

HELPING CHILDREN TO PRAY

A Simple Guide



WEAVE
FOUNDATION



Weave Foundation is a Christian charity that financially supports grassroots projects in Zambia and beyond, with the aim of promoting self-sustainability and long-term outcomes. We build relationships and work alongside established projects and local churches. Our mission is to raise the profile of existing non-profit organisations and support them in their important work. Join us in weaving together a brighter future for those in need.



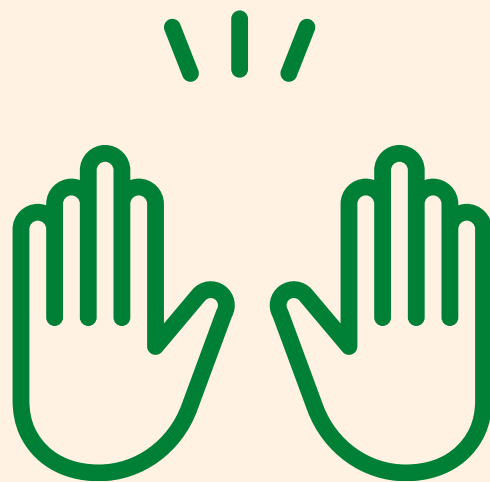
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1. Start with Praise:

Talk About How Great God Is



Start by thanking God for who He is! This is a great way to begin your prayer because it reminds us of how amazing and powerful God is.

Example Prayer:

"Dear God, thank You for being so big, powerful, and loving. You created the whole world and everything in it! I praise You because You are good and kind!"

Questions to ask:

- What do you love about God?
- How has God shown His greatness in your life?



2. Thank God:

Show Gratitude for What He's Done



Thank God for the good things He has done in your life! This reminds us that everything we have is a gift from God.

Example Prayer:

"Thank You, God, for my family, my friends, and for always taking care of me. Thank You for my home, food, and all the fun things we get to do. I'm so grateful for You!"

Questions to ask:

- What are three things you are thankful for today?
- What good things has God given you?



3. Ask for Help:

Talk to God About Your Needs



It's okay to ask God for help! God wants us to talk to Him about anything, big or small. You can ask God for things you need, like help with school, making good choices, or being kind.

Example Prayer:

"God, please help me to be kind to my little sister and help me do my best at school today. Please keep my family safe and healthy. I need Your help with...."

Questions to ask:

- Is there something you need help with today?
- What do you want to ask God for?



4. Confess:

Say Sorry for Things You've Done Wrong



God loves us even when we mess up. Saying sorry to God and asking for forgiveness helps us feel better and grow closer to Him.

Example Prayer:

"God, I'm sorry for being rude to my brother today. Please forgive me. Help me to make better choices next time. Thank You for always forgiving me and loving me!"

Questions to ask:

- Is there something you want to say sorry to God for?
- How do you think God feels when we apologize?



5. Close with Trust:

Know That God Loves You and Will
Listen



You can end your prayer by telling God that you trust Him and know that He will always listen. You don't have to say a perfect prayer—just speak from your heart!

Example Prayer:

"Thank You, God, for always listening to me. I know You love me, and I trust You with everything. Please help me remember that You are always with me. Amen."

Questions to ask:

- How does it feel to know that God listens to you when you pray?
- Why is it important to trust God?



Prayers for Different Situations



Here are a few examples of special prayers for children to use when they are going through different situations.

Prayers for Family

"Dear God, thank You for my family. Please bless them and help us to love one another. Help us to be kind and patient, especially when we don't always agree. Amen."

Prayers for Friends

"God, thank You for my friends. Please help us to be kind to each other, help each other, and forgive each other when we make mistakes. Keep them safe and happy. Amen."

Prayers for School

"Dear God, please help me do my best at school today. Help me to listen to my teachers and be kind to my classmates. Give me wisdom when I have questions and help me stay focused. Amen."

Prayers for Feeling Sad or Afraid

"God, sometimes I feel scared or sad. Please comfort me and remind me that You are always with me. Help me feel Your peace and love. Thank You for being my friend. Amen."

Prayers for Gratitude

"Thank You, God, for all the good things in my life. Thank You for my home, my family, my food, and my friends. Thank You for loving me and blessing me every day. Amen."



Tips for Parents and Leaders

- Keep It Simple: Use simple words and short sentences that are easy for children to understand.
- Encourage Honesty: Let children know they can talk to God about anything—God cares about everything they're feeling or thinking.
- Pray with Them: Model praying aloud so children see how to talk to God. You can take turns praying if they feel comfortable.
- Use Scripture: Incorporate Bible verses into your prayers, like Psalm 23:1 ("The Lord is my shepherd, I lack nothing") or Matthew 7:7 ("Ask and it will be given to you").
- Be Patient: Prayer is a learning process. Encourage children to keep praying and remind them that God hears them, no matter what.





Sample Prayer to Lead Children

Here's a simple prayer you can say together with a child, helping them learn how to pray:

"Dear God, thank You for today. I'm so happy You love me. Please help me be kind to my family and friends. Thank You for my home and all the good things You give me. I'm sorry for when I mess up and make mistakes. Please help me to be better tomorrow. I trust You, God, and I know You are always with me. Amen."

