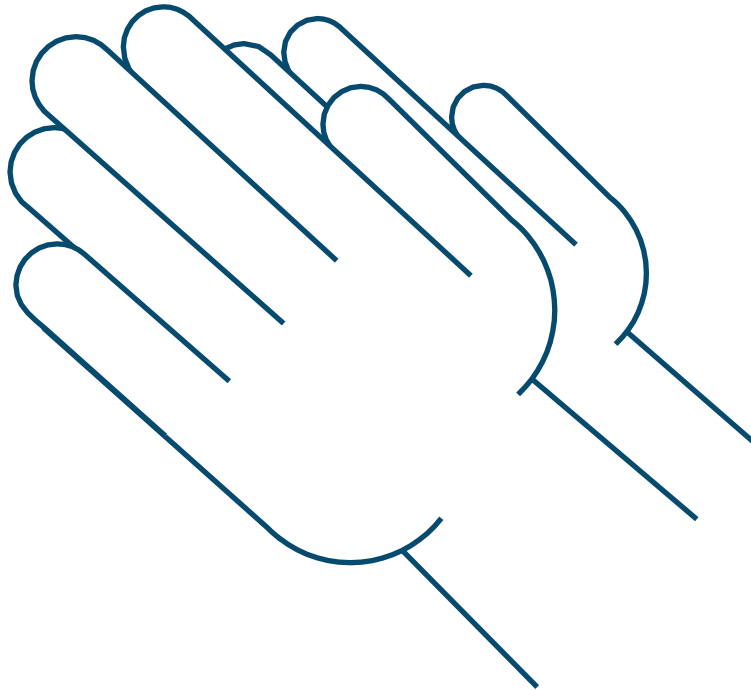
The name of the LORD is a strong tower;  
the righteous run to it and are protected.  
(Proverbs 18:10)

## MATCH WHO HE IS WITH WHAT HE CAN DO!

Healer	God is on my side and will fight for me.
Friend	God is in charge and wants the best for me.
Peace	I will choose joy because God is my joy.
Forgiveness	He is my hope for every situation.
Love	He forgives me for anything I have done and will do.
Hope	Jesus loves me the most.
Joy	He brings me peace no matter what I go through.
King	He is always with me.
Protector	God heals all our diseases.



“... YOUR KINGDOM COME,  
YOUR WILL BE DONE. ON  
EARTH AS IT IS IN  
HEAVEN...”



Pray for what He wants (Pray His agenda first).

But seek his kingdom, and these things will be provided for you.  
(Luke 12:31)

THE BEST THING WE COULD  
EVER WANT IS WHAT GOD  
WANTS.

He will take care of everything else we need!

List below and pray through the things God wants for the world and  
for you.

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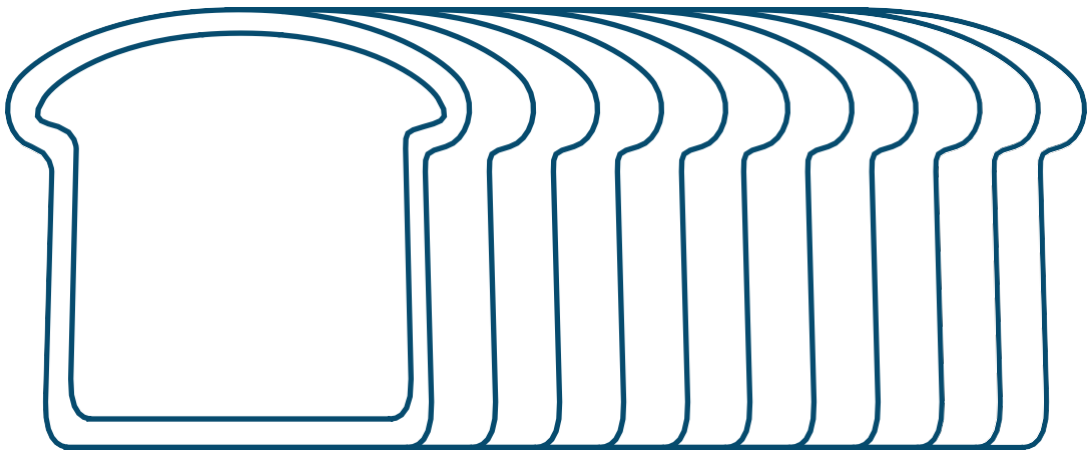
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“... GIVE US THIS DAY OUR  
DAILY BREAD...”



