

# PRAY First

JOURNAL

for

KIDS

THIS JOURNAL BELONGS TO: \_\_\_\_\_

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# Hello Friends!

We are SO excited you're holding this Prayer Guide! Whether you pray all the time or you're just starting to learn what prayer even is, this little book is here to help you grow, explore, and discover how amazing it is to talk with God.

Prayer isn't just something we do at church or before meals. Prayer is something you can do anytime. On the playground, in the car, before a test, or when you're in your room at night. God loves hearing your voice, your thoughts, your worries, your dreams... all of it. And guess what? You don't have to say the "right" words. You just get to be YOU.

This guide will teach you simple ways to pray, show you what the bible says about talking to God, and give you space to draw, write, wonder, and practice. Think of it like a little map for getting to know God in a deeper, more personal way.

**Kids-** Our biggest hope is that as you use this guide, you'll begin to feel how close God really is. He loves you more than you could ever imagine and he is always ready to listen.

**Parents-** Way to go on helping your child take steps toward a stronger prayer life. Your presence, modeling, and gentle encouragement make a huge difference. Use this guide together and enjoy watching your child grow in confidence as you go. (Check out page 9 and 10 for some fun interactive family activities.)

We're cheering you on, we're praying for you, and we're honored to partner with you in this family faith journey.

With love, joy, and lots of high-fives,

**The Kids Ministry Team**

# What is prayer?

Prayer is talking with God, kind of like having a conversation with your very best friend. You can tell him anything: what made you smile today, what made you sad, what you're worried about, or what you're thankful for. And just like a good friend, God listens every single time.

But prayer isn't just us talking. God speaks to our hearts too — sometimes through the bible, through gentle thoughts, and through the people He puts in our lives. Prayer is a two-way friendship.

Prayer isn't only something we do alone in our rooms. It's something we do together too! When we pray with our family, our church, or our friends, we're reminding each other that we belong to God's big family. Jesus even taught His friends a prayer that starts with "Our Father..." because we get to come to God together.

When we pray, whether by ourselves or with others, God shapes our hearts to be more like Jesus. He helps us care about the things he cares about, he helps us love others, and he helps us pay attention to those who need help around us.

Praying keeps you close to God. God loves you, listens to you, and is always with you. And good news, there is no perfect way to pray.

## ACTIVITY CORNER:



Prayer is talking with God, kind of like having a conversation with your very best friend.

what made you smile today,

what made you sad

what you're worried about,

what you're thankful for

"God listens to us."

- 1 John 5:14



When we pray, whether by ourselves or with others, God shapes our hearts to be more like Jesus.



Praying keeps you close to God.

# What does prayer look or sound like?

Prayer can look and sound a lot of different ways! Imagine talking with someone who loves you so much, someone who always listens, always cares, and always wants to hear your voice. That's what it's like when you talk to God.

Some prayers are soft and quiet, like a tiny whisper you keep tucked in your heart. Some are loud and happy, like when you can't wait to tell God something wonderful. And sometimes prayer doesn't even use words—it's just a thought, a feeling, or a moment when your heart reaches toward him.

## **YOU CAN PRAY:**

- ◆ With your eyes open or closed
- ◆ At home, at church, at school, or riding in the car — anywhere!
- ◆ When you're smiling big because something great happened
- ◆ When your heart feels heavy or worried
- ◆ When you're feeling thankful
- ◆ When you just want to be close to God

God doesn't need perfect sentences or fancy speeches. He loves hearing you, just the way you are. God hears you no matter what your prayer sounds like!



# How do I pray?

Prayer doesn't have to be tricky — it's just talking to God! Sometimes it can feel hard to know what to say, but that's okay. People who follow Jesus have been praying for thousands of years, and they've found some simple ways that make it easier to chat with Him.

One fun way to remember how to pray is the T.A.L.K. method. These steps aren't rules you have to follow perfectly — they're just helpers to guide you as you talk to God. Whether you pray by yourself or with others, T.A.L.K. can help you say thank you, ask for help, listen to God, and keep your conversation going.

