

A stylized sun with a large orange semi-circle at the bottom and several yellow rays extending upwards into a light blue sky. The sun is positioned in the upper half of the page.

**JOURNEY•KIDS**

# **PRAYER GUIDE**



# TABLE OF CONTENTS



<b>Lifestyle Prayer</b>	<b>6</b>
<b>The Lord's Prayer</b>	<b>10</b>
<b>Prayer &amp; Scripture for Every Day</b>	<b>27</b>
<b>Prayers for When I Need Help</b>	<b>32</b>
<b>Prayers for My Family</b>	<b>35</b>
<b>Prayers for When I Feel Lonely</b>	<b>36</b>
<b>Prayers for When I Feel Scared</b>	<b>37</b>
<b>Prayers for Protection</b>	<b>39</b>
<b>Prayers for Others</b>	<b>40</b>
<b>Prayers for Me</b>	<b>41</b>



# HEY THERE!



We are so glad you picked up this prayer guide. One of the most important parts of being a Christian is spending time with God daily, and many people do that by praying—by talking to Him. At Journey, we want you to know that Jesus is your best friend, and what do you do with your best friends? You talk to them!

We also want you to know that prayer is not hard. You can pray any time, anywhere, no matter how you are feeling. You can pray to God when you are happy, you can pray when you're sad, you can pray when you are angry, and you can even pray when you are hungry! God loves you no matter what, and He wants to hear all about what you are doing and how you're feeling.

As you write, color, and draw your way through this book, we hope you'll feel more comfortable praying. Prayer is just like learning to play a sport or an instrument—the more you do it, the better you get at it. Once you get more comfortable praying, you will want to do it more and more. And guess what? God LOVES that!

Just remember that no matter where, when, or how you pray, always pray first. In any situation, talk to God. He is always there, always wants to help, and always loves you.

## YOUR JOURNEY KIDS TEAM

# LIFESTYLE PRAYER

*“Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.”*

**MARK 1:35**

## What do we learn from Jesus about prayer?

He prayed every day.

He prayed in a certain place.

He prayed with a plan.

### 1. Time

We learn that Jesus got up very early in the morning to spend time with His Heavenly Father and pray. Jesus had a specific time every day that He always knew was His prayer time. We can do the same.

## DID YOU TALK TO JESUS TODAY?

Color in your answer.

**YES**

**NO**

**NOT  
YET**

## When will your prayer time be?

Use a pencil to circle your answer.

When I Wake Up

In The Afternoon

Before I Go To Sleep

**Use a pencil, pen, or marker to draw what time you prayed today.**



## 2. Place

We learn that Jesus had a certain place that He would go to pray. We also need to have a place that does not have any distractions, noises, or things that would keep us from focusing on Jesus.

**My favorite place to pray is:**

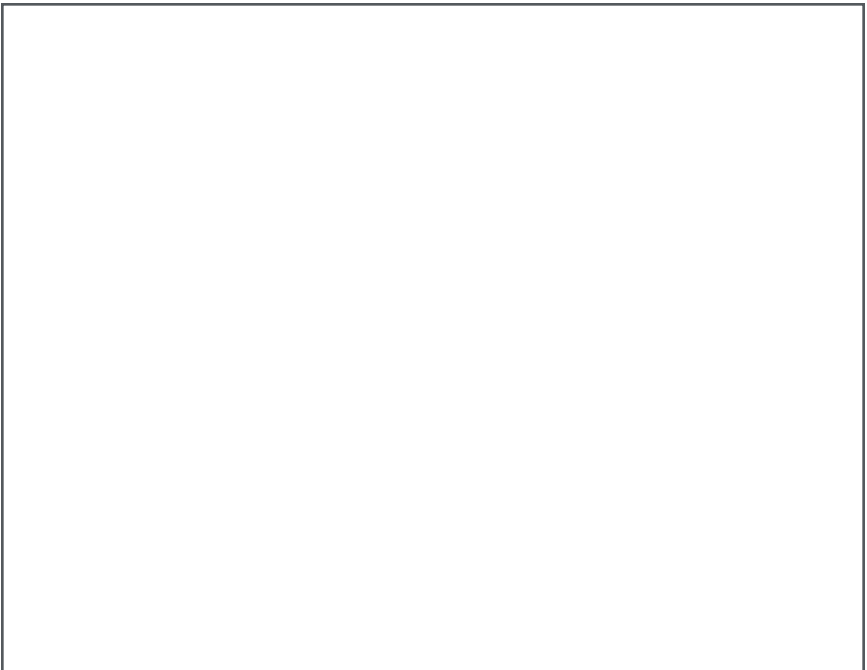
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## 3. Plan

