

THE WