

# PRAYER Journal

Simply talking to God anytime,  
anyplace, about anything.



# Dear Rock Brook for Kids Parents,

We are so excited to partner with your family on this prayer adventure! We understand how important it is for our kids to learn what prayer is, how to pray, and how important prayer is to your everyday life. We want to pray first in every situation, good or bad. Jesus is always the answer, He is our best friend, and He is always ready to talk with us.

Talking with Jesus is not only something that we need in our lives; it should be something that we want to do. The more we learn about prayer, the easier it becomes. The easier it becomes, the more fun it is! Praying and talking with Jesus should be the best part of our day! The best place for our children to learn to pray is in their home. We hope you will use this prayer journal with your children to help them begin their prayer adventure with Jesus.

Our goal is to teach kids how easy it is to talk with Jesus everyday. To help kids have fun while learning to pray, we have included a poster you can remove and display. Each week we have provided prayer activities for your family to do together. Once completed your child can color in the starfish on the poster to show their progress. We have also included a removable list of prayers from the Bible you can use to pray with and over your kids. The power of prayer is amazing! We are praying for you as your family begins praying together!

Serving Him,  
Pastor Don



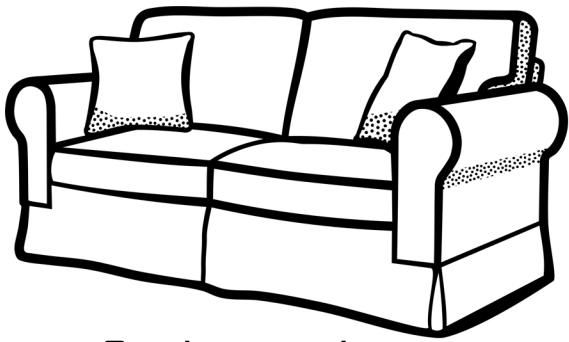
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# Prayer Activity One

We can talk to God about anything. Draw some of the things you prayed for this week.

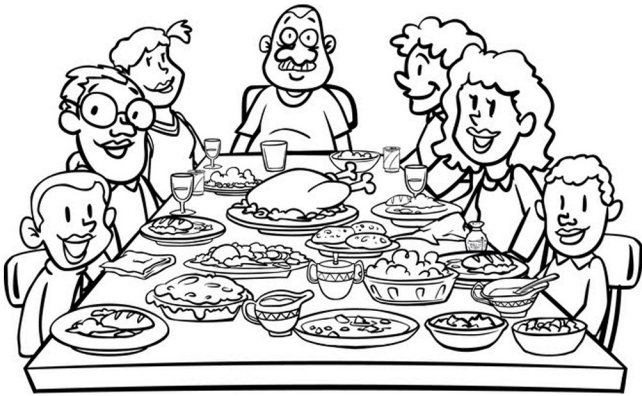

Color the picture of any place where you prayed at this week.



