



# PRAYER

Simply talking to God anytime,  
anyplace, about anything.

Dear RBfK friend,

We are so proud of you for wanting to deepen your prayer life. Because of Jesus, you can pray anytime, anyplace, about anything directly to God. Prayer connects us to Jesus. Jesus understands what it's like to live on our earth, to feel our hurts, and to be tempted like us. He understands because He experienced life in a human body, so He knows what you are going through.

If you're not sure where to begin, then this book will be a great start for you. Sit down and go through this book with your parents or an adult that is important in your life. That adult might help you read a little bit or explain how you can use some of the prayers. Please ask them questions if you're not sure of something. Beside most of the prayers is a biblical scripture of God's promise of that prayer.

Praying is like any activity. The more you do it, the easier it will become. Then the more you'll want to do it as you experience the presence of Jesus. Your real conversations with Jesus can change your life in the best way possible.

Use the ideas and prayers in here to create a habit of prayer. The goal is to pray for 21 days during the month, or even better, 21 days in a row. On the back page of the book you'll find 21 boxes for you to check off, write the date, or draw a simple picture for what you prayed during the month as you spend time working through this book or in prayer. Bring it back to RBfK for a certificate of completion. We'll give it to you the following week as we proudly announce your name in class (unless you ask us not to).

Serving Him,

Pastor Don

PS Parents, the middle page of the book is for you. Pull it out and use as a reference on praying for your children.

# Prayer is simply talking to God anytime, anyplace, about anything.

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The hardest part about prayer is making it a habit. Scientist say that most people need to repeat something 21 times for it to become a habit. That's our goal with this prayer book.

On the back page of the book you'll find 21 boxes for you to check off, write the date, or draw a simple picture for what you prayed during the month as you spend time working through this book or in prayer. Bring it back to RBfK for a certificate of completion.

Work through the following ideas because you must have a plan to determine your time and place. What you talk about in prayer will depend on your needs for that day.

## **My times to pray**

(test out 3, then you decide which was best after 21 days)

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You'll do best if you connect it to some other event that you already do. That will be your "trigger" to pray. For example: after brushing your teeth, after snack when you get home from school, right before bed, etc.

Another tip is to pick an object you always see, like a clock. Each time you look at any clock, say a quick thank-you to God for something that He's blessed you with.

## **My places to pray**

(list 3 places)

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### **Do you want to pray alone or with someone?**

- Alone
- With someone
- Both

### **Do you want to pray aloud or silently?**

- Aloud
- Silently
- Depends on where I am

### **How do you want to show reverence (honor and respect) as you pray?**

- Hands pressed together (prayer hands)
  - Hands lifted-up toward God
  - Hand on your heart
  - On your knees
    - Sitting
    - Head bowed
  - Head lifted-up toward God
  - Eyes open or closed
- Just naturally doing what you do (like if you prayed on the bus)

# Praise

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When we pray, the first thing we need to do is praise God and Jesus. There are many names that are used in the Bible and they are a good way to think of praising God. Here are a few of them. Draw a picture or symbol for each one to help you remember.

Almighty God	Jesus, our Savior	King of Kings
My Creator	God of Joy	One True God
God who Heals	Protector	My friend, Jesus
Lord of Lords	Everlasting Father	God of Light
Holy One	Hallowed be your name	Loving God

What else can you think of to show praise?

# Thanksgiving

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The second thing we should do is to thank God for the blessings He's given us. Even when times are tough there are things we can thank Him for. Draw a picture of you in the middle and sketch or write around you the blessings that God has given you. What are you thankful for?

As you pray, thank God for one of these things. Keep adding to your picture as time goes on.

# The Most Important Prayer...

Is as easy as ABC!

## ADMIT

*For everyone has sinned, we all fall short of  
God's glorious standard.  
(Romans 3:23 NLT)*

We need to admit that we have disobeyed God. That disobedience is called sin.

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## BELIEVE

*For Christ died for our sins, one and for all.  
(1 Peter 3:18 NIV)*

We need to believe that Jesus loves us and died to pay the punishment for our sins.

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## CHOOSE

*Anyone who calls on the Lord will be saved.  
(Romans 10:13 NCV)*

We need to choose Jesus to be our Savior, Forgiver, and Forever Friend. We simply need to ask Him. Just say the following prayer. Tell your family and come tell your RBfK teachers too.

