

## HEY KIDS,

This January, Bent Tree is focusing on 21 days of prayer, and we want to invite you to be a part of this adventure. Prayer is talking to God, and the more we talk to Him, the more we start to understand who God is, what He is doing in our world, and who He made us to be. And He wants us to talk to Him.

Below are different prayer activities that you can try out. Just scratch off, follow the directions, and see what happens as you explore 21 days of prayer.

**EXPLORE MANY DIFFERENT WAYS YOU CAN TALK TO GOD.  
PICK ONE A DAY—OR DO AS MANY AS YOU LIKE.**

## WHICH ONE WILL YOU CHOOSE TODAY?

Turn on your favorite music and bust out your best moves for God.

Draw something you are worried about; talk to God about it.

Set a timer for 3 minutes, close your eyes, and thank God for what you hear.

Get a ball; for every bounce, thank God for what pops in your head.

Walk around your neighborhood and pray for your neighbors.

As you are in the car, pray for the people you see—even if you don't know them.

Ask your mom or dad to pray for you and your day.

Next time you see someone upset, ask God to be with them.

Before you get out of bed, pray for your day.

Every time you eat, thank God for your food.

On a mirror, write something you're sorry for, thank God for forgiveness, and erase it.

Draw what you love about God.

Ask someone if you can pray for them—and then pray for them.

Go for a walk and thank God for what you see.

Before you go to bed, tell God about your day.

Thank God for your teachers during school.

Before you sit down to do work for school, talk to God about what you are learning.

Start a prayer journal and write down or draw your prayers.

Go to your mom or dad and ask to pray for their day.

Try a breath prayer: Say Jesus You are (breathe in), my peace (breathe out). Repeat.

Next time someone annoys you, stop and pray for them.

Create your own prayer activity—or repeat one that you enjoy doing.

Flip a coin: heads—pray for your family; tails—pray for a friend.

As you listen to your favorite worship song, thank God for what you love about Him.

Hide under the covers with a flashlight. As you pray, flick the light on/off with each word.

## HEY PARENTS,

At Bent Tree, we believe that once our kids believe in Jesus, they have the full power of the Holy Spirit, living inside of them, and we want to invite them to experience the joy and gift of prayer.

Prayer can be a little intimidating or awkward, especially when we are trying to model it for our kids. We want to “do it right.” The beautiful thing about prayer is its purpose is to connect with our Heavenly Father. He will meet us there.

Our prayer is that the next 21 days will be a blessing to you and your family. Feel free to use the prayer activity as a family and pray with your child—or encourage them to own it as they explore prayer with you cheering them on.

We included some tips on this page to help you on your prayer adventure.

## DON'T KNOW WHAT TO PRAY?

One of the ways, we can pray when we don't know what to say is to use God's Word. Below are some prayers that you can pray when you don't know what to say.

### A PRAYER FROM MATTHEW 6

Father in heaven, may Your name be praised. May Your kingdom come. May what You want to happen be done here on earth as it is in heaven. Give me what I need for today. Forgive my sins, just as I want to forgive those around me. Help me choose Your best when tempted. Protect me every day. Amen.

### A PRAYER FROM PHILIPPIANS 1

Dear God, May my love for You and others grow more and more. Let it be based on Your knowledge and understanding. Then I will be able to know what is best... May I be filled with the fruit of right living produced by Jesus Christ. May all these things bring glory and praise to God. Amen.

### OTHER GREAT PLACES TO START

- Any of the Psalms
- Ephesians 3:16-21
- Ephesians 1:3-8
- Colossians 1:9-14

## NEED A HAND TO START PRAYING?



Here's an easy way we taught our Big Kids to help them get started.

1. **PRAISE.** Tell God what you love about Him.
2. **GRATITUDE.** Thank Him for what He has done for you.
3. **CONFESSION.** Talk to Him about anything you are sorry about/for.
4. **REQUEST.** Tell Him about others who need His help.
5. **SUPPLICATION.** Ask Him for any help you need.

**God loves us so much  
that He wants us to talk to Him.**