Ask God for what you want and need, and then trust Him to  
provide for you.

I lift my eyes toward the mountains.  
Where will my help come from?  
My help comes from the LORD,  
the Maker of heaven and earth.  
(Psalms 121:1-2)

# WHAT ARE YOU TRUSTING GOD FOR?

Write some of your answers below.

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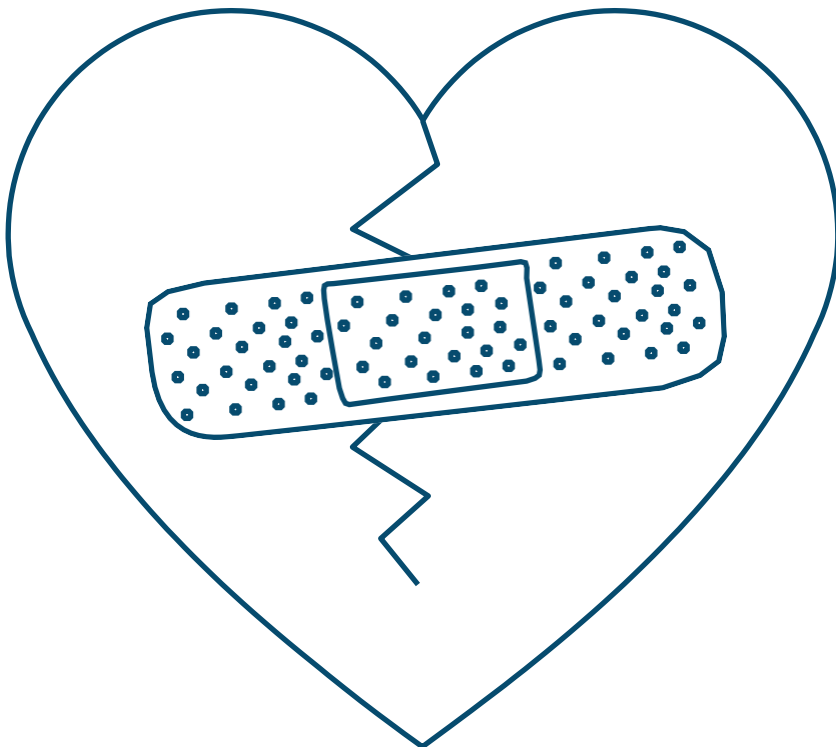
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“... AND FORGIVE US OUR  
DEBTS, AS WE FORGIVE  
OUR DEBTORS...”



Make sure your heart is right with God and with people.

If we confess our sins, he is faithful and righteous to forgive us our sins and to cleanse us  
from all unrighteousness.  
(1 John 1:9)

ASK JESUS TO LOOK INSIDE  
YOUR HEART:

1. What do you need to ask for forgiveness about?
2. What do you need to forgive someone for?

Once you have prayed, color in the sentences below.

I AM FORGIVEN.

I CAN FORGIVE.



“... AND DO NOT LEAD US  
INTO TEMPTATION, BUT  
DELIVER US FROM THE  
EVIL ONE...”



Replace any lie the enemy has told you with the truth of God's Word.

For our struggle is not against flesh and blood, but against the rulers, against the  
authorities, against the cosmic powers of this darkness, against evil, spiritual forces  
in the heavens.  
(Ephesians 6:12)

G O D ' S   W O R D   I S   T R U T H .

Replace the lies you may have heard with what God says is true.

LIE I HAVE HEARD

WHAT GOD SAYS IS TRUE

"I am mean." \_\_\_\_\_

I can be a friend like Jesus.

"I am ugly." \_\_\_\_\_

I am fearfully and wonderfully made.

"I don't have friends." \_\_\_\_\_

Jesus loves me and I am never alone.

