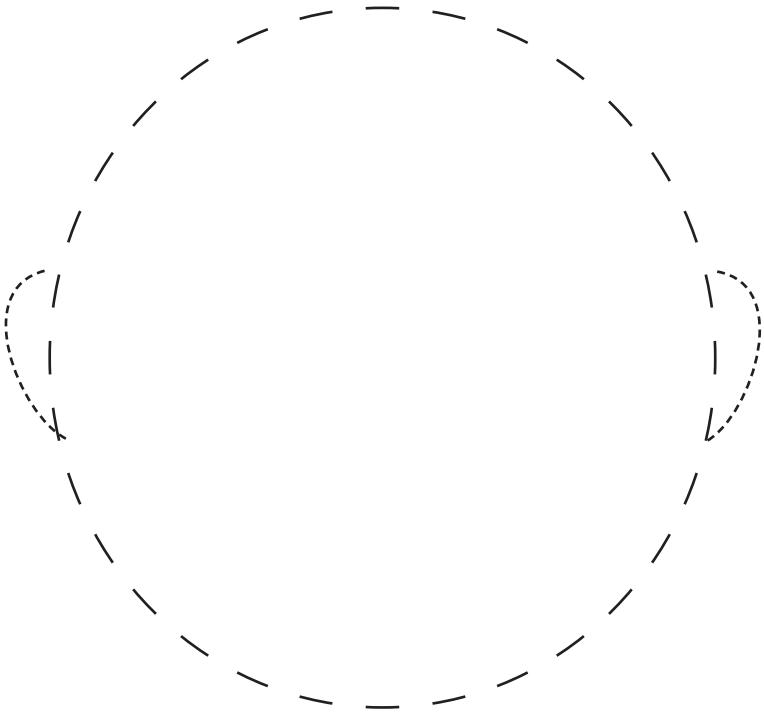




ALL KINDS OF PRAYER

Draw a picture of you!

