



COLOR WHILE YOU PRAY FOR 21 DAYS!

For each day, pray the provided prompt and color in the matching numbered spaces.

- | | | | | | | | |
|----|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | | | |

21 DAYS OF UP-IN-OUT PRAYER PROMPTS FOR KIDS

Corresponds with Psalms of Ascent

The Psalms of Ascent are songs God's people sang while they walked up the road to God's house. They sang about how good, strong, and loving God is, and how they could trust Him every step of the way!

DAY 1

Psalm 120 | God Hears Me

Up - Thank you, God, for always listening when I talk to You.

In - Help me use kind and truthful words when I talk to others.

Out - Show me how to be a peacemaker and use kind words when others are upset.

DAY 2

Psalm 121 | God Keeps Me Safe

Up - I look to You, God. You watch over me everywhere I go.

In - Help me trust You when I feel afraid.

Out - Help me remind others how much You care for them, too!

DAY 3

Psalm 122 | Love for God's House

Up - Thank You for my church, where I get to sing and learn about You!

In - Grow in me a love for being with Your people.

Out - Please bring peace everywhere.

DAY 4

Psalm 123 | God is Merciful

Up - Thank You for forgiving all my sins. You are kind and good.

In - Help me to be patient and look to You when I need help.

Out - Help me show mercy and kindness to others always.

DAY 5

Psalm 124 | God Helps Me

Up - I praise You, God, for being by my side!

In - Help me remember how You've been there for me so I never doubt Your power.

Out - Show me how to encourage others when they feel afraid.

DAY 6

Reflect

Up - God, thank You for ... (something you learned)

In - Help me God to ...(something you want to change)

Out - Show me how to ...(something you want to do to help others)

DAY 7

Rest

Up - I praise You, God, for all You've done for me.

In - Help me to always be grateful for Your love.

Out - Give me what I need to love You and others this week.

DAY 8

Psalm 125 | God Makes Me Strong

Up - You are strong and steady, God! Thank You for protecting me!

In - Help me stand firm and trust You when things are hard.

Out - Help me encourage others to stay close to You.

DAY 9

Psalm 126 | God Gives Me Joy

Up - You have done great things for me, God! You give me joy!

In - Help me keep trusting You even when I'm sad.

Out - Help me share Your joy with others who need it.

DAY 10

Psalm 127 | God Builds and Blesses

Up - You are the One who builds my home. Everything good comes from You.

In - Help me rest and not worry so much.

Out - Use me as a good gift and show me how to bless others.

DAY 11

Psalm 128 | God Blesses My Family

Up - Thank You, God, for blessing our family with Your love.

In - Help me obey You and make good choices.

Out - Show me how to bring joy to my family and friends.

DAY 12

Psalm 129 | God is Fair

Up - Thank You, God, for being fair and making things right.

In - Help me forgive others when they hurt me.

Out - Help me stand up for people who are not being treated fairly.

DAY 13

Reflect

Up - God, thank You for ... (something you learned)

In - Help me God to ...(something you want to change)

Out - Show me how to ...(something you want to do to help others)

DAY 14

Rest

Up - I praise You, God, for all You've done for me.

In - Help me to always be grateful for Your love.

Out - Give me what I need to love You and others this week.

DAY 15

Psalm 130 | God Forgives

Up - Thank You, God, for forgiving me when I mess up.

In - Help me wait for You and trust Your love.

Out - Help me forgive others like You forgive me.

DAY 16

Psalm 131 | I Can Rest in God

Up - Thank You, God, for being gentle and good.

In - Help me stay calm and trust You, even when I don't understand.

Out - Show me how to bring peace to people who feel worried.

DAY 17

Psalm 132 | God Keeps His Promises

Up - Thank You, God, for always keeping Your promises!

In - Help me keep my promises, too.

Out - Help me remind others that You always do what You say.

DAY 18

Psalm 133 | God Loves When We Get Along

Up - Thank You, God, for giving me family and friends to love.

In - Help me be kind and not argue.

Out - Help God's people show Your love to the world!

DAY 19

Psalm 134 | Praise God

Up - I praise You, God, You made heaven and earth!

In - Help me worship You in every part of my life, not just at church.

Out - Let my life point others to You so they can bless Your name too.

DAY 20

Reflect

Up - God, thank You for ... (something you learned)

In - Help me God to ...(something you want to change)

Out - Show me how to ...(something you want to do to help others)

DAY 21

Rest

Up - I praise You, God, for all You've done for me.

In - Help me to always be grateful for Your love.

Out - Give me what I need to love You and others this week.