

PRAYER JOURNAL ACTIVITY BOOK

CHRIST COVENANT
KiDS

Dear Friend

We are so proud of you for learning what prayer is, how to pray, and how important prayer is to your everyday life. It is one of the most important things you can do as a follower of Jesus. From day one, our church has prayed 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. The more we learn about prayer, the easier it becomes. The easier it becomes, the more fun it is! When we find out how to have real conversations with Jesus every day, we can experience the presence of God, which has the power to change our lives in the best way possible. Praying and talking with Jesus should be the best part of our day! Once you learn how to pray, you can make it a part of your everyday life.

You can pray:

- Before the day begins
- Before you go to school
- Before you hang out with your friends
- Before practice
- Before you play a big game
- Before you go to bed
- When something bad happens
- When something good happens
- In every situation – PRAY FIRST!

We hope you will use this journal as a part of your daily prayer life, and that it helps you grow closer to Jesus. I pray blessings over your prayer life because prayer changes everything!

Lifestyle Prayer

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where He prayed.

MARK 1:35

What we can learn from Jesus:

He prayed every day.

He prayed in a certain place.

He prayed with a plan.

1. Time

The Bible says that Jesus got up very early in the morning to spend time with His Heavenly Father and pray. Jesus had a specific time every day that He always knew was His prayer time. We should do the same.

Did you talk to Jesus Today?

Color in your answer!



When will your prayer time be?

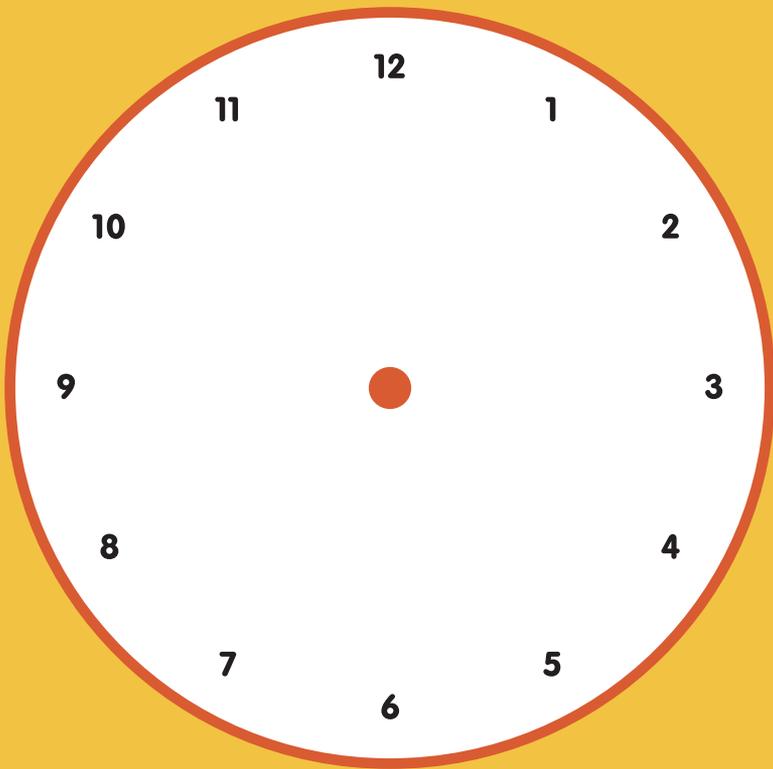
Use a pencil to circle your answer or answers!

When I Wake Up

In The Afternoon

Before I Go To Sleep

Use a pencil & fill in the time
you prayed today!



2. Place

Jesus had a certain place that He would go to pray. We also need to have a place that doesn't have any distractions, noises, or things that would keep us from focusing on Jesus.

My favorite place to pray is:

3. Plan

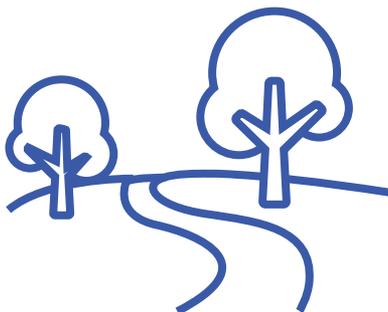
Whenever Jesus prayed, He always had a plan. He had things on His heart that He wanted to pray for and knew how He wanted to pray for them.

What is something you can pray for today?

Draw a picture of someone or something you can pray for today!



**Color in the place below
where you like to pray to Jesus.**



The Lord's Prayer

One day Jesus was praying in a certain place. When He finished, one of His disciples said to Him, "Lord, teach us to pray..."

LUKE 11:1

"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

One of His
Disciples
said to
Him "Lord,
teach us
to pray..."

1. "Our Father in Heaven..."