Try using T.A.L.K. this week and see how it feels. You might find that praying becomes a fun, everyday way to share your heart with God and to hear Him whisper back to you.

## **T — Thank God**

Start by thanking God for something good in your life.

"God, thank you for....."

## **A — Ask God**

Ask Him for help—for yourself or someone else.

"God, can you help me..."

## **L — Listen**

Take a quiet moment to listen. God can speak to our hearts through his Word and gentle thoughts.

## **K — Keep Going**

Keep talking to God every day. The more you pray, the more you grow.

## LET'S TRY IT!

Pray for something you're thankful for:

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Pray for something you're asking for:

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Pray and pause. See how God is talking to you:

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## KEEP GOING!

Try saying a prayer with your parent(s) or siblings:

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*Then you will call on me and come and pray to me, and I will listen to you.  
Jeremiah 29:12*

# What does the bible say about prayer?

The bible tells us many wonderful things about prayer. Prayer is one of the ways God invites us to talk with him, share our hearts with him, and grow close to him.

Here are some of the verses we can remember:

## **“Pray without stopping.” — 1 Thessalonians 5:17**

- ♦ This doesn't mean you have to be on your knees all day long! It means we can keep talking to God all through our day —while we play, eat, ride in the car, or even brush our teeth!

## **“Cast all your cares on Him because He cares for you.” — 1 Peter 5:7**

- ♦ God wants us to bring him our worries, our fears, and even the little things that bother us. He loves us and is always ready to help.

## **“The Lord hears when I call to Him.” — Psalm 4:3**

- ♦ When we pray, God listens. Every word we whisper, every thought in our hearts, he knows. He's never too busy or too far away to hear us.