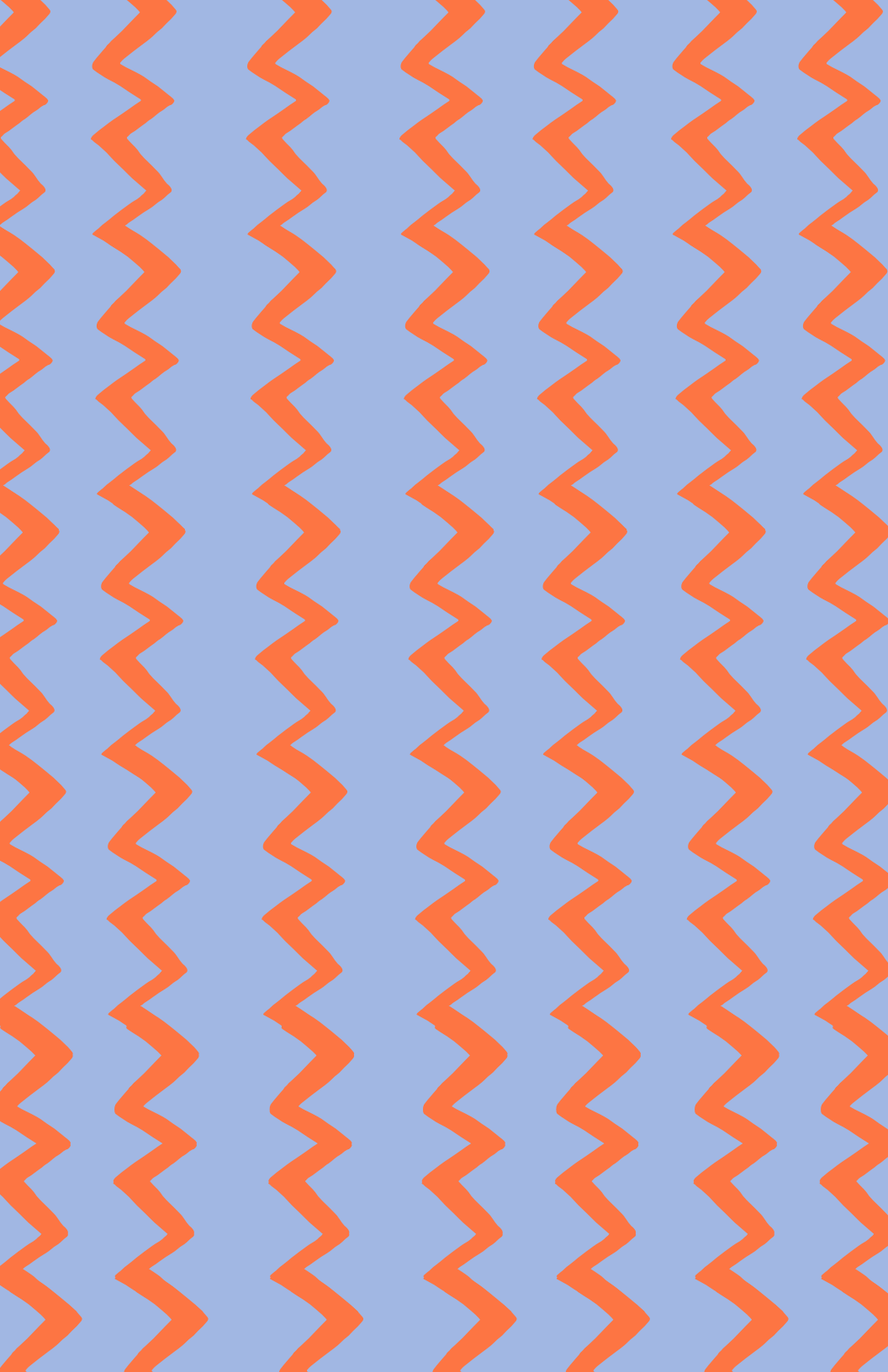


This prayer guide belongs to:



CONTENTS

- › Welcome to Your Prayer Adventure
- › I Am a Child of God
- › The Big Truth About Prayer
- › Postures of Prayer
- › Types of Prayer
- › How to Pray: Simple Steps to Talk to God
- › My Daily Prayer
- › Learning the Lord's Prayer
- › A Prayer for When I Feel...
- › Fruit of the Spirit Match
- › My Personal Prayers
- › Prayer Journal



WELCOME TO YOUR PRAYER ADVENTURE!

Hey, Prayer Adventurer!

Did you know the Bible tells us we can talk to God at any time about anything? How cool is that? Ephesians 6:18 says, “Pray in the Spirit at all times. Pray with all kinds of prayers, and ask for everything you need...” Think of this book as your special prayer guide that will teach you how to do just that!

- › Want to thank God? **You can do that!**
- › Need help with something tricky? **You can ask!**
- › Feeling happy or sad? **God wants to hear about it!**
- › Want to pray for someone else? **Awesome idea!**

Inside this book, you'll find fun ways to talk to God, prayers you can use, space to write or draw your own prayers, and more!

Remember: God loves hearing from you! It doesn't matter if your words are perfect—He just wants to spend time with you. Every time you pray, it's like giving God a big hug and getting one right back!

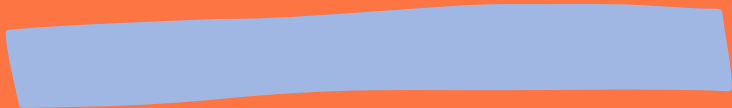
Ready for your prayer adventure? **Let's go!**

Love, Pastor Levi, Jennie, and Your Friends at Fresh Life Kids

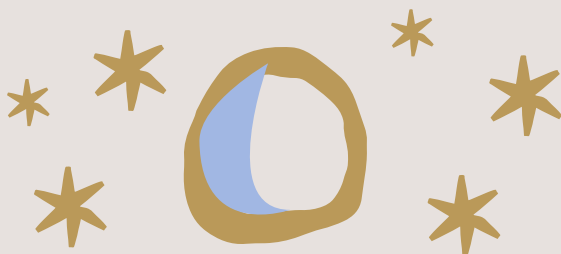
I AM A CHILD OF GOD

When you pray, it's important to remember who you're praying to—God! The God who made you with a purpose and whose love for you is never-ending. God is always by your side, cheering you on through all the big and small moments of life. No matter what happens, He'll never leave you, and He wants to help you grow into the person He created you to be. You are incredibly special to God, and He is always ready to listen, guide, and love you.

“See what great love the Father has given us that we should be called God’s children—and we are! 1 John 3:1



What's your favorite time of day
to spend with God?



THE BIG TRUTH ABOUT PRAYER

What is prayer...*really*? Is it like making a wish? Do we have to use special words? Is there a right and wrong way to do it? Let's discover together what prayer is all about so we can talk to God just like we'd talk to our very best friend.

What Prayer Is Not:

- ▶ **Prayer is not a way to show off:** Jesus teaches us to pray with a sincere heart, focusing on God rather than seeking attention from others.
- ▶ **Prayer is not a way to earn God's love:** God loves you no matter how perfect your prayers are or are not.
- ▶ **Prayer is not a "once in a while" thing:** It is something God invites us to do regularly, every day! When we feel like it and when we don't.
- ▶ **Prayer is not about being perfect:** God loves it when you show up just as you are, with honesty, and share with Him what's in your heart.

What Prayer Is:

- ▶ **Prayer is talking to God:** It's just like having a conversation with a friend.
- ▶ **Prayer is about being honest:** You can tell God everything—exactly how you feel, what you really need, or what's on your heart.

- ▶ **Prayer is a way to thank God:** You can thank God for His kindness, for His blessings like your family and friends, and even for hard things that make you stronger.
- ▶ **Prayer is listening to God:** It isn't just talking—it's also paying attention to what God wants to say to you.
- ▶ **Prayer is for any time and anywhere:** You can pray in the morning, at school, before bed, in the car...anywhere, anytime!



