

PRAYER for Kids

Becoming a
Faithful Follower
of Jesus



What is Prayer?

Prayer is most simply understood as talking to and listening to God.

We teach children to pray by modeling it, practicing it with them, and making it natural, like talking to a friend. Remember, you are modeling a relationship, not performance. There is no “perfect” prayer. God cares about your heart, not performance.

START SIMPLE

“Pour out your hearts to Him.” –Psalm 62:8

Children don’t need impressive words; they need confidence that God hears them and wants to speak to them.

Teach them:

- Prayer is talking to God anytime, about anything.
- God loves to hear your voice.
- Quiet times of prayer also create space for God to speak to us.

Simple prayers:

- “Thank You for today.”
- “Help me be kind.”
- “I’m scared or I feel sad. Please help.”

MODEL IT OUT LOUD

“Impress them on your children.” –Deuteronomy 6:6–7

Children learn prayer by hearing it lived. Let them hear gratitude, honesty, and trust.

Examples of times to pray:

- Driving to school
- Mealtimes
- Hard moments
- Celebrations
- Bedtime

GIVE THEM A SIMPLE FRAMEWORK

"This, then, is how you should pray..." –Matthew 6:9–13

P.R.A.Y.

P

Praise

God, You are good. (Psalm 100:4)

R

Repent

I'm sorry for... (1 John 1:9)

A

Ask

Please help... (Philippians 4:6)

Y

Yield

I trust You. (Proverbs 3:5–6)

MAKE IT INTERACTIVE

Younger Kids

- Draw their prayers
- Prayer jars
- Prompts – "God, today I feel..."
- Roles of a Disciple Prayer of Blessing

Older Kids

- Prayer journals

TEACH THEM TO LISTEN

"My sheep hear My voice." –John 10:27

Prayer is not just talking; it's also listening.

Help them ask:

- What might God be reminding you of?
- What Scripture speaks to this?

God speaks through:

- His Word – The Bible
- The Holy Spirit
- Wise counsel of others
- Peace and conviction

PRIORITIZE CONSISTENCY

"Devote yourselves to prayer." —Colossians 4:2

Five to ten sincere minutes of daily prayer builds more faith than occasional prayers.

Create rhythms:

- Mealtime
- Bedtime
- Car rides
- After Bible reading

Additional Resources

- Book – *How Can I Pray?* by Steph Williams
- Book – *Pray First for Young Readers*, by Chris Hodges
- Prayer Cards – Tiny Theologians (website)