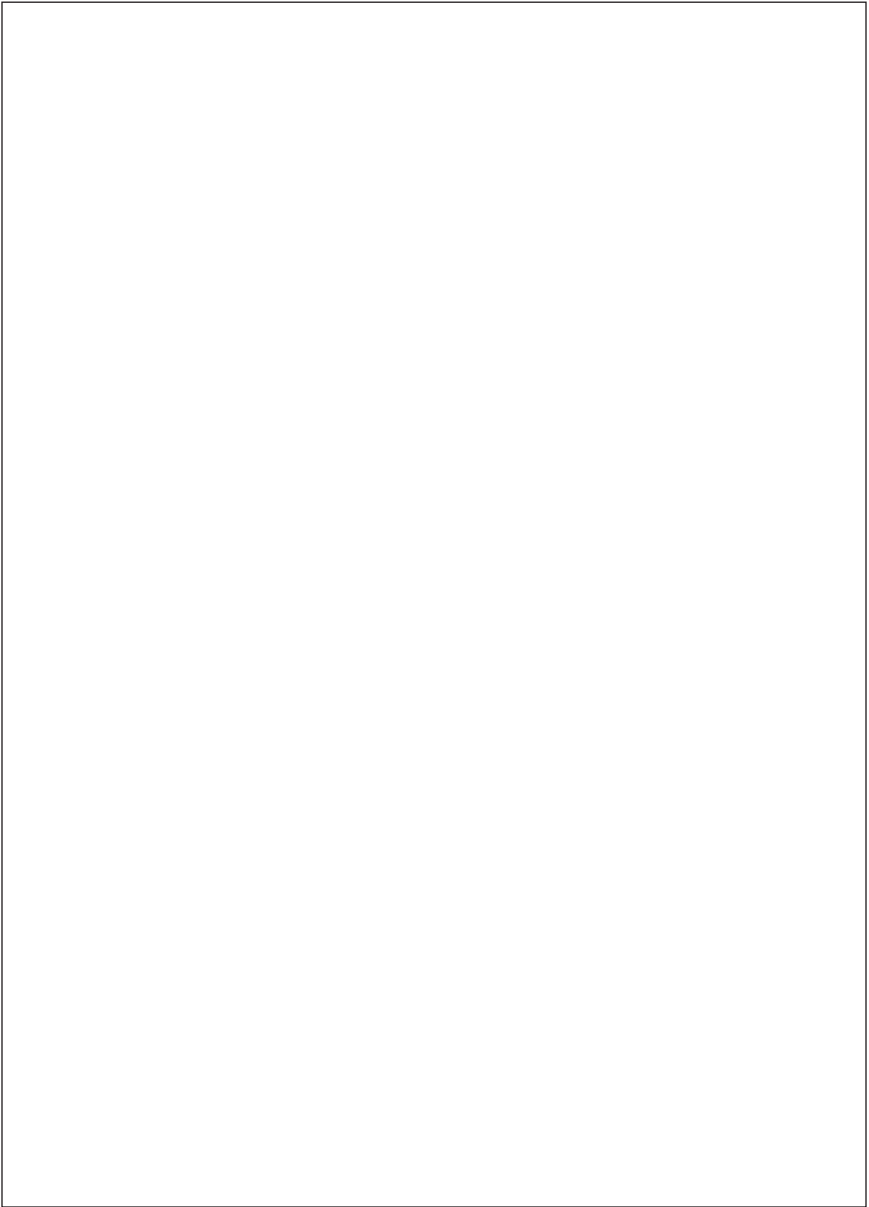
## **SIMPLE IDEA:**

God invites us to pray because he loves us.

Think of prayer like sending a letter to your best friend, or talking to someone who loves you no matter what. You don't have to use fancy words. You don't have to worry about doing it “just right.” God is happy to hear from you anytime and about anything!

**ACTIVITY CORNER:**

- ◆ Try saying one of the verses out loud with your family.
- ◆ Draw a picture of something you want to pray for today.



# The Lord's Prayer

The Lord's Prayer is like a map for talking to God—it helps us remember to thank him, to ask him for help, to forgive others, and to trust him to guide us.

*“Our Father in heaven, hallowed be Your name. Your kingdom come. Your will be done, on earth as it is in heaven. Give us today our daily bread. Forgive us our sins, as we forgive those who sin against us. Lead us not into temptation, but deliver us from the evil one. Amen.”*

*Matthew 6:9-13*

## TRY THIS:

1. Read the prayer slowly.
2. Repeat it, sentence by sentence.
3. Try to think about what each part means.
  - ♦ Thanking God: What do you want to thank God for?
  - ♦ Asking for help: How do you want God to help you? Where do you need more of God's help?
  - ♦ Asking for forgiveness: Are there any things you want God to forgive you for? Is there anything you are sorry for?
  - ♦ Forgiving others: Are there people you want to forgive?
  - ♦ Trusting him to guide us: God, I trust you with \_\_\_\_\_.
4. Add your own little prayers at the end.

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**ACTIVITY CORNER:**



# The LORD'S PRAYER

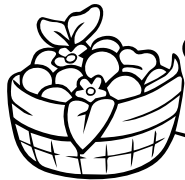
Our \_\_\_\_\_ in heaven,  
hallowed be Your \_\_\_\_\_



Your kingdom come. Your \_\_\_\_\_ be  
done, on \_\_\_\_\_ as it is in \_\_\_\_\_.

Give us today our \_\_\_\_\_.

Forgive \_\_\_\_\_ our sins, as we  
those who sin \_\_\_\_\_ us. Lead us not  
into \_\_\_\_\_, but deliver us from  
the evil one.



**Amen.**

# What are you thankful for?

Draw it or write it here! Prayer doesn't have to look or feel a certain way. Try spending some time doodling and talking with God about some things you are grateful for.

Talk with your grown-ups if you feel stuck.