We learn 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.

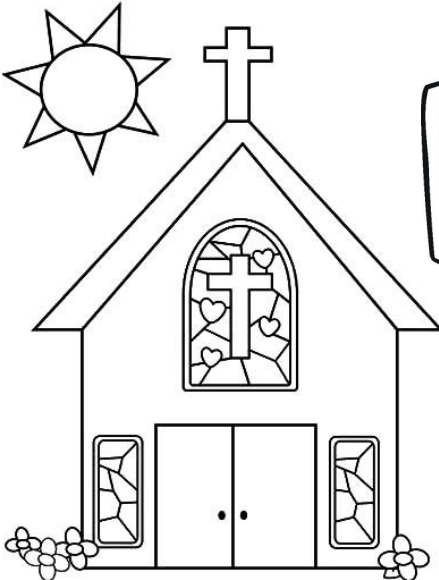
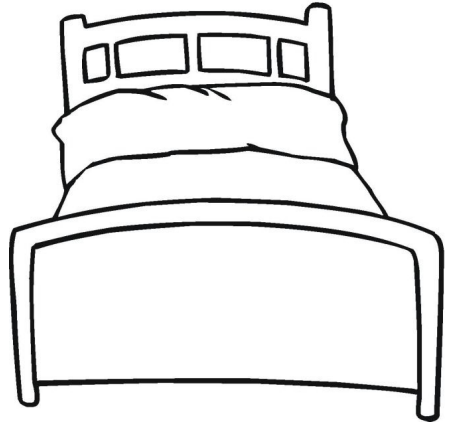
**What is something you can pray for today?**

Draw a picture below of something you can pray for.





**Color in the place below where you like to pray to Jesus.**



# The Lord's Prayer

*"One day Jesus was praying in a certain place. When he finished, one of his disciples said to him, 'Lord, teach us to pray, just as John taught his disciples.'"*

**MARK 1:35**

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***"Our Father in heaven,  
hallowed be Your name.  
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 forgive our debtors.  
And do not lead 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 NKJV**

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**“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...", "Hey Lord!", "Good morning, Father..."

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**“...hallowed be Your name.”**

**JESUS  
LOVES  
ME**

**Worship His name.**

*“God’s name is a place of protection — good people  
can run there and be safe.”*

**PROVERBS 18:10 MSG**

# Match who He is with what He can do!

God can do a lot of things! Use a pen or pencil to draw lines connecting who God is with the things He can do for you.

**HEALER**

He is my hope for every situation.

**FRIEND**

God is in charge and wants the best for me.

**PEACE**

I will choose joy because God is my joy.

**FORGIVENESS**

God is on my side and will fight for me.

**LOVE**

He is always with me.

**HOPE**

God heals all our diseases.

**JOY**

He brings me peace no matter what I go through.

**KING**

He forgives me for anything I have done or will do.

**PROTECTOR**

Jesus loves me the most.