POSTURES OF PRAYER

When we pray, the way we sit, stand, or move can show what we feel in our hearts. Prayer is talking to God, and there are many different ways to pray depending on what we need or how we're feeling. No matter how you do it, God loves hearing from you!

Hands Raised:

When you raise your hands in prayer, it's like giving God a big hug with your arms. You're showing that you trust Him and that you're ready for whatever He wants to do in your life. Imagine you're celebrating your favorite team winning, or you're at the concert of your favorite singer, and you raise your hands in excitement—it's like that with God! You're saying, "God, I trust you, and I'm so happy for who you are and for all that you do." When you lift your hands in prayer, it helps you remember that God is in charge of everything. (and it's really fun!)

Example:

- Think about how you raise your hands at a sports game when your team wins. When you pray, raising your hands is like celebrating God's greatness.

Try it! Lift your hands high and say, "God, You are amazing!"



Kneeling:

Kneeling in prayer is a way of showing respect and saying, “God, I care what you say, and I am ready to listen.” When you get on your knees, it’s like sitting at the feet of a teacher at school! You are showing that you want to listen to what they have to say and that they have your attention. Kneeling helps us remember that God is really special, and when we kneel, we show that we want to be humble and focused on Him.

Example:

- Think about when you see someone kneeling to a king or queen in movies—they’re showing how amazing and important that person is. You wouldn’t run around or act silly if you were meeting someone important!

*Try it! Get on your knees and whisper, “**God, I trust You with my whole heart.**”*

Silent:

Sometimes, when you pray, it’s good to be quiet for a moment. Silence helps you listen to God, kind of like when you’re waiting to hear a friend’s secret. God speaks to us, and when we’re still, we can hear His voice in our hearts. Think about when you’re snuggling with someone you love - sometimes, you don’t need to say anything at all; you just enjoy being together. That’s what silent prayer is like! When we’re quiet in prayer, it’s like saying, “Okay, God, it’s Your turn to talk!”



Example:

- Think about when you're really focused on a game or a book, and you need quiet to pay attention. That's like how silence helps us hear God.

Try it! Close your eyes, take a deep breath, and listen. What do you feel God is saying to you? If you don't hear anything yet, that's okay! God speaks in many ways—just keep spending time with Him and trust that He's always there.

Lying/Bowing Low:

Bowing or lying down while praying is a way of showing God that you're entirely giving yourself to Him. It's a unique way to say, "God, I am small and You are so big and amazing! I know You take care of every little part of me!" Fun Fact: Even Jesus laid down when He prayed! (Matthew 26:39) He showed us it's okay to use our whole body when we're talking to God.

Example:

- Think about how a baby is dependent on someone to take care of them. That is how we are without God's help. When we lie down or bow low it reminds us that God is the Maker of the world and cares for us.

*Try it! Kneel down low and say, "**God, I give You my whole heart and everything I do.**"*

TYPES OF PRAYER

Adoration - Praising God For Who He Is:

Adoration is when we tell God how great He is and how much we love Him. We praise God just for being who He is, not for what He's done.

"Holy, holy, holy is the Lord of heaven's armies. His glory fills the whole earth." Isaiah 6:3

Confession - Opening Up to God for Forgiveness:

Confession is when we tell God the things we've done wrong and ask for His forgiveness. God forgives us and gives us a fresh start.

"If we confess our sins, He will forgive our sins and make us clean." 1 John 1:8-9

Thanksgiving - Giving Thanks to God:

Thanksgiving is when we thank God for everything He has given us and tell Him we are grateful for all the good things in our lives.

"Thank Him, and praise His name." Psalm 100:4

Supplication - Bringing Our Needs to God:

Supplication is when we ask God for help with our needs. We can ask for anything, big or small, and trust that God will listen and help us.

"Let us come before God's throne...to receive grace to help us when we need it." Hebrews 4:16

**SEE HOW MANY HEARTS OR STARS YOU
CAN DRAW ALL OVER THIS PAGE TO SHOW
YOUR LOVE AND PRAISE FOR GOD!**



Intercession - Praying For Others:

Intercession is when we pray for other people and ask God to help them with their needs, such as health, safety, or happiness.

"Pray for all people and thank God for them."

1 Timothy 2:1-2

Fasting - Focusing on God Through Fasting:

Fasting is when we choose to give up something, like food, screen time, or sugar, to spend more time with God. It helps us focus on God and show how much we need Him.

"This kind can only come out by prayer and fasting."

Mark 9:29

Lament - Bringing Our Struggles to God:

Lament is when we bring our sadness and hurt to God. We can tell Him about our struggles and ask for His help, knowing He understands and makes us strong.