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**ADMIT**

**BELIEVE**

**CHOOSE**

**If you admit, believe, and choose Jesus, say this prayer.**

Dear Jesus,

Thank you for loving me so much. Thank you for wanting me to be with you forever. I'm sorry that I have disobeyed and sinned against you. Thank you for taking my punishment for my disobeying. Please forgive me for what I have done wrong. I want You Jesus, to be my Savior, Forgiver, and my Forever Friend. I want to love You all the days of my life. Please help me to listen to You and obey You. I love you, Jesus. Amen



# The Lord's Prayer

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Jesus was talking with his disciples and they asked Him to teach them to pray. Jesus modeled this prayer that we call "The Lord's Prayer". Jesus told the disciples not to pray just these words, but to use their own words with these ideas.

*"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)*

In the box below, fill in your words for each phrase that Jesus said. You may need to talk about some of these words and phrases with a parent or adult. Draw a picture or symbol in the next section to help you remember that phrase.

Jesus said...	I say...	I draw to remember
Our Father in heaven...		
Hallowed be your name...		
Your kingdom come, your will be done, on earth as it is in heaven.		

<b>Give us this day our daily bread</b>		
<b>And forgive us our debts as we forgive our debtors</b>		
<b>And do not lead us into temptation, but deliver us from the evil one</b>		
<b>For yours is the kingdom and the power and the glory forever. Amen</b>		

Now read through your words to create a special prayer in the same way Jesus taught the disciples to pray. Come back to this prayer when you struggle for the words to speak to God. Change how you say each section from time-to-time.

## The Armor of God

This passage from the Bible is one of the most memorable and one of the best ways to face your day. Consider using the prayer before you start your day.

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*Be strong in the Lord and in his mighty power. 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 NIV)*

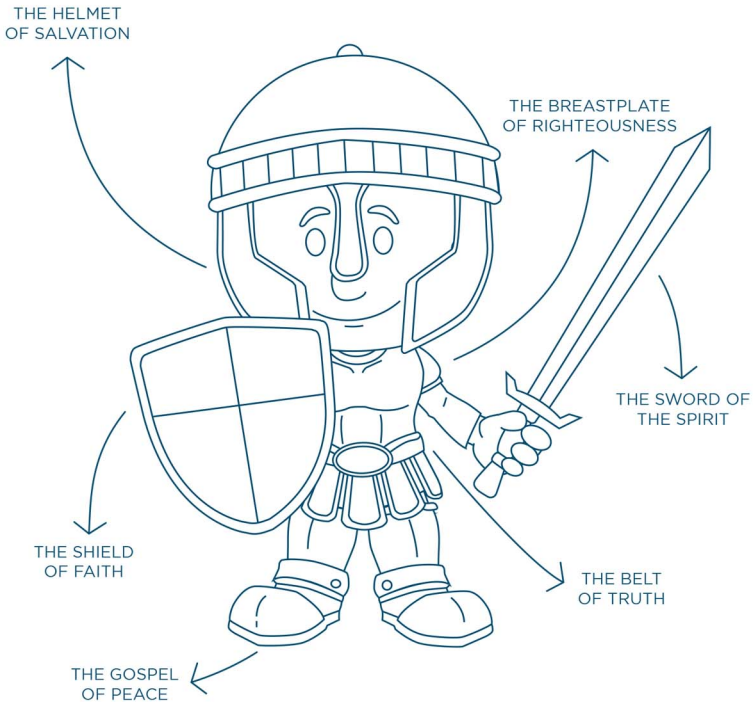
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# Protection Through the Armor of God

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Dear Heavenly Father, I ask for Your protection today with Your armor. I put on the **belt of truth** to speak and act in honest ways. With the **breastplate of righteousness**, I will choose to do what is right, even if it's hard. I will be prepared to use the **gospel of peace** to solve my problems. I will carry the **shield of faith** to block the attacks of evil and earthly desires. I know that Jesus is with me. I wear the **helmet of salvation** knowing that Jesus loves me and died for me. I carry the **sword of the Spirit** which is the truthful word of God. I will talk with you anytime, anyplace, about anything for myself and those around me.

In Jesus' name, Amen.



Ephesians 6:11-18

# Praying for others

*I urge, then, first of all, that requests, prayers, intercession and thanksgiving be made for everyone - 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 men to be saved and come to a knowledge of truth. (1 Timothy 2:1-4 NIV)*

God wants us to pray for other people; our friends and family. It's easy to pray for the people we know and love. But God also tells us to pray for others. Who do you know that fits these categories? List them or draw pictures of them. Pray for them.

**Family and Friends** ★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★

**Teachers and Leaders** ★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★



## Prayer starters...

Pick an idea and then fill in the sentence. You will begin to feel more comfortable talking in prayer when you practice. Pray aloud or to yourself.