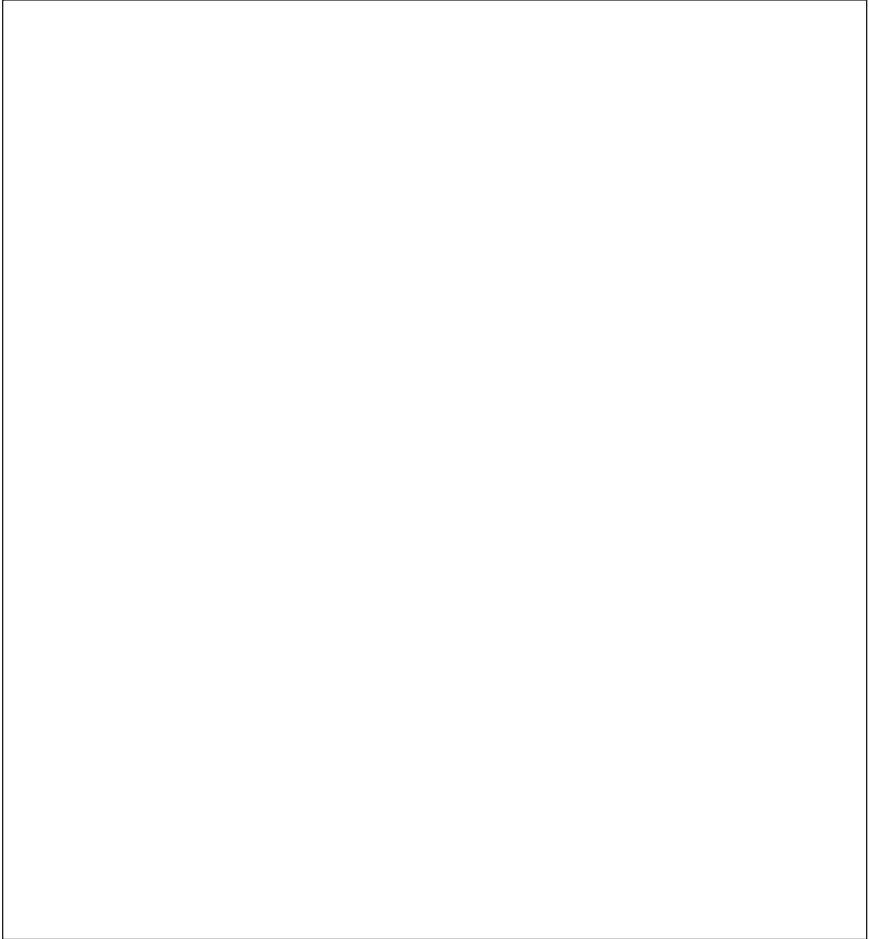
*Give thanks to the Lord, for he is good! His faithful love endures forever.*

*Psalm 107:1 (NLT)*

# My Prayer Journal

Write or draw a prayer to God — it can be about something you're thankful for, worried about, or wanting help with.

If you could tell God something right now, what would you say to Him? Is there something you're praying for, someone you want to bless, or something in your heart?



*Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Philippians 4:6 (NLT)*

# Talking to God together

## PARENTS

You don't need big words or long prayers—simple, honest prayers from the heart matter. As your kids see you talk with God throughout the day—at breakfast, in the car, or before bed—they'll learn that prayer is a special conversation they can have anytime, anywhere, and you'll watch as your child discovers how amazing it is to share their heart with God.

## KIDS

Praying is not just something we do by ourselves, but something we can do with others. Find a friend, sibling, or friend and ask them to pray with you.

- ◆ "Let's each tell God one thing we're thankful for today."
- ◆ "What's on your mind? Want to share it with God together?"
- ◆ "Who can we ask God to help or bless today?"
- ◆ "Can you tell God something you love about him?"

## FUN IDEA FOR PARENTS:

Encourage your child to finish the sentence in their own words, or even draw a picture of their prayer. You can take turns filling in the blanks together. After you finish filling in the blanks, you can also take turns praying them again at the end of the day as a family.

### Thankful:

"Thank you, God, for \_\_\_\_\_."  
"I'm happy you made \_\_\_\_\_."  
"I'm thankful for \_\_\_\_\_ today."