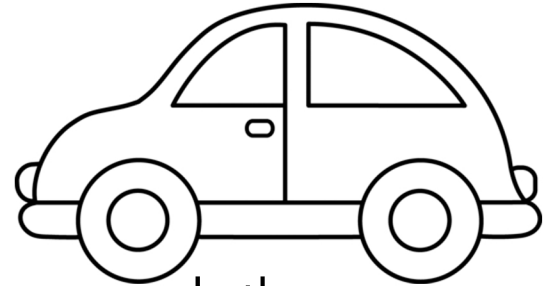
On the couch



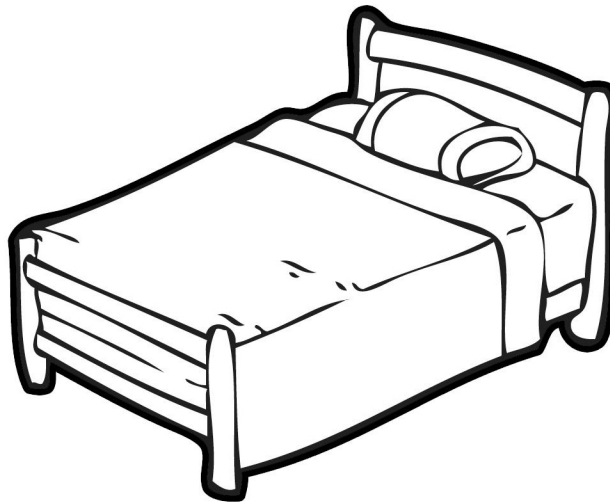
Outside



At dinner



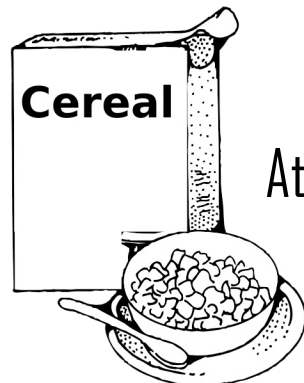
In the car



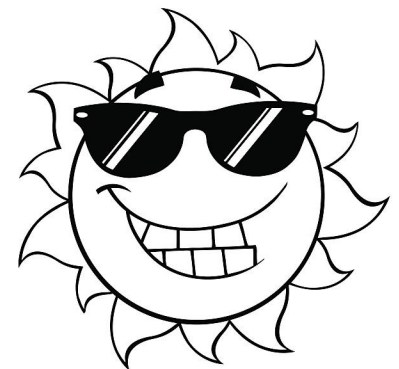
Bedtime



In the evening



At breakfast



In the morning

# Prayer Activity Two

Draw your favorite things then tell God what they are. We are best friends with God when we talk to Him.

Color

Animal

Food

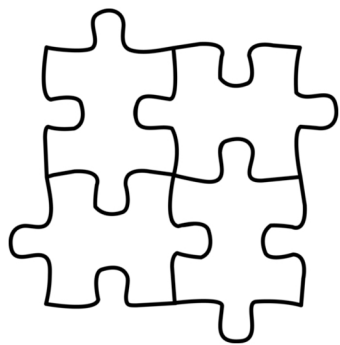
Toy

Movie/TV Show

Place To Visit

Spending time with God helps us become best friends. Color the activities you did this week to spend time with God and your family.

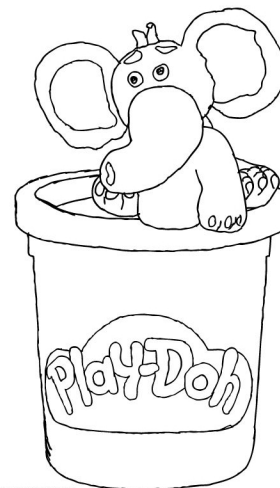
(Parents: talk with your kids about how much God loves them and wants us to spend time with Him as you do these activities.)



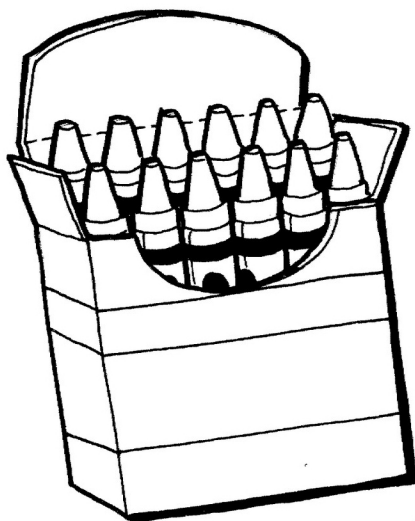
Put puzzles together



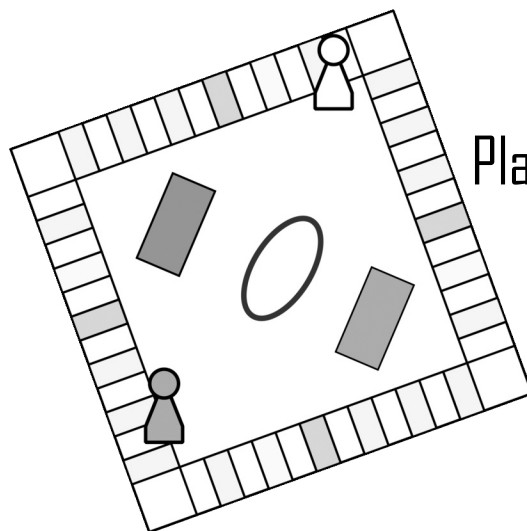
Cooking



Play with Play-Doh



Coloring



Play board games



Read the Bible



Sing songs to God

# Prayer Activity Three

It's nice to say "thank you" when someone does something for you. God likes to hear it too! Thank God while you draw pictures of the things you are thankful He has done.


I showed God my praise and thanks this week by singing and dancing to Him. Just look at how many times I said "thank you" to Him! (Color in one music note for every song you sang and/or danced to for God this week.)



# Prayer Activity Four

God wants us to pray for not only ourselves, but for others too. Draw pictures of people you want to pray for. After you draw their picture, say a short prayer for them.