"If I lie, I won't get in trouble." \_\_\_\_\_

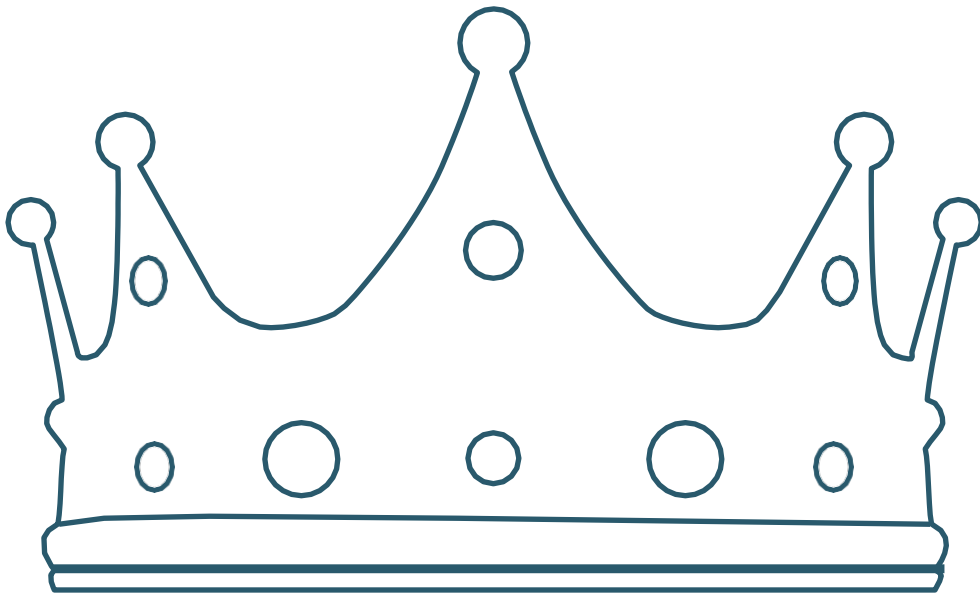
I can tell the truth and not be afraid.

"If I do what's wrong, I'll finally fit in." \_\_\_\_\_

My identity comes from Jesus.



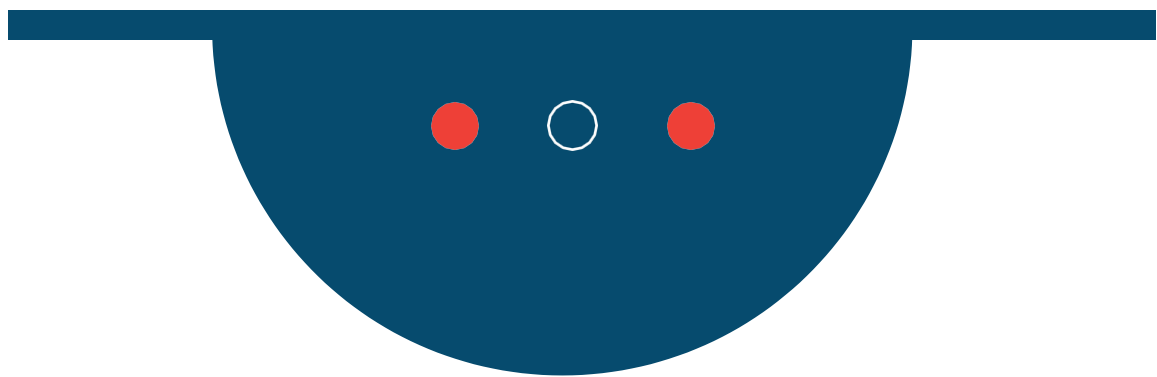
“ ... F O R Y O U R S I S T H E  
K I N G D O M A N D T H E P O W E R  
A N D T H E G L O R Y F O R E V E R .  
A M E N . ”



God can do anything (believe it)!

Oh, Lord God! You yourself made the heavens and earth by your great power and with  
your outstretched arm. Nothing is too difficult for you!  
(Jeremiah 32:17)

"FOR YOURS IS THE KINGDOM AND  
THE GLORY FOREVER. AMEN"



# PRAYER AND SCRIPTURE FOR EVERY DAY

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## MY PRAYER LIST

Make a list of things you want to pray for every day.

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## TELL JESUS HOW GREAT HE IS.

A jump start to praying this way is below. Fill in the blanks and add your own praise and worship as you talk to Jesus about how great He is!

Look up Scripture as you walk through the outline.

Hi Jesus!

I love You so much!

1. Thank You \_\_\_\_\_ (Psalm 100:4, 118:24)

2. I love that You created \_\_\_\_\_.

3. When I'm outside, I notice \_\_\_\_\_ in your beautiful creation!

4. God, You made me. Thank You for my ability to \_\_\_\_\_. (Mark 12:30)

You love me for who I am, no matter what.

Thank You for being my God and my friend. I love You!

In Jesus' name, Amen.

# GIVE THANKS EVERY DAY.

Having a thankful heart is something that Jesus loves. Giving thanks to God makes even bad days good. A jump start to praying this way is below. Fill in the blanks and add your own words of thankfulness!

Hi Dad!

I am so thankful for You and all that You have given me.

Today, I thank You for my family!

I pray that for my family You would\_\_\_\_\_.

I thank You that I get to wake up and have a new day!

I pray today for\_\_\_\_\_.

Thank You for the food I get to eat, the clothes I get to wear, and the house I get to live in.

Thank You for\_\_\_\_\_.

Thank You for dying for me and saving me.

Help me be more like You, Jesus.

I am so thankful for You! I love You! (Psalm 96:1-2)

In Jesus' name, Amen.

# ASK GOD TO LEAD YOU EVERY DAY.

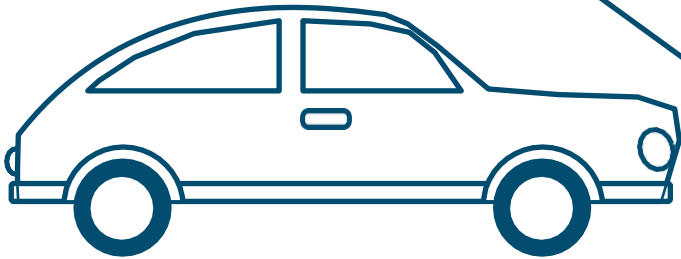
Have you ever been lost and not known where you were going? It's not a fun feeling. The easiest way to avoid this is to ask for directions from someone with a map. Jesus has the map to life and has the best plan for our life.

Follow the numbers 1-5 and color in the road map on the next page as you ask Jesus to lead you today!

1. Thank You, Jesus, for the plan you have for me!
2. Today I choose your plan for my life, because I know it's the best plan there is!
3. Lead me. Give me words to say. Help me think good thoughts.
4. Help me to be kind to people, be wise, and make good choices.
5. Jesus, please make me more like You every day. In Jesus' name. Amen.

(Proverbs 3: 5-7; Psalm 131:1-3, Isaiah 30:21)





1

2

3

4

5

# PRAYERS FOR WHEN I NEED HELP

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Pray through the armor of God.

Read Ephesians 6:11-18 and then say a prayer to God  
like the one on the next page to put on your armor!

Put on the full armor of God so that you can stand against the schemes of the devil. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the cosmic powers of this darkness, against evil, spiritual forces in the heavens. For this reason take up the full armor of God, so that you may be able to resist in the evil day, and having prepared everything, to take your stand. Stand, therefore, with truth like a belt around your waist, righteousness like armor on your chest, and your feet sandaled with readiness for the gospel of peace. In every situation take up the shield of faith with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit—which is the word of God. Pray at all times in the Spirit with every prayer and request, and stay alert with all perseverance and intercession for all the saints.

(Ephesians 6:11-18)

## PRAYING THROUGH THE ARMOR OF GOD...

Lord,

Today I put on the full armor of God. I am protected.

I put on the belt of truth to speak and walk honestly.

I will put into place the breastplate to do what is morally right.

I will strap onto my feet and be ready with the Gospel of peace.

On my arm I will carry the shield of faith and block the attacks from the evil one. I know God is with me.