Coloring Activity



Connect with God. He is your loving Father.

2. "...Hallowed be Your name..."

Jesus

Worship His name.

*God's name is a place of protection — good people
can run there and be safe.*

PROVERBS 18:10 MSG

Match who He is with what He can do!



Healer	God is on my side and will fight for me.
Friend	God is in charge and wants the best for me.
Peace	I will choose joy because God is my joy.
Forgiveness	He is my hope for every situation.
Love	He forgives me for anything I have done and will do.
Hope	Jesus loves me the most.
Joy	He brings me peace no matter what I go through.
King	He is always with me.
Protector	God heals all our diseases.

3. "...Your kingdom come. Your will be done on earth as it is in heaven..."

Coloring Activity



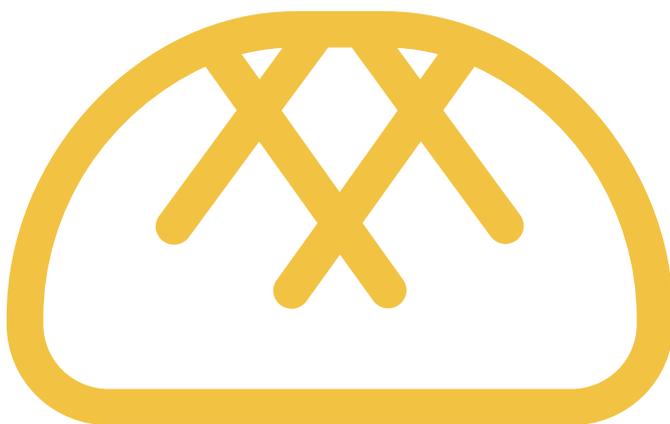
Pray for what He wants (Pray His agenda first).

He will always give you all you need from day to day if you will make the Kingdom of God your primary concern.

LUKE 12:31 TLB

4. “...Give us this day our daily bread...”

Coloring Activity



**Ask God for what you want and need,
and then trust Him to provide for you.**

*I look up to the mountains—does my help come from there?
My help comes from the LORD, who made heaven and earth!*

PSALM 121:1-2 NLT

5. "...And forgive us our debts, as we forgive our debtors..."

Coloring Activity



**Make sure your heart is right
with God and with people.**

*If we confess our sins, He is faithful and just and will forgive us
our sins and purify us from all unrighteousness.*

1 JOHN 1:9

I am
forgiven.

I can
forgive.

Ask Jesus to look inside your heart:

1. What do you need to ask for forgiveness for?
2. What do you need to forgive someone for?

6. "...And do not lead us into temptation, but deliver us from the evil one..."

Coloring Activity



Replace any lie the enemy has told you with the truth of God's Word.

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.

EPHESIANS 6:12

God's Word is Truth!

Replace the lies you may have heard
with what God says is true.



LIES I HAVE HEARD

"I am mean."

"I am ugly."

"I don't have friends."

"If I lie, I won't get
into trouble."

"If I do what's wrong,
I'll fit in."

WHAT GOD SAYS IS TRUE

**I can be a
friend like Jesus.**

**I am fearfully and
wonderfully made.**

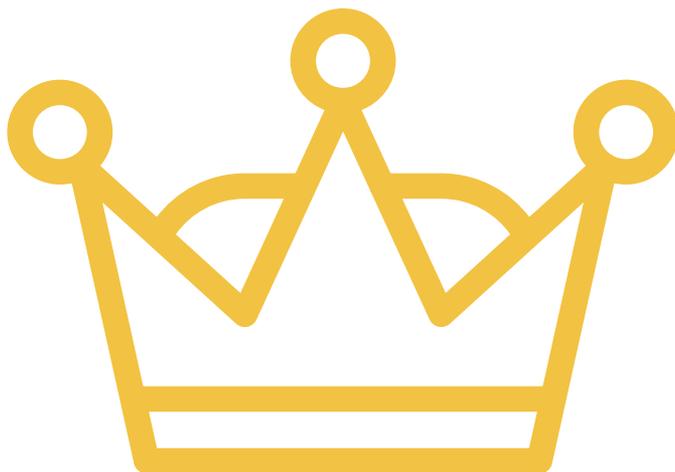
**Jesus loves me
and I am never alone.**

**I can tell the truth
and not be afraid.**

**My identity comes
from Jesus.**

7. "...For Yours is the kingdom and the power and the glory forever. Amen."

Coloring Activity



God can do anything (believe it)!

*Ah, Sovereign LORD, You have made the heavens
and the earth by Your great power and outstretched arm.*

Nothing is too hard for You.

JEREMIAH 32:17

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

Tell Jesus How Great He is

A jump start to praying this way is below. Fill in the blanks and add your own praise and worship as you talk to Jesus about how great He is!