# 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 discipline 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)

# Prayers To Pray With Your Kids

## Prayer For My Mom

God, thank you for my Mom. She loves me when I have good days, and even on the bad days. Thank you for my mom. Bless her and let her know how much I love her.

## Prayer For Friends

Thank you for giving us people to talk to and laugh with. I pray for my friends today, that they have a good day. They are a blessing to me. Help me to be a good friend to them like you are to me, Jesus.

## When I Am Thankful

God, thank you for this day! Thank you for creating everything we see! Thank you for Jesus, who died for us so that we can go to heaven one day just for believing in Him. What an amazing God You are!

## Prayer For My Dad

God, thank you for my Dad. He teaches me how to do things and helps me with my homework. Thank you so much for my dad. God let him know how much I love him.

## Prayer For Grandparents

God, thank you for my grandparents. I love spending time with them. They always make me feel special and are excited to see me. Protect them and keep them happy.

## Prayer For Brother/Sister

God, thank you for my brother/sister. Our friendship is special. Bless my brother/sister, and keep him/her safe, today and always.

## Prayer For My School

God, please bless my school. Thank you for all of the teachers that work so hard to help us learn. Protect all of the grown ups and kids that come to school everyday. Protect us from harm, and help us to be kind to each other.

## When I Need Help

I need Your help, God. You are the only One who sees everything and knows everything. You are the only One who knows everything about me. Please teach me how to take what I feel and give it to You to sort out.

## When I Am Sad

God, I am sad. I can cry to You and tell You what is wrong. Thank you for always loving me, even when I am really sad. Show me how to cheer up. Help me to be happy.

God wants us to ask Him for the things we want and need. Help your child write out or draw their prayers for themselves.

# Prayer Activity Five

God wants me to listen to Him, so I need to learn to listen well. I practiced listening this week by...(draw a line to each activity you did.)



Talking on the phone  
with a family member



Play guess that sound  
game

I PRACTICED  
LISTENING BY



Listen to someone read  
me books



Play follow the leader

Indoor/Outdoor Sound Hunt: God loves it when we listen to Him. Let's find things that He has created that makes these sounds.

Clang

Boom

Vrooom

Buzz

Tick Tick

Crash

Knock Knock

Whisper

Meow

Ruff

Choo Choo

Whoosh

# Prayer Activity Six

God promises to be with us always. I prayed to God when I was.....(color the picture if you prayed during that emotion)



Sad



Scared



Happy



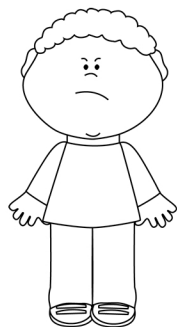
Hurt



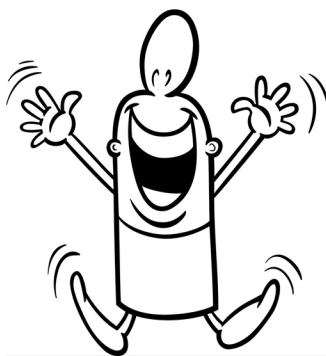
Mad



Lonely



Frustrated



Excited



Tired



God wants us to tell Him how we are feeling. He wants to help us behave no matter what we are feeling. Talk with your parents about the best way to handle each emotion.

(Parents talk with your kids about the ways you can handle all emotions pointing them to start with God first.)

**When I am angry I can...**



Tell God why or what made me angry



Take deep breaths to calm myself down



Say I'm sorry to Jesus and others if I did something wrong

**When I am sad I can...**



Tell God why or what made me sad



Get or give a hug to a parent/friend for comfort



Think of something to make me smile or laugh.

**When I am happy I can...**



Thank God for the happiness I feel



Share my happiness with others.



Daniel talked  
to God when  
he prayed.