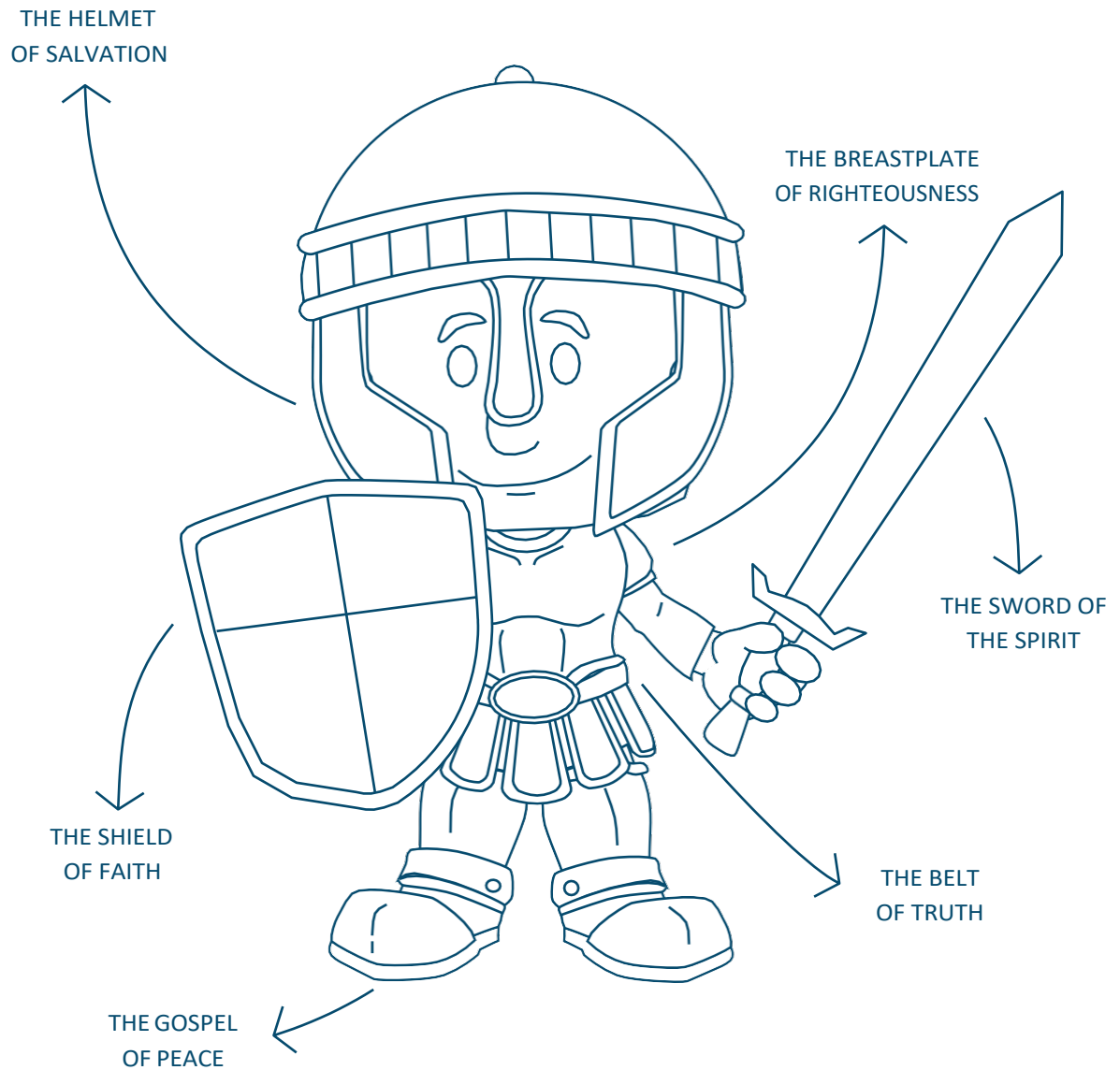
On my head I will wear the helmet of salvation. Jesus loves me and I belong to Him!

With my shield in one hand, I will carry the sword of the Spirit with me in the other. It is the Word of God.

I will pray on all occasions, everywhere, for anything. I will be alert and never stop praying daily for those around me.