Look up Scripture as you walk through this outline.

Hi Jesus!

I love You so much!

Thank You _____ .

(PSALM 100:4; 118:24)

I love that You created _____ .

When I'm outside, I notice _____
in Your beautiful creation!

God, You made me. Thank You for my ability to

_____ . (MARK 12:30)

You love me for who I am, no matter what.

Thank You for being my God and my Friend. I love You!

In Jesus' name, amen.

Give Thanks Every Day

Having a thankful heart is something that Jesus loves. Giving thanks to God makes even bad days good. A jump start to praying this way is below. Fill in the blanks and add your own words of thankfulness!

Hi Dad!

I am so thankful for You and all that You have given me.

Today, I thank You for my family!

I pray that for my family You would _____ .

I thank You that I get to wake up and have a new day!

I pray today for _____ .

Thank You for the food I get to eat, the clothes I get to wear, and the house I get to live in.

Thank You for _____ .

Thank You for dying for me and saving me.

Help me be more like You, Jesus.

I am so thankful for You! I love You! (Psalm 96:1-2)

In Jesus' name, amen.

Ask God to Lead You Every Day

Have you ever been lost and not know where you were going? It's not a fun feeling. The easiest way to avoid this is to ask for directions from someone with a map. Jesus has the map to life and has the best plan for your life.

Follow the numbers 1-5 and color in the road map on the next page as you ask Jesus to lead you today!

1. Thank You, Jesus, for the plan You have for me!
2. Today I choose Your plan for my life, because I know it's the best plan there is!
3. Lead me. Give me words to say. Help me think good thoughts.
4. Help me to be kind to people, be wise, and make good choices.
5. Jesus, please make me more like You every day. In Jesus' name, amen.

Prayers for When I Need Help

Pray through the Armor of God

Read Ephesians 6:11-18 and then say a prayer to God like the one on the next page to put on your armor!

“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

Praying through The Armor Of God

Lord, Today, I put on the full armor of God. I am protected. I put on the **belt of truth** to speak and walk honestly. I will put into place **the breastplate** to do what is right. I will strap onto my feet and be ready with the **Gospel of peace**. On my arm, I will carry the **shield of faith** and block the attacks from the enemy. I know God is with me. On my head, I will wear **the helmet of salvation**. Jesus loves me, and I belong to Him!

With my shield in one hand, I will carry **the sword of the Spirit** with me in the other. It is the Word of God. I will pray on all occasions, everywhere, for anything. I will be alert and never stop praying daily for those around me. In Jesus' name, amen.

Coloring Activity

**HELMET OF
SALVATION**



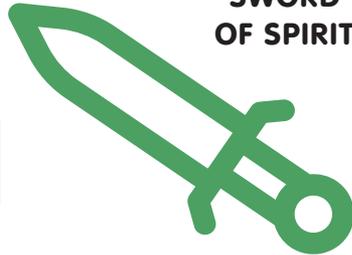
**BREASTPLATE
OF RIGHTEOUSNESS**



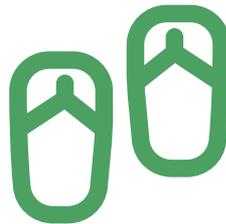
BELT OF TRUTH



**SWORD
OF SPIRIT**



**SHIELD
OF FAITH**



GOSPEL OF PEACE

Prayers for My Family

Honor your father and your mother, so that you may live long in the land the LORD your God is giving you.

EXODUS 20:12

Jesus,

Today, I thank You for my family.

I thank You that You love us and want the best for us.

I pray You would give (say their names) and me wisdom today to make good choices and do the things You would want us to do.

I pray that You will bless us so that we can be a blessing to others.

I pray You will give us favor and influence.

I pray You would lead us and guide us through the whole day and I pray that You will watch over everything we do.

I pray that You would cover us, protect us, and keep us far from any harm so that we can do good things for You.

In Jesus' name, amen.

Prayers for When I Feel Alone

I will never leave you or let you be alone.

HEBREWS 13:5 NLV

I am with you always.

MATTHEW 28:20

Jesus,

Thank You that You are my best friend.

Thank You that You never leave me, and that I never have to feel alone.

As You are with me today, help me follow You and make good choices.

Help me forgive anyone who has hurt me.

Thank You for the comfort that Your Spirit brings me.

Help me be like You and choose to love people the way You love people.

In Jesus' name, amen.

Prayers for When I Feel 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 NKJV

Jesus,

Today I pray against the spirit of fear.

I command it to go by the authority that You have given me by Your name.

I ask that you would give me peace, perfect love that casts out fear, and complete confidence in You.