**“...Your kingdom come. Your will be done on earth as it is in heaven...”**



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

*“He will always give you all you need from day to day if you will make the Kingdom of God your primary concern.”*

**LUKE 12:31 TLB**

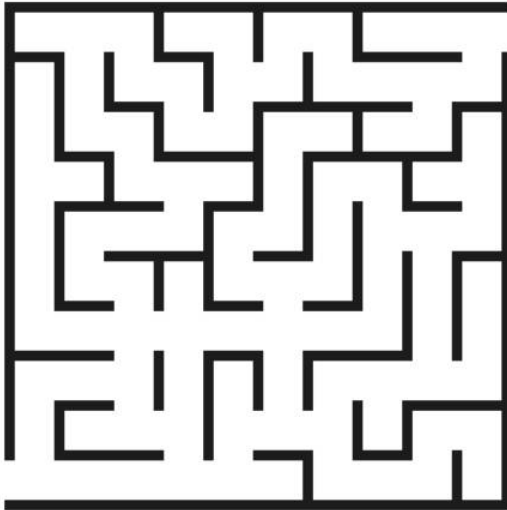




**“...Give us this day our daily  
bread...”**

**START**

**You**



**END**

**Jesus**

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

*“I look up to the mountains—does my help come from there?  
My help comes from the LORD, who made heaven and earth!”*

**PSALM 121:1-2 NLT**



**“...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 just and will forgive us  
our sins and purify us from all unrighteousness.”*

**1 JOHN 1:9**

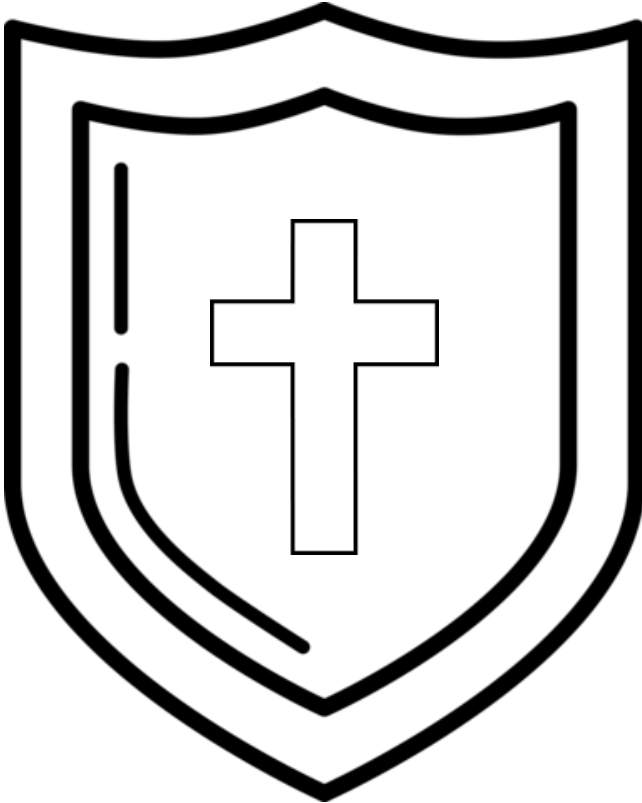
**I am  
forgiven.**

**I can  
forgive.**

**Ask Jesus to look inside your heart:**

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

**“...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 powers of this dark world and against the spiritual forces of evil in the heavenly realms.”*

**EPHESIANS 6:12**

# God's Word is truth!

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

## Lies I have heard

"I am mean."

"I am ugly."

"I do not have friends."

"If I lie, I will not get  
into trouble."

"If I do what is wrong,  
I will fit in."