### Praise and Thanksgiving

I praise You for being \_\_\_\_\_.

You are a \_\_\_\_\_ God.

Thank you for \_\_\_\_\_.

I am blessed by You when \_\_\_\_\_.

I am amazed by Your \_\_\_\_\_.



### For others

Help my \_\_\_\_\_ with \_\_\_\_\_.

My family needs \_\_\_\_\_.

At \_\_\_\_\_ we need \_\_\_\_\_.

Help me to know how to talk to \_\_\_\_\_ about Jesus.

My school needs \_\_\_\_\_.

My friend needs \_\_\_\_\_.



### For me

I am sorry that I \_\_\_\_\_.

Help me to \_\_\_\_\_.

I feel \_\_\_\_\_. Help me to \_\_\_\_\_.

Teach me to forgive others because today \_\_\_\_\_.

Keep me strong when I want to \_\_\_\_\_ and shouldn't.

## For hurts and healing

Please help \_\_\_\_\_ to feel better.

Take care of \_\_\_\_\_.

My \_\_\_\_\_ is sick. Please heal him/her.



## For my feelings

Today I felt **mad** when \_\_\_\_\_. Help me to control my anger.

I am **sorry** that I said/did \_\_\_\_\_.

I was **happy** today when \_\_\_\_\_. Thank you for blessing my day.

I don't like it when I have to \_\_\_\_\_. Help me to face it with your **courage**.

I am so **excited** for \_\_\_\_\_. Help me to keep calm and peaceful until the time is right for excitement.

Sometimes I am **jealous** of \_\_\_\_\_. Help me to feel content with what I have.

I get **mad** at my brother/sister. Help me to create peace between us.

I get **worried** when \_\_\_\_\_. Let me feel your calm when I start to worry.

I felt **lonely** today. Stay close to me so I can feel you.

I am **sad** because \_\_\_\_\_. Help me through this problem.

It **felt like nobody cared** about me today. Help me to see the people that like me and even love me. I know you love me.

I **am loved** by so many people and by you, Jesus. Thank you for surrounding me with love.



## Prayers for when I'm feeling...

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*Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in our troubles...(2 Corinthians 1:3a NIV)*

### Alone

*I will never leave you or let you be alone. (Hebrews 13:5b NIV)*

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

Heavenly Father, Thank you for always being with me. I feel alone or lonely sometimes. Help me to remember to reach out and think about your love and the comfort you give. Help me to remember to talk to you and listen carefully when I feel alone. Sometimes I just need to feel your hug. In Jesus' name, Amen.

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### Different

*"For I know the plans I have for you," says the Lord. "They are plans for good and not for disaster, to give you a future and a hope." (Jeremiah 29:11 NLT)*

*I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. (Psalm 139:14 NIV)*

God of all creation, You made me and sometimes I feel like I don't fit in. I feel different than others. Help me to find my way in this world. The Bible says you have a plan for me. Give me the strength to follow you and to find how I fit into this world. I know you made me for your good. Allow me to be at peace with myself. Amen.

## Sick

*He heals the broken hearted and bandages their wounds.  
(Psalm 147:3 NLT)*

*...For I am the Lord who heals you. (Exodus 15:26b NLT)*

Dear God, You have the power to heal all hurts. I am sick. I ask that you use your power to help me to bear this sickness and heal me. Amen.

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## Worried

*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)*

*Give all your worries and cares to God, for He cares about you. (1 Peter 5:7 NLT)*

Jesus, I know that you tell me not to worry. It is hard to stop. Help me to take a breath and ask you for peace. Let me feel your love as my worried mind relaxes. Point me to the wisdom and the people to help me solve my problems. In Jesus' name, Amen.

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## Afraid

*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 NKJ)*

*Wait patiently for the Lord. Be brave and courageous. Yes, wait patiently for the Lord. (Psalm 27:14 NLT)*

Lord, I ask you to help me be brave. I know you will come to help me through my fear. I will be brave because you are with me always and you have given me a strong mind. Amen.

## Sorry

*Yet now I am happy, not because you were made sorry, but because your sorrow led to repentance (ask forgiveness and change your ways). (2 Corinthians 7:9a NIV)*

*Forgive us our sins, for we also forgive everyone who sins against us. And lead us not into temptation. (Luke 11:4 NIV)*

Dear Jesus, Because of your great sacrifice when I sin and feel sorry, I can learn to change. I am sorry for \_\_\_\_\_ and ask that you forgive me and help me to be a better person. In Jesus' name, Amen.