"In this world you will have trouble. But be brave! I have defeated the world." John 16:33

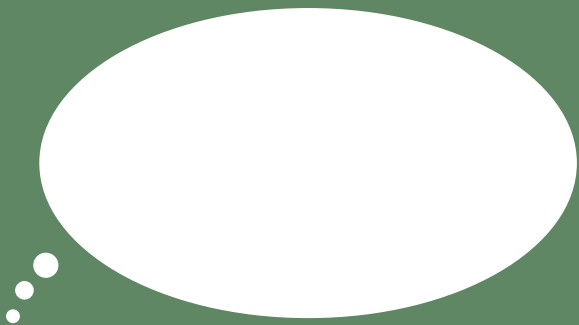
Meditation - Spending Time Quietly with God:

Meditation is when we find a quiet place to be still with God and listen to what He wants to tell us. It's using our imagination and heart to hear God's quiet voice.

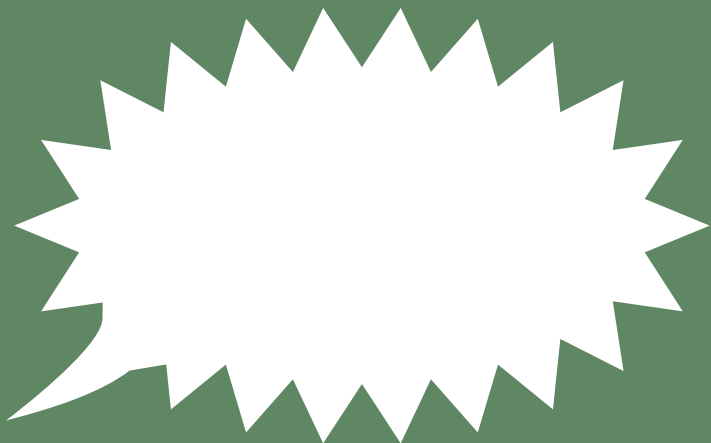
"But Jesus often slipped away to other places to be alone so that He could pray." Luke 5:16

MY PRAYERS FOR...

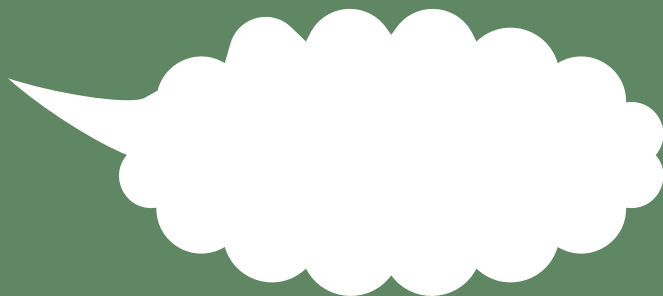
MY FAMILY



SOMEONE FAR AWAY



MY FRIEND





WHAT CAN I FAST FROM?

Check the boxes next to things you could give up for a little while to focus on God.

- ☐ Sweets or desserts
- ☐ A favorite toy
- ☐ Video games
- ☐ Watching TV
- ☐ Social media or YouTube
- ☐ Something else: _____

WHY DO WE FAST?

Fill in the blanks using the word bank below.

Fasting helps me spend more time with _____. When I feel hungry or miss what I gave up, I can _____ and talk to Him instead. Fasting teaches me to trust _____ and reminds me that He is my provider.

Word Bank: Pray, God, Jesus

MY FASTING JOURNAL

Write how you feel each day of your fast!

Day 1: _____ Day 4: _____

Day 2: _____ Day 5: _____

Day 3: _____ Day 6: _____

HOW TO PRAY: SIMPLE STEPS TO TALK TO GOD

1 Find Your Quiet Spot

Pick a cozy place where you won't be distracted. Maybe it's your room, a blanket fort, or even outside under a tree. God hears you no matter where you are!

2 Say Hello

Start your prayer by saying something like, "Hi God!" or "Dear God." He's always happy to hear from you!

3 Thank God

Think of all the great things in your life—your family, friends, pets, or even yummy snacks! Tell God, "Thank you!" because He is good and he gives good gifts!

4 Ask for Help

Need help with something? Feeling worried or sad? God cares about every little thing! You can pray for yourself and for others who need help, too.

5 Say Sorry

We all make mistakes, and that's okay! If you've messed up, tell God, "I'm sorry." The best part? He always forgives you and loves you no matter what!

6

Listen Quietly

After you talk, take a moment to be still. God speaks to our hearts in quiet ways—so listen closely!

7

Finish with "Amen"

When you're done, say, "Amen!" That's like saying, "Yes, God! Let it be! I believe and trust You!"

