



**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.