### Asking for Help:

"Please help me \_\_\_\_\_."  
"Please help my friend/family \_\_\_\_\_."  
"God, I need help with \_\_\_\_\_."

### Forgiveness & Sorry:

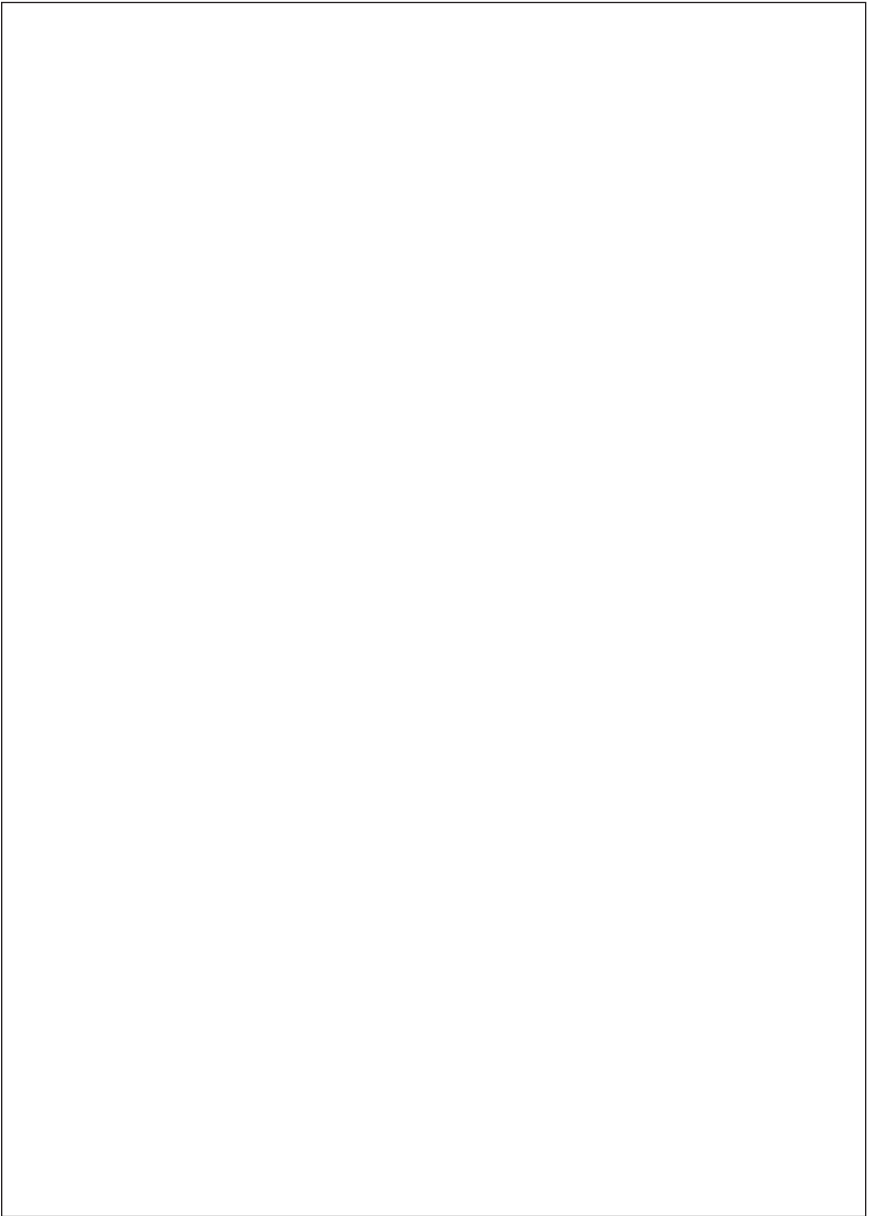
"I'm sorry for \_\_\_\_\_."  
"Please forgive me for \_\_\_\_\_."

### Praise & Love:

"God, I love You because \_\_\_\_\_."  
"You are amazing, God, because \_\_\_\_\_."