**See? Talking to God is easy, fun, and super special.
He loves hearing from you!**

MY DAILY PRAYER

Today's Date: _____

Dear God,

I'm so happy to talk to You! Today, I want to thank You, especially for these three things: _____

I need Your help with: _____

I'm sorry that I: _____

Please help me do better by: _____

Today, I want to pray for: _____

My family, especially: _____

My friends, especially: _____

Someone who needs help: _____

Someone who is sick: _____

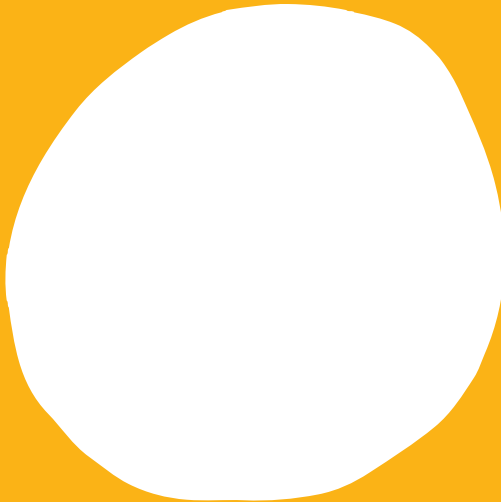
One special thing I want to tell You: _____

The way I'm feeling today is: _____

Thank You for loving me and always being with me!

Love, _____

**DRAW A FACE OF HOW YOU ARE
FEELING TODAY:**



LEARNING THE LORD'S PRAYER

The Lord's Prayer is a special prayer that Jesus taught His friends when they asked Him how to pray. It's a perfect example of how to talk to God. Jesus used simple words to show us we can talk to God like a loving Father, thank Him, ask for what we need, say sorry, and ask for His help to make good choices. After each part, stop for a moment and think about what it means.

Our Father in Heaven,

God is our loving Father, and He lives in heaven.

Hallowed be Your name.

God's name is holy, and we honor Him for who He is. This is our way of saying, "Wow, God - You are SO amazing!"

Your kingdom come, Your will be done, on Earth as it is in Heaven.

We're asking God to make Earth as wonderful as Heaven.

Give us today our daily bread.

This is when we ask God for what we need. God loves to take care of us.

Forgive us our debts, as we forgive our debtors.

We ask God to forgive us when we mess up and promise to forgive others, too. It's like when you say

sorry to a friend, and they say sorry back—everyone gets a fresh start!

And lead us not into temptation, but deliver us from evil.

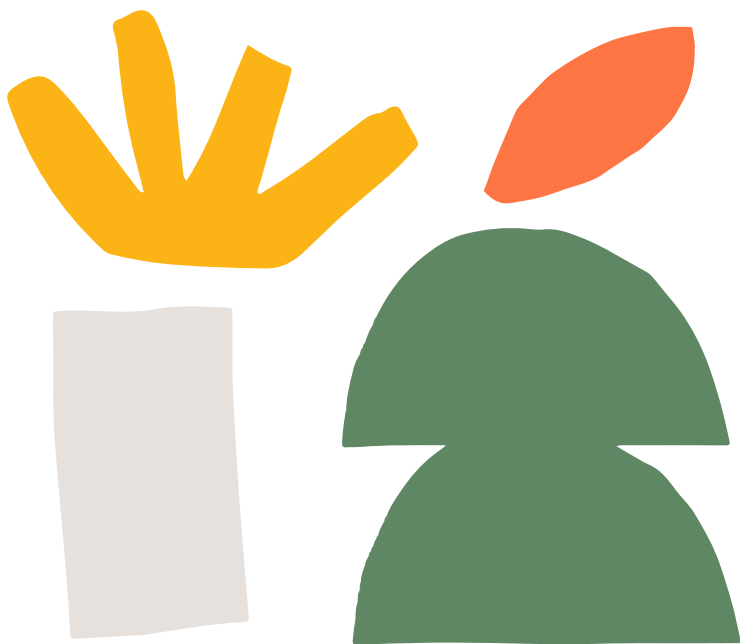
This is like asking God to be our guide and protector. It's saying, "God, please help me make good choices and keep me safe!"

For Yours is the kingdom, and the power, and the glory, forever.

This is our way of saying God is in charge and has all the power—forever!

Amen.

We end our prayer by saying "Amen," which means "so be it" or "yes! I believe this with my whole heart!"



A PRAYER FOR WHEN I FEEL...

Feelings come and go all the time, and no matter how we're feeling that day, God cares! He wants us to bring what we are feeling to Him, and when we pray to Him, He understands. Some of our feelings are uncomfortable or hard for us, and others are so wonderful they fill us with joy. Whatever we are feeling, we can know that God cares, He loves us, and He wants to be with us in all of our emotions.

Thankful

When your heart feels happy and you can't help but smile.

Breathe In and Out:

Take a big breath in...and let it out slowly. As you breathe in, think of one good thing you are thankful for right now.

Talk to God. You can say:

"God, thank You for all the wonderful things in my life. Thank You for my family, friends, and everything that makes me smile."

Ask for a Thankful Heart. You can say:

"Please help me remember to be thankful for everything You've given me and to share Your love with others."

