

MY PRAYER JOURNAL

Today's date: _____

Draw a picture or write out what you think God is like.

"Pray like this: Our Father in heaven..." — Matthew 6:9

Have you ever written a letter to someone? You start with "Dear so-and-so." When we talk to someone you often say their name first. Prayer starts just like that too. Jesus said when you pray, pray like this: "Our Father in heaven..." How should I start a prayer? You can start it with "Heavenly Father," or simply "God." When you say who you are addressing, it prepares you to talk to them.

P — Praise. (Tell God how wonderful He is; give thanks for WHO God is)

R — Repent. (Admit your sins; ask for forgiveness)

A — Ask. (Ask God for what you need and what He wants for you)

Y — Yield. (Yield means to give up, to surrender, to submit)

Parents: Make praise and worship a way of life. The more you teach and model what worship looks like, the more they will understand what it looks like.

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Today's date: _____

Draw a picture of how you like to Praise God.

"...may your name be kept holy." — Matthew 6:9

The dictionary says that praise is: to express warm approval or admiration of, commend, applaud, compliment, congratulate, rave about, express admiration for, pay tribute to, speak highly of...

Jesus is modeling this for us when He was teaching us to pray. Start with admiration!

Can you think of one fun way to praise God?

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Parents: When praying with your children today, start off with one specific way you want to praise God today.

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Draw a picture of what you think Heaven will look like.

"May your Kingdom come soon. May your will be done on earth, as it is in heaven." — Matthew 6:10

Heaven is going to be an exciting place where all the people who have ever loved Jesus will live together and worship him forever. Someday we will get to see God face-to-face. There will be no more pain or bad things because God will rule heaven! Think of the loveliest and best day you ever had... Got it? Well guess what? Heaven will be so much better than that! Can you believe it?

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Parents: When driving your children to school or taking them on an errand, stop to point out the snow around you or something that truly captures God's majesty. Then tell them; "Heaven will be so much more majestic and beautiful."

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Today's date: _____

Draw a picture of a meal you would like to eat everyday.

"Give us today the food we need" — Matthew 6:11

This verse teaches us two things. #1: to ASK. Ask God for our daily needs. #2: that Jesus is the Bread of Life! We all need food to keep our bodies alive, but Jesus tells us there is something we need even more than food. We need Jesus to live healthy lives. And the best part is, you don't have to keep coming to Jesus for eternal life. You have to eat every day, but once you confess your sins and choose to follow Jesus, you become a child of God!

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Parents: When preparing dinner tonight, include the children. Teach them that as much as we need to eat, we need Jesus even more! He fills us up!

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Today's date: _____

Draw a picture of someone you need to forgive or someone you recently had to forgive.

**"And forgive us our sins, as we have forgiven those who sin against us"
— Matthew 6:13**

Jesus is teaching us that not only do we need to repent by asking for forgiveness, but we need to forgive those around us too! This is really hard, isn't it? (Even when we feel like we do many things right). When someone hurts us, we often do not want to forgive. The Bible says to forgive A LOT! ("No, not seven times," Jesus replied, "but seventy times seven!" Matthew 18:22)

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Parents: When you mess up, ask your child for forgiveness. It not only models to them how to ask, it also shows that they need to admit when they make mistakes!

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Today's date: _____

Draw something that is tempting you right now.

**"And don't let us yield to temptation, but rescue us from the evil one."
— Matthew 6:13**

Temptation is when you think about doing the wrong thing. When you think about eating the cookies you were told not to touch... that is temptation. Temptation is not a bad thing. Even Jesus was tempted (Matthew 4:1-11)! It is choosing to do the right (and often hard) thing instead of what our desires are. Jesus knew this was important and He taught us to ask not to yield to it!

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Parents: Let each person share a temptation they face. Then have the person sitting to their right pray for them. Not only will your children learn to pray for others, but they will see that we all struggle with temptation.

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Today's date: _____

Write out the Lord's Prayer:

"Pray like this: Our Father in heaven, may your name be kept holy. May your Kingdom come soon. May your will be done on earth, as it is in heaven. Give us today the food we need, and forgive us our sins, as we have forgiven those who sin against us. And don't let us yield to temptation, but rescue us from the evil one." — Matthew 6:9-13

Spend today praying the Lord's Prayer. See if you can challenge yourself to memorize it!

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Parents: Let your children know that they can talk to God in plain terms. The Lord's Prayer is just a model of how to pray. Tell them that you don't need special fancy words—it is okay to talk with God just as you are.