Thank You that I don't have to be afraid.

Thank You that You are in control.

Thank You that You love me.

In Jesus' name, amen.

**List Below What You Don't Need
To Be Afraid of and the Things
You Can Have Peace About!**



**I DON'T NEED TO
BE AFRAID OF:**

**I CAN HAVE
PEACE ABOUT:**

Prayers for Protection

Jesus always wants to keep us safe because He loves us. There are three great things we can use to protect ourselves.

1. The Name of Jesus

Jesus tells us that He will protect us and keep us. He will cover us with His wings. The Bible says that the name of the Lord is a strong tower that we can run to so we can be kept safe.

2. The Covering of the Blood of Jesus

When Jesus died on the cross for us, His precious blood was shed. And that blood saves us, washes our sin away, and protects us.

3. The Word Of God (The Bible)

The Bible is full of prayers of protection. It is such a powerful weapon against the enemy. We can pray God's Word over us and our family. Psalm 91 is one of those great prayers of protection.

Jesus,

Thank You that I am important to You.

Thank You that You are always watching over me and protecting me.

I pray that You will cover me with the protection of Your blood and surround me with Your angels.

I run to the name of Jesus, my strong tower.

Thank You for being my rock and strong defender.

Please protect my family and me from every evil attack.

In Jesus' name, amen.

Read out loud Psalm 91 when you are finished praying.

Prayers for Others



I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people—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 people to be saved and to come to a knowledge of the truth. 1 TIMOTHY 2:1-4

Fill in the lists below with names of those in each category that you can be praying for.

My Church _____

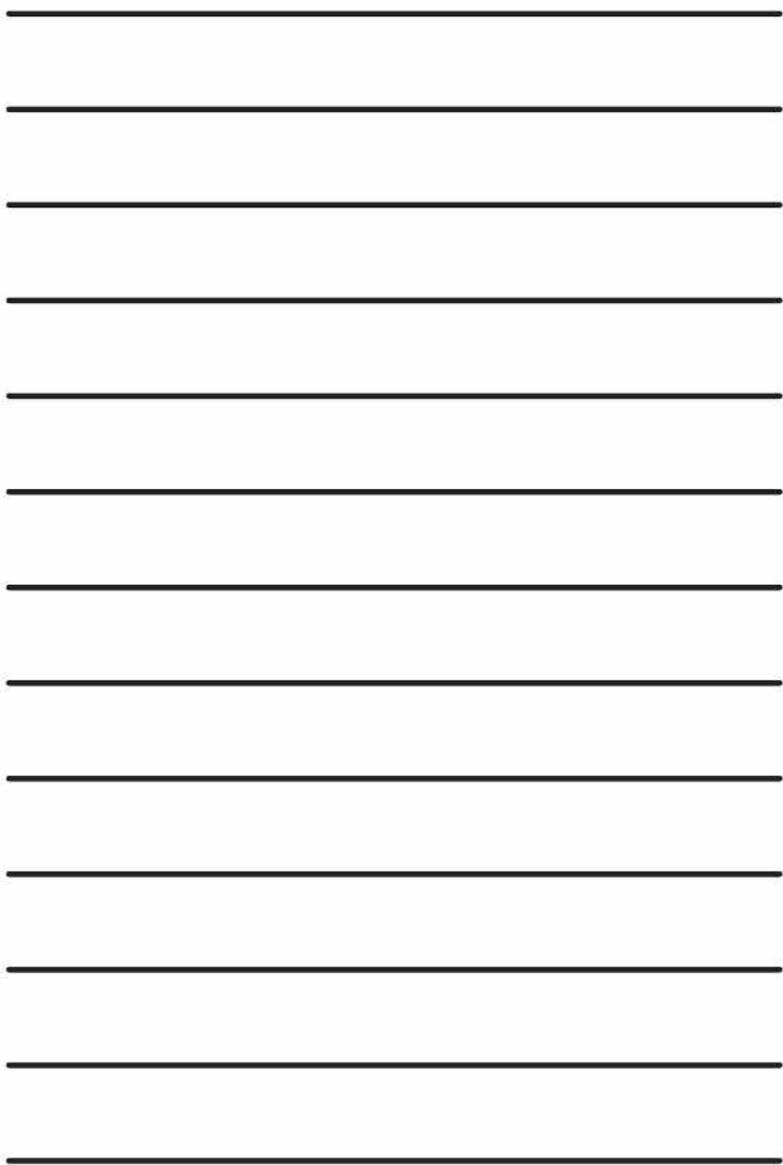
My Government _____

My School _____

My Family _____

My Friends _____

People Who Don't Know God _____



**Color a picture of something
you are believing God for.**



**Color a picture of an
answered prayer!**