Thank God. You can say:

"Thank You, God, for being so kind and giving. I'm thankful for You today and every day. Amen."



Thankful



Excited



Brave



Hopeful



Worried



Sad



Scared



Guilty



Disappointed



Embarrassed



Frustrated

Excited

When you just can't wait for something awesome or fun to happen.

Breathe In and Out:

Take a big breath in...and let it out slowly. As you breathe in, imagine the excitement in your heart growing brighter like a happy light.

Talk to God. You can say:

"God, I'm so excited about _____. I love it when exciting things are happening in my life!"

Ask for Joy and Gratitude. You can say:

"God, please fill my heart with joy and thankfulness, and never forget You are the one who gives me good gifts. Help me share my excitement with others and be kind in my happiness."

Thank God. You can say:

"Thank You for giving me good things to look forward to! Amen."

Brave

When you want to feel strong and courageous.

Breathe In and Out:

Take a big breath in...and let it out slowly. As you breathe out, picture yourself giving any fear to God, feeling stronger with each breath.

Talk to God. You can say:

"God, I want to feel brave about _____. Please give me the strength to face it and remind me of You by my side."



Ask for God's Strength. You can say:

"God, please help me be brave and remember that You are with me, no matter what. I trust You to help me face what's ahead."

Thank God. You can say:

"Thank You, God, for giving me courage. I know You will help me be brave. I trust You. Amen."

Hopeful

When you're waiting and believing for something good to happen.

Breathe In and Out:

Take a big breath in...and let it out slowly. As you breathe out, imagine your hopes and dreams going up to God.

Talk to God. You can say:

"God, I'm waiting for _____, and sometimes it's hard to be patient. Sometimes, it's hard to believe it will ever happen!"

Ask for God's Endurance. You can say:

"God, please help me to keep hoping in You and trust that You have great things planned for me. Give me the strength to wait with a happy heart."

Thank God. You can say:

"Thank You, God, for always being there for me. Thank You that no matter what happens, when I put my hope in You, I have everything I need! I trust You, and I know You are good. Amen."



Worried

When you feel scared or uncertain and you have that fluttery feeling in your stomach.

Breathe In and Out:

Take a big breath in...and let it out slowly. As you breathe out, imagine giving your worries to God.

Talk to God. You can say:

"God, I'm feeling nervous about _____. Please help me not be afraid and remind me You're with me."

Ask for God's Peace. You can say:

"God, please take my worries and fill my heart with Your peace. Help me to feel calm inside."

Thank God. You can say:

"Thank You, God, for loving me and always being with me. I trust You. Amen."

Sad

When your heart feels heavy, and you want to cry.

Breathe In and Out:

Take a big breath in...and let it out slowly. Imagine God wrapping you in a big, warm hug as you breathe out.

Talk to God. You can say:

"God, my heart feels heavy, and I'm really sad about _____. Please help me feel better and remind me You're with me."

Ask for God's Comfort. You can say:

"God, please take my sadness and fill my heart with Your love. Help me feel Your peace and hope."



Thank God. You can say:

"Thank You, God, for loving me and always being near me. I know You care about me. Amen."

Scared

When you feel afraid or unsure.

Breathe In and Out:

Take a big breath in...and let it out slowly. As you breathe out, imagine giving your fear to God, knowing He is bigger than anything that scares you.

Talk to God. You can say:

"God, I'm feeling scared and unsure about _____. Please help me trust You, knowing You aren't scared of what I'm scared of. Help me be brave."

Ask for God's Strength. You can say:

"God, please fill me with Your strength and peace. Help me feel safe because You're in control, and You love me."

Thank God. You can say:

"Thank You, God, for always being with me. I know I don't have to be afraid because You are my protector. Amen."

Guilty

When you feel bad for something you've done and want to ask for forgiveness.

Breathe In and Out:

Take a big breath in...and let it out slowly. As you breathe out, imagine giving your guilt to God,



trusting He will forgive you.

Talk to God. You can say:

“God, I feel bad for _____. I’m sorry.”

Ask for God’s Forgiveness. You can say:

“God, please forgive me. Help me to learn from my mistakes and help me make better choices.”

Thank God. You can say:

“Thank You, God, for Your love and forgiveness. I trust that You forgive me, and I want to follow You. Amen.”

Disappointed

When things don’t go the way you hoped.

Breathe In and Out:

Take a big breath in...and let it out slowly. Imagine giving your disappointment to God as you breathe out and feeling His peace as you breathe in.

Talk to God. You can say:

“God, I’m feeling disappointed because things didn’t go how I wanted. Please help me to trust that You have a good plan for me, even when things don’t turn out the way I hoped.”

Ask for God’s Peace. You can say:

“God, fill my heart with peace and remind me that You are always with me, no matter what.”

Thank God. You can say:

“Thank You, God, that You are always in control, and even when things don’t go my way, You know what You’re doing. I trust You. Amen.”



Embarrassed

When you feel uncomfortable or shy because of something that happened.

