



PRAY FIRST

PRAYER GUIDE

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DEAR FRIEND



We are so proud of you—learning what prayer is, how to pray, and how important prayer is to your everyday life 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.

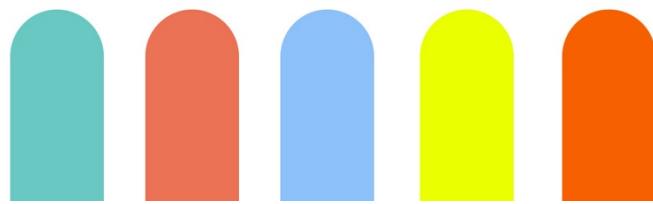
You can pray:

- 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!

Use this guide over the next 21 days to help learn more about prayer. You can pray out loud or silently. You can pray by writing, coloring, or drawing. You can pray when you are happy or afraid, or no matter how you feel. We hope this guide will help you grow closer to Jesus.

“Here is what we can be sure of when we come to God in prayer. If we ask anything in keeping with what he wants, he hears us. If we know that God hears what we ask for, we know that we have it.”

1 John 5:14-15



LIFESTYLE PRAYER



"It was very early in the morning and still dark. Jesus got up and left the house. He went to a place where he could be alone. There 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!

YES!

NO

NOT
YET

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

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 spoke to him. 'Lord' he said, 'teach us to pray, just as John taught his disciples.'"

Luke 11:1

"This, then, is how you should pray:

*Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as it is in heaven.
Give us today our daily bread.
And forgive us our debts,
as we also have forgiven our debtors.
And lead us not into temptation,
but deliver us from the evil one' "*

Matthew 6:9-13

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.

List some things you could say to start your prayer with God.

Examples: "Dear God...", "Hi Jesus...", "Good Morning, Lord!"

A large, white, rounded rectangular area with a black border, designed to look like a notepad or list for writing.

1. "...HALLOWED BE YOUR NAME..."

JESUS

Worship His name.

"The Name of the Lord is like a strong tower,
Godly people run to it and are safe."

Proverbs 18:10



Match who He is with what He can do!



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

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).**

"But put God's kingdom first, Then those other things will also be given to you."

Luke 12:31



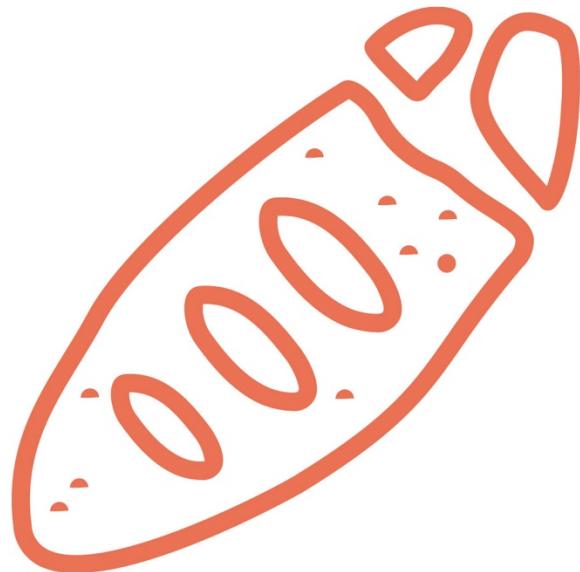
The best thing we could ever want is what God wants.

He will take care of everything we need! List below and pray through the things God wants for the world.

A large, rounded rectangular area with a black border, designed for writing a list. It is divided into ten horizontal sections for notes.

4. "...GIVE US THIS DAY OUR DAILY BREAD..."

Coloring Activity



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

"I look up to the mountains. Where does my help come from? My help comes from the Lord. He is the maker of heaven and earth."

Psalm 121:1-2



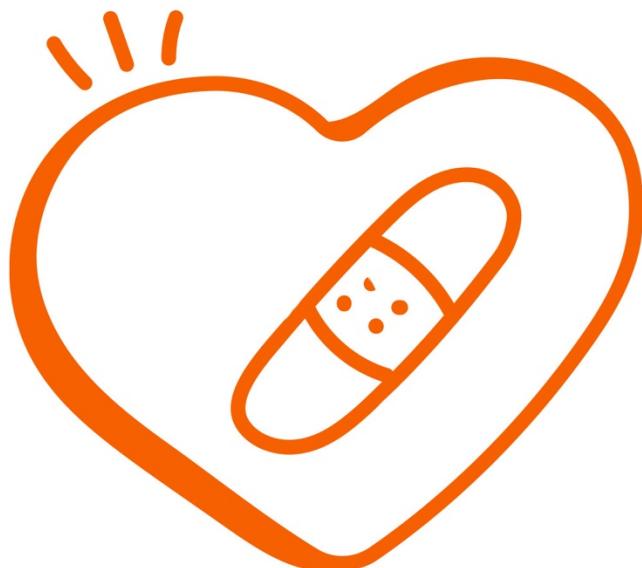
What can you trust in God for?