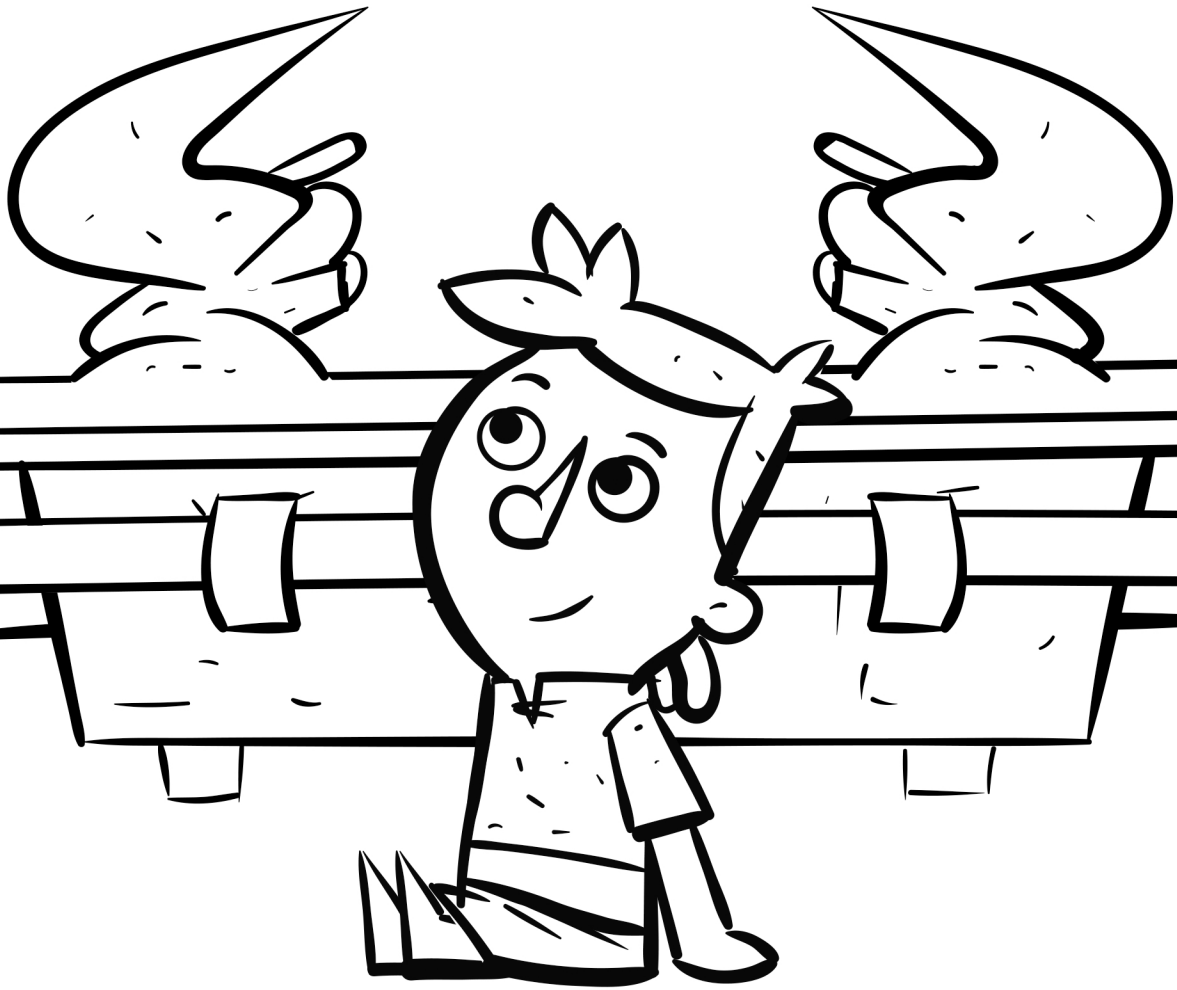


**David praised  
and thanked God.**



**Moses was  
best friends  
with God.**

**Samuel listened  
and talked to God.**





## HEY PARENTS!

We are excited to partner with you to teach your child about the incredible relationship they can have with God through prayer.

We have provided fun activities your family can do together as your child begins to learn more about how we can talk to God. Your child will receive their very own starfish stickers so they can place each sticker on the poster after completing the weekly prayer activity. We are praying for you and your family as you embark on this prayer adventure!



### Prayer Activity 1

This week spend time together discovering the many different places and times you can pray to God. I can talk to God anywhere and at any time!



### Prayer Activity 2

Spend time together telling God all about you. I can be best friends with God when I pray!



### Prayer Activity 3

Everyone loves to be thanked, even God! Explore the many ways you can say "THANK YOU" to God. I can praise and thank God.



### Prayer Activity 4

Find ways to remember to pray for yourself and others. I can pray for myself and others!



### Prayer Activity 6

God wants to know what we are feeling. This week let Him know each time you feel a different emotion. I can pray when I feel sad or scared!



### Prayer Activity 5

Practice listening skills to remind your child it is important to talk AND listen to God. I can talk and listen when I pray!

# PRAYER

Simply talking to God anytime,  
anyplace, about anything.

#### MEMORY VERSE

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)