## What God says is true

**I can be a  
friend like Jesus.**

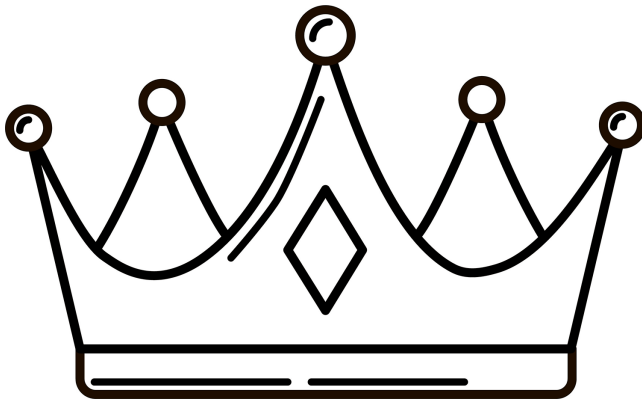
**I am fearfully and  
wonderfully made.**

**Jesus loves me  
and I am never alone.**

**I can tell the truth  
and not be afraid.**

**My identity comes  
from Jesus.**

**“...For Yours is the kingdom and  
the power and the glory forever.  
Amen.”**



**God can do anything (believe it)!**

*“Ah, Sovereign LORD, You have made the heavens  
and the earth by Your great power and outstretched arm.  
Nothing is too hard for You..”*

**JEREMIAH 32:17**







# Prayer & Scripture for Every Day

## 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 this outline.

**Hi Jesus!**

**I love You so much!**

**Thank You** \_\_\_\_\_.

(PSALM 100:4; 118:24)

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

**When I am outside, I notice** \_\_\_\_\_

**in Your beautiful creation!**

**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!

**Hey God!**

**I am so thankful for You and all 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 for 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 know where you were going? It is 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 big plans for you.

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 is 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

## 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 take your stand against the devil’s schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore, put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, 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. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord’s people.”*

**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** of righteousness to do what is 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 enemy. 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, every where, for anything. I will be alert and never stop praying daily for those around me.

In Jesus' name, Amen.

# The Armor of God



**Sword of the Spirit**



**Helmet of Salvation**

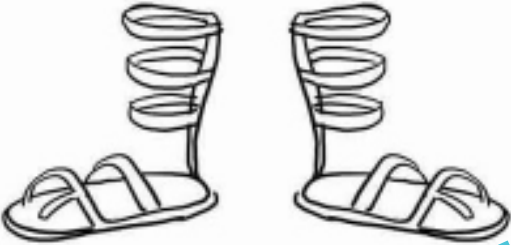


**Shield of Faith**



**Breastplate of Righteousness**

**Belt of Truth**



**Gospel of Peace**

# Prayers for My Family

*“Honor your father and mother so that you may live long in the land the LORD your God is giving you.”*

EXODUS 20:12

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.

# Prayers for When I Feel Lonely

*"I will never leave you or let you be alone."*

HEBREWS 13:5 NLV

*"I am with you always."*

MATTHEW 28:20

**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 love people.**

**In Jesus' name, Amen.**

# Prayers for When I Feel Scared

*"For God has not given us a spirit of fear, but of power and of love and of a sound mind."*

2 TIMOTHY 1:7 NKJV

**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.**

# I will not be afraid!

List below the things you do not need to be afraid of and the things you can have peace about.

**Things I DON'T  
need to be  
afraid of**

**Things I CAN  
have peace  
about**

# Prayers for Protection

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 watch over us and protect us. The Bible says that the name of the Lord is a strong tower that we can run to so we can be kept safe.

*Prov. 18:10*

## 2. The Covering of the Blood of Jesus

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

*Eph. 1:7*

## 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 evil attacks.**

**In Jesus' name, amen.**

Read aloud Psalm 91 when you are finished praying.

# Prayers for Others

*"I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people—for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Savior, who wants all people to be saved and to come to a 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 church** \_\_\_\_\_

**My government** \_\_\_\_\_

**My school** \_\_\_\_\_

**My friends** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**My family** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**People who don't know Jesus** \_\_\_\_\_

\_\_\_\_\_







# My Prayer Journal

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Blank lined writing area consisting of horizontal lines.

**Draw a picture of something  
you are trusting God to do.**

**Draw a picture of a prayer  
God answered!**