Write some of your answers below.

A large, rounded rectangular area with a black border, containing ten sets of light gray horizontal lines for writing.

5. "...AND FORGIVE US OUR DEBT, AS WE FORGIVE OUR DEBTORS..."

Coloring Activity



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

"But if we confess our sins, he will forgive our sin. We can trust God. He does what is right. He will make us clean from all the wrongs we have done."

1 John 1:9



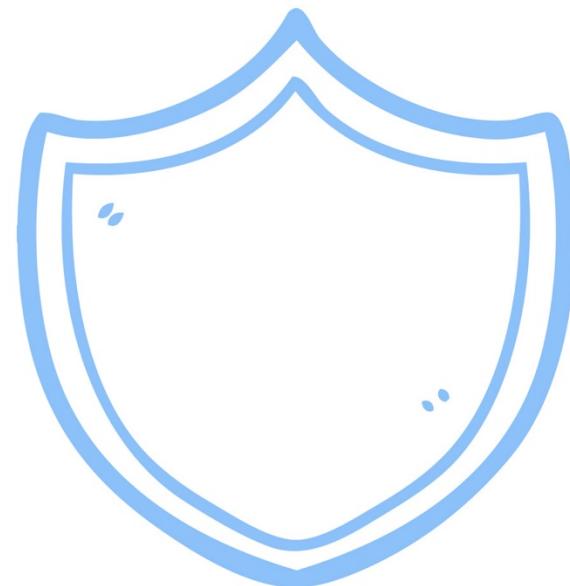
I AM
FORGIVEN.
I CAN
FORGIVE.

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.

"Our fight is not against human beings. It is against the rulers, the authorities and the powers of this dark world. It is against the spiritual forces of evil in the heavenly world."

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.

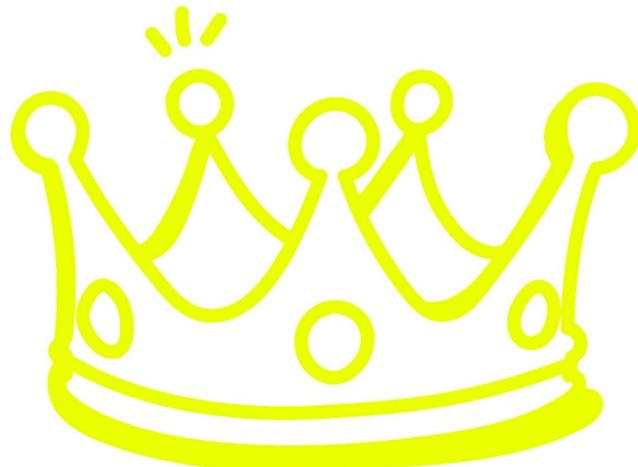
I can tell the truth and not be afraid.

My identity comes from Jesus.

6. "...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!

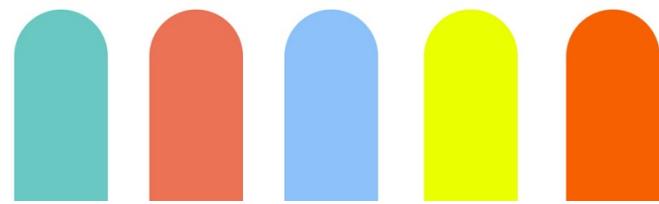
God, You made me. Thank You for my ability to

(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 Jesus!

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.

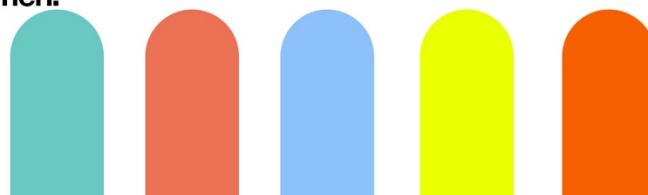
Thank You for _____

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.

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

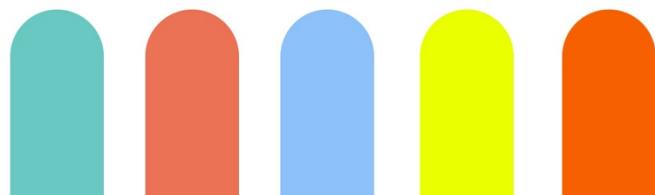
1. Thank You, Jesus, for the plan You have for me!