In Jesus' name, Amen.

# THE ARMOR OF GOD



Ephesians 6:11-18

# PRAYERS FOR MY FAMILY

Honor your father and your mother so that you may have a long life in the land that the LORD your God is giving you.  
(Exodus 20:12)

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Jesus,

Today I thank You for my family.

I thank You that You love us and want the best for us.

I pray You would give (say their names) and me wisdom today to make good choices and do the things You would want us to do.

I pray that You will bless us so that we can be a blessing to others.

I pray You will give us favor and influence.

I pray You would lead us and guide us through the whole day and I pray that You will watch over everything we do.

I pray that You would cover us, protect us, and keep us far from any harm so that we can do good things for You.

In Jesus' name, Amen.

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# PRAYERS FOR WHEN I FEEL ALONE

I will never leave you or abandon you.  
(Hebrews 13:5b)

I am with you always.  
(Matthew 28:20)

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Jesus,

Thank You that You are my best friend.

Thank You that You never leave me, and that I never have to feel alone.

As You are with me today, help me follow You and make good choices.

Help me forgive anyone who has hurt me.

Thank You for the comfort that Your Spirit brings me.

Help me be like You and choose to love people the way You would love people.

In Jesus' name, Amen.

# PRAYERS FOR WHEN I FEEL AFRAID

For God has not given us a spirit of fear, but one of power, love, and sound judgment.  
(2 Timothy 1:7)

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Jesus,

Today I pray against the spirit of fear.

I command it to go by the authority that You have given me by Your name.

I ask that you would give me peace, perfect love that casts out fear, and complete confidence in You.

Thank You that I don't have to be afraid.

Thank You that You are in control.

Thank You that You love me.

In Jesus' name, Amen.

LIST BELOW WHAT YOU  
DON'T NEED TO BE AFRAID  
OF AND THE THINGS YOU  
CAN HAVE PEACE ABOUT!





# PRAYERS FOR PROTECTION

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Jesus always wants to keep us safe because He loves us. There are three great things we can use to protect ourselves.

## 1. THE NAME OF JESUS

Jesus tells us that He will protect us and keep us. He will cover us with His wings. The Bible says that the name of the Lord is a Strong Tower that we can run to so we can be kept safe.

## 2. THE COVERING OF THE BLOOD OF JESUS

When Jesus died on the cross for us, His precious blood was shed. And that blood saved us, washes our sin away, and it protects us.

## 3. THE WORD OF GOD (THE BIBLE)

The Bible is full of prayers of protection. It is such a powerful weapon against the enemy. We can pray God's Word over us and our family. Psalm 91 is one of those great prayers of protection.



Jesus,

Thank You that I am important to You.

Thank You that You are always watching over me and protecting me.

I pray that You will cover me with the protection of Your blood and surround me with Your angels.

I run to the name of Jesus, my strong tower.

Thank You for being my rock and strong defender.

Please protect my family and me from every evil attack.

In Jesus' name, Amen.

Read out loud Psalm 91 when you are finished praying.



# PRAYERS FOR OTHERS

First of all, then, I urge that petitions, prayers, intercessions, and thanksgivings be made for everyone, for kings and all those who are in authority, so that we may lead a tranquil and quiet life in all godliness and dignity. This is good, and it pleases God our Savior, who wants everyone to be saved and to come to the knowledge of the truth.  
(1 Timothy 2:1-4)



Fill in the lists below with names of those in each category that you can be praying for.

MY GOVERNMENT\_\_\_\_\_

MY CHURCH \_\_\_\_\_

MY SCHOOL \_\_\_\_\_

MY FAMILY \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

MY FRIENDS \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

PEOPLE WHO DON'T KNOW JESUS \_\_\_\_\_

\_\_\_\_\_

# PRAYERS FOR ME

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## MY PRAYER NEEDS

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# PRAYERS FOR ME

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## MY PRAYER JOURNAL

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COLOR A PICTURE OF  
SOMETHING YOU ARE  
BELIEVING GOD FOR.

COLOR A PICTURE OF AN  
ANSWERED PRAYER.