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## Hurt by someone

*Make allowances for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others. (Colossians 3:13 NIV)*

Almighty God, I was hurt when \_\_\_\_\_ happened. Help me to forgive what they did. I know you forgive me for my mistakes and that we all make bad choices. Help me to learn through this experience. Amen.

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## Sad

*Rejoice always. (1 Thessalonians 5:16 NIV)*

*A cheerful heart is good medicine... (Proverbs 17:22a NIV)*

*Always be full of joy in the Lord. I say it again, rejoice. (Philippians 4:4 NIV)*

Dear King of Kings, There are times I feel sad. I want to feel happy. I know that there will be hard times and I ask that you help me feel the joy of your love, wisdom, and strength. I know you love me always. Amen.









LOG BOOK: Check off, write the date, or draw a simple picture for what you prayed each day. Return this page to RBfK when done.


I, \_\_\_\_\_, have completed 21 days of prayer this month.

Parent signature: \_\_\_\_\_



# Biblical Prayers To Pray For Your Kids

## Salvation

Lord, let salvation spring up within my children, that they may obtain the salvation that is in Christ Jesus, with eternal glory. (Is. 45:8, 2 Tim. 2:10)

## Love

Grant, Lord, that my children may learn to live a life of love, through the Spirit who dwells in them. (Gal. 5:25, Eph. 5:2)

## Gratitude

Help my children to live lives that are always overflowing with thankfulness and always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ. (Eph. 5:20, Col. 2:7)

## Compassion

Lord, please clothe my children with the virtue of compassion. (Col. 3:12)

## Hope

May the God of hope grant that my children may overflow with hope and hopefulness by the power of the Holy Spirit. (Ro. 15:13)

## Joy

May my children be filled with the joy given by the Holy Spirit. (1 Thess. 1:6)

## Contentment

Father, teach my children the secret of being content in any and every situation, through Him who gives them strength. (Phil 4:12-13)

## Servant's Heart

God, please help my children develop a servant's heart, that they may serve wholeheartedly, as if they were serving the Lord, not men. (Eph. 6:7)

## Respect

Father, grant that my children may show proper respect to everyone, as Your Word commands. (1 Pet. 2:17)

### Mercy

May my children always be merciful, just as their Father is merciful.  
(Lk. 6:36)

### Kindness

Lord, may my children always try to be kind to each other and to everyone else.  
(1 Thess. 5:15)

### Justice

God, help my children to love justice as You do and act justly in all they do. (Ps. 11:7, Mic. 6:8)

### Faithfulness

Let love and faithfulness never leave my children, but bind these twin virtues around their necks and write them on the tablet of their hearts.  
(Prov. 3:3)

### Purity

Create in them a pure heart, O God, and let that purity of heart be shown in their actions.  
(Ps. 51:10)

### Courage

May my children always be strong and courageous in their character and in their actions. (Dt. 31:6)

### Love for God's Word

May my children grow to find Your Word more precious than much pure gold and sweeter than honey from the comb.  
(Ps 19:10)

### Self-Control

Father, help my children not to be like many others around them, but let them be alert and self-controlled in all they do.  
(1 Thess. 5:6)

### Honesty

May integrity and honesty be their virtue and their protection. (Ps. 25:21)

### Faith

I pray that faith will find root and grow in my children's hearts, that by faith they may gain what has been promised to them.  
(Lk. 17:5-6, Heb. 11:1-40)

### Self-Discipline

Father, I pray that my children may acquire a disciplined and prudent life, doing what is right and just and fair.  
(Prov. 1:3)

### Willingness to Work

Teach my children, Lord, to value work and to work at it with all their heart, as working for the Lord, not for men. (Col. 3:23)

### Perseverance

Lord, teach my children perseverance in all they do, and help them especially to run with perseverance the race marked out for them.  
(Heb. 12:1)

### Heart for Missions

Lord, please help my children to develop a desire to see your glory declared among the nations, your marvelous deeds among all peoples.  
(Ps. 96:3)

### Generosity

Grant that my children may be generous and willing to share, and so lay up treasure for themselves as a firm foundation for the coming age. (1 Tim. 6:18-19)

### Passion for God

Lord, please instill in my children a soul that 'followeth hard after thee', one that clings passionately to you.  
(Ps. 63:8 KJV)

### Responsibility

Grant that my children may learn responsibility, for each one should carry his own load. (Gal. 6:5)

### Prayerfulness

Grant, Lord, that my children's lives may be marked by prayerfulness, that they may learn to pray in the Spirit on all occasions with all kinds of prayers and requests.  
(Eph. 6:18)



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