**ACTIVITY CORNER:**

Use this space to doodle or draw together!



*God listens to us. 1 John 5:14*

# Practicing praying out loud

Praying out loud can feel a little strange at first — and that’s okay! Lots of grown-ups feel that way too. You don’t have to sound perfect or super “churchy.” God just loves hearing your voice.

Here are a few tips to help you try it:

## **Talk to God like a friend.**

- ◆ You can use your normal voice and normal words. Just say what’s on your heart whether it’s happy, sad, silly, or serious.

## **Try it in a quiet place.**

- ◆ If praying out loud feels awkward, start in your room, in the car, or somewhere you feel safe. You can even whisper your prayer.

## **Keep it short and simple.**

- ◆ You don’t need to pray long prayers. One sentence is enough! Something like, “God, thank you for my day. Please help me tomorrow.”

## **Notice what you’re saying.**

- ◆ Are you thanking God? Asking for help? Thinking of others who need care? Every kind of prayer matters to him.

## **Remember: God loves honesty.**

- ◆ You don’t have to impress God. He loves your real voice, your real words, and your real heart.



# Praying for myself

*God, make me a better friend, a better classmate, and a better leader. Show me more ways that I can reach more people and show them who you are and how much you love them. Help me to take good care of the things you have given me, and help me make a difference in the lives of more people. Amen*

## **KEEP GOING!**

Add what's on your mind or on your heart.

*I can do all this by the power of Christ. He gives me strength.  
Philippians 4:13 (NIRV)*

# Praying for my family

*God, today I thank you for my family. Thank you for loving us and wanting the very best for us. I pray for my family members (say their names) and ask that you give us wisdom to make good choices and to do the things you want us to do.*

*Please bless our family, and I pray we can be a blessing to others.*

*Forgive us when we mess up, and help us to follow you. Help us to be kind and offer grace. Help us show your love wherever we go.*

*Please lead us and guide us throughout the whole day. Watch over everything we do. Protect us, keep us safe, and help us do good things for you. In Jesus' name, Amen.*

## KEEP GOING!

Can you pray for a specific person and their needs? Write it down below so you can remember to keep praying for them.)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_

*May the Lord bless you and take good care of you. May the Lord smile on you and be gracious to you. May the Lord look on you with favor and give you peace. Numbers 6:24-26 (NIRV)*

# Praying for comfort

*God, Thank you for being my forever best friend. Thank you for always being with me and never leaving me alone. When I feel worried, sad, or unsure, remind me that you are right beside me and that your peace can calm my heart.*

*As I go through my day, help me follow you and make good choices. Thank you for the comfort your Spirit brings me. I pray to always feel your love and comfort in everything I do. I pray for eyes to see you, and ears to hear you.*

*Thank you for loving me just the way I am. In Jesus' name, Amen*

## LET'S DOODLE!

Draw something that is in your heart.



*Be strong and brave. Don't be afraid. Don't lose hope. I am the Lord your God. I will be with you everywhere you go. Joshua 1:9 (NIRV)*

## **ACTIVITY:**

Let's make a list! List some names below of people you care about, and/or people you want to invite to church. You can pray for them by name!

*First, I want you to pray for all people. Ask God to help and bless them.  
Give thanks for them. 1 Timothy 2:1 (NIRV)*

# Answered prayers

Prayer isn't just about asking God for things— it's also about celebrating what he's already done!

God hears every prayer, and he answers in his perfect timing, and sometimes in ways we don't expect. When we slow down and look for the little moments of grace throughout our day, we start to notice all the ways he's been working on our behalf.

We can practice how to watch or be mindful of his goodness and we can practice how to be grateful to him. God loves us SO much, and He loves to celebrate answered prayers with us.

In the big things and the small things, when we notice God working, when a prayer is answered, when something turns out better than we expected, or when we just see a little reminder of his love — we can pause and turn our hearts toward him and say, "Thank you, God!"

Use the space on the right to write answered prayers!



**COMMUNITY**  
CHURCH MOVEMENT