**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



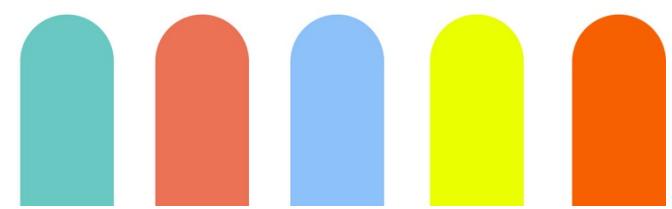
Pray through the Armor of God

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 all of God’s armor. Then you can remain strong against the devil’s evil plans. Our fight is not against human beings. It is against the rulers, the authorities and the powers of this dark world. It is against the spiritual forces of evil in the heavenly world. So put on all of God’s armor. Evil days will come. But you will be able to stand up to anything. And after you have done everything you can, you will still be standing. So remain strong in the faith. Put the belt of truth around your waist. Put the armor of godliness on your chest. Wear on your feet what will prepare you to tell the good news of peace. Also, pick up the shield of faith. With it you can put out all the flaming arrows of the evil one. Put on the helmet of salvation. And take the sword of the Holy Spirit. The sword of God’s word.

“At all times pray by the power of the Spirit. Pray all kinds of prayers. Be watchful, so that you can pray. Always keep on praying for all the Lord’s people.”

Ephesians 6:11-18



PRAYERS THROUGH THE ARMOR OF GOD

Lord, Today, I put on the full armor of God.

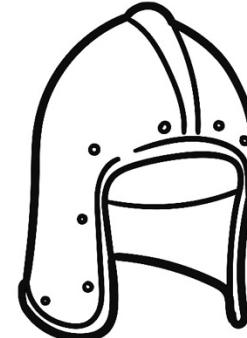
I am protected. I put on the **belt of truth** to speak and walk honestly. I will put into place the **breastplate** to do what is right. I will strap onto my feet and be ready with the **Gospel of peace**. On my arm, I will carry the **shield of faith** and block the attacks from the enemy. I know God 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



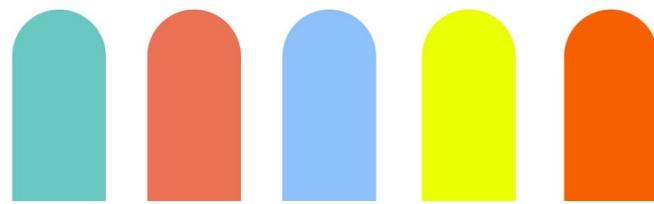
SWORD OF SPIRIT



GOSPEL OF PEACE



SHIELD OF FAITH



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.

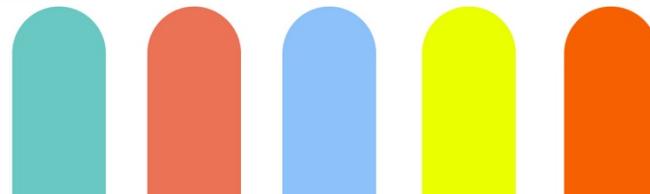
I pray that You will bless us so that we can be a blessing to others.

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

“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 love and of sound mind."

2 Timothy 1:7

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.

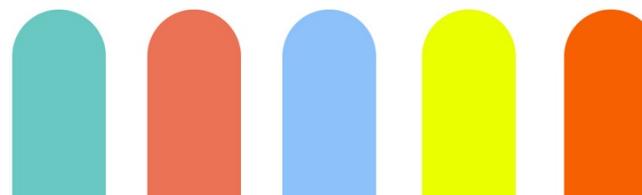
I ask that you would give me peace, perfect love that casts out fear, and complete confidence in You.

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:**





Jesus,

Thank You that I am important to You.

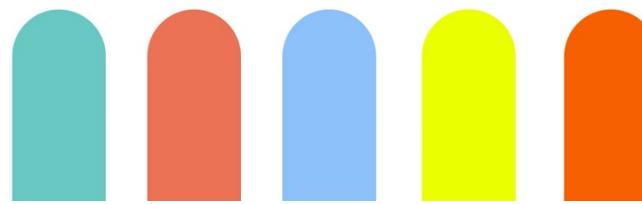
Thank You that You are always watching over me and protecting me.

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

Thank You for being my rock and strong defender.

In Jesus' name, amen.

Read out loud Psalm 91 when you are finished praying.



Prayers for Others



"First, I want you to pray for all people. Ask God to help and bless them. Give thanks for them. Pray for kings. Pray for everyone who is in authority. Pray that we can live peaceful and quiet lives. And pray that we will be godly and holy. This is good and it pleases God our Savior. He wants all people to be saved. He wants them to come to know 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 SCHOOL

MY FAMILY

MY FRIENDS

PEOPLE WHO DON'T KNOW GOD

My Prayer Needs



My Prayer Journal





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



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