Breathe In and Out:

Take a big breath in...and let it out slowly. Imagine God filling you with His confidence from your toes all the way up to your head!

Talk to God. You can say:

"God, I feel embarrassed because _____. I don't like that this happened.

Ask for Confidence. You can say:

"God, please help me be brave and not let this moment bring me down. Please help me not to worry about what others think and remind me that You love me no matter what."

Thank God. You can say:

"Thank You, God, for always being with me and helping me feel better. Remind me that I'm special to You and that I can keep going. I trust that You will guide me through this. Amen."

Frustrated

When you feel upset because something is hard or not going the way you want.

Breathe In and Out:

Take a big breath in...and let it out slowly. Picture giving all your frustration to God as you breathe out.

Talk to God. You can say:

"God, I'm feeling frustrated because _____. I don't like feeling this way.

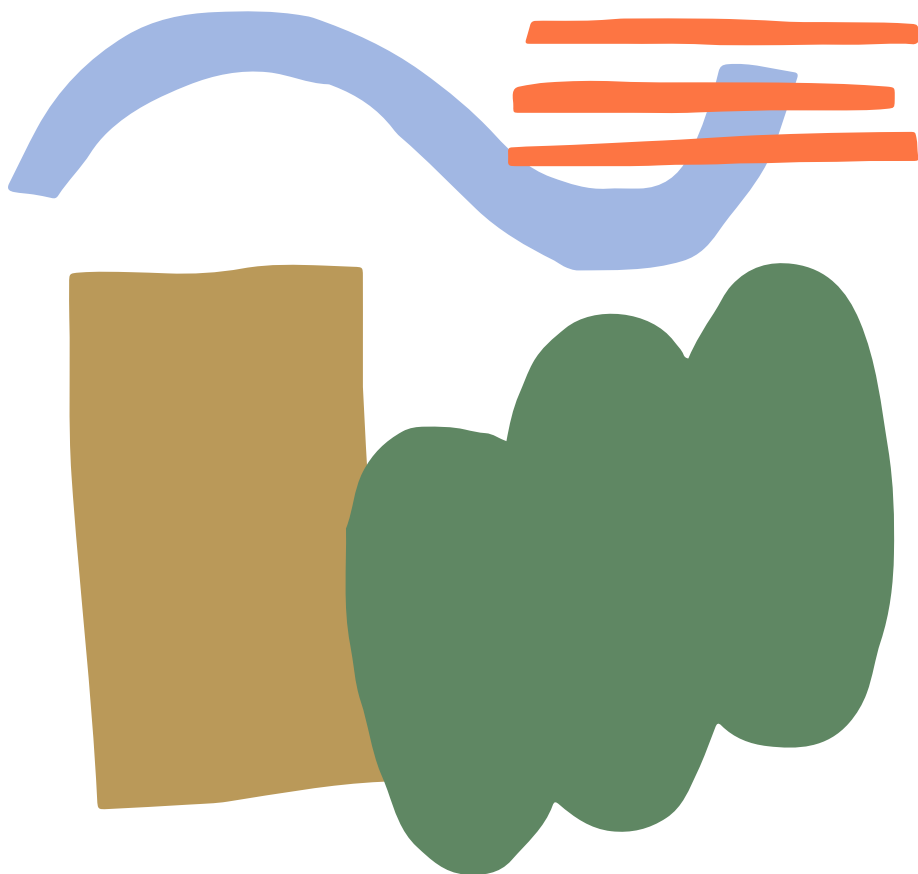


Ask for Patience.t You can say:

“God, please give me patience and help me figure out what to do next. Help me calm down and not give up. Remind me You are with me, even when things feel tough.”

Thank God. You can say:

“Thank You, God, for being with me and giving me strength when I need it. I know I can count on You. Amen.”



TRACE AND FOLLOW ME



FRUIT OF THE SPIRIT

The Fruit of the Spirit are special qualities God gives us to help us live in a way that honors Him. You can read about them in Galatians 5:22-23. When we pray, the Holy Spirit helps these qualities grow in our hearts—love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. These gifts help us talk to God with a grateful heart, trust Him in hard times, and show His love to others through our prayers and actions. The more we pray and listen to God, the more these qualities shape our lives, helping us grow closer to Him and share His love with the world!

Love

“Love is patient and kind. Love is not jealous, it does not brag, and it is not proud. Love is not rude, is not selfish, and does not become angry easily. Love does not remember wrongs done against it. Love takes no pleasure in evil, but rejoices over the truth. Love patiently accepts all things. It always trusts, always hopes, and always continues strong.”

1 Corinthians 13:4-7

Joy

“Be full of joy in the Lord always. I will say again, be full of joy!”

Philippians 4:4



Peace

"I leave you peace. My peace I give you. I do not give it to you as the world does. So don't let your hearts be troubled or afraid."

John 14:27

Patience

"Always be humble and gentle. Be patient and accept each other with love."

