

## Kid Friendly Prayer

This prayer guide is part of our 40 Hours of Prayer and Worship. You are welcome to follow this guide or simply use it as a starting point and let the Spirit lead your time.

As God calls us into community together, He also calls us to be faithful in the spiritual practices of prayer and worship. During this time, we invite you to pray for God's good work at New Life Church, giving thanks for the work that has already been done, lifting up the work happening now, and entrusting the work that lies ahead to Him. May this be a time of listening, gratitude, and renewed trust in the God who is always at work among us.

### Prayer Hand

- Get a piece of paper and markers. Trace one of your hands on the paper.
- Number each finger 1-5, writing the number on the fingertip.
- 1) Write the word "Praise" on the thumb.
  - Spend time reflecting on God's goodness and write down all the good things about him next to your thumb.
- 2) Write the word "Gratitude" on your pointer finger.
  - Pause and reflect on what you are thankful to God for. Write down what you are thankful for near your pointer finger.
- 3) Write down the word "Sorry" on your middle finger.
  - Spend time reflecting on what you need to ask God for forgiveness for. All of us do things that hurt God's heart and hurt the people around. But when we say we are sorry, God forgives us. Write down anything you need to say sorry to God for.
- 4) Write down the word "Please" on your ring finger.
  - Reflect on what you need God's help with. You could need help with something at school or with a sibling. Jesus is always listening and he wants to help you; you only need to ask. Write down what you are asking God for help with.
- 5) Write down the word "Listen" on your pinky finger.
  - Set a timer for 2 minutes. During the minute, sit in silence, and ask God if there is anything he wants to say to you. Spend the two minutes listening for his response.
  - At the end of the two minutes, write down anything you may have heard.

### Closing Reflection and Prayer

- As your prayer time ends, reflect on your conversation with God. Was there anything that surprised you? Is there anything left unsaid?
- Pray this prayer as you close; "Lord Jesus, thank you for meeting me in this time. Thank you that you are good, and kind, and that you hear me when I speak to you. Thank you that you respond. Father, thank you for the good work you have done. Continue to do your good work in and through me. Amen."