Ephesians 4:2

Kindness

"Be kind and loving to each other. Forgive each other just as God forgave you in Christ."

Ephesians 4:32

Goodness

"Do not forget to do good to others. And share with them what you have. These are the sacrifices that please God."

Hebrews 13:16

Faithfulness

"Whoever can be trusted with small things can also be trusted with large things. Whoever is dishonest in little things will be dishonest in large things too."

Luke 16:10



Gentleness

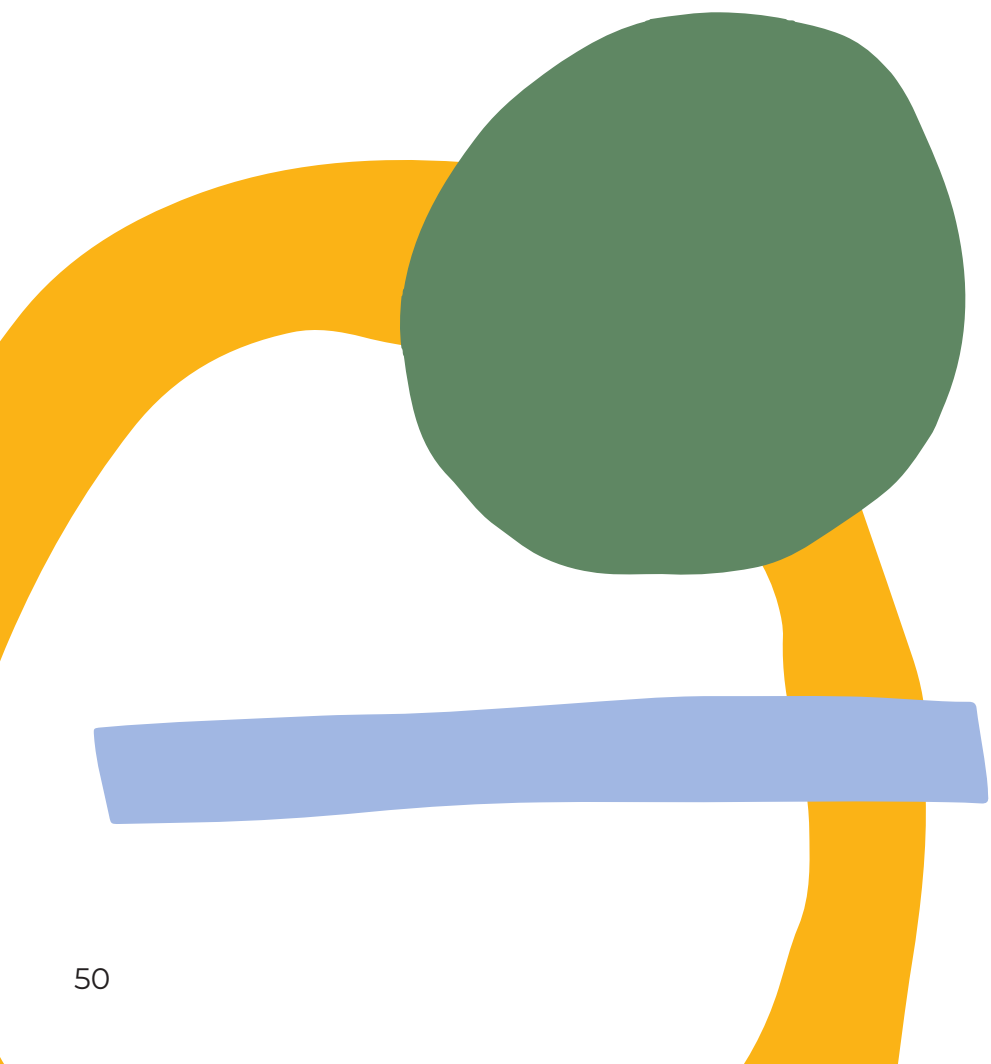
"Always be humble and gentle. Be patient and accept each other with love."

Ephesians 4:2

Self-Control

"God did not give us a spirit that makes us afraid. He gave us a spirit of power and love and self-control."

2 Timothy 1:7



FRUIT OF THE SPIRIT

Match each scenario with a fruit of the spirit!

Gentleness

Helping a friend without expecting anything in return.

Faithfulness

Smiling and laughing when you're happy.

Peace

Not getting upset when something doesn't go your way.

Self-Control

Waiting calmly for your turn.

Patience

Being kind to others, even if they're not kind to you.

Kindness

Doing what is right, even when no one is watching.

Love

Staying true to your promises, even when it's hard.

Goodness

Speaking softly and not raising your voice when you're upset.

Joy

Saying "no" to something that might not be good for you.

PERSONAL PRAYERS

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 FAMILY _____

MY FRIENDS _____

PEOPLE WHO DON'T KNOW GOD _____



[illegible]

[illegible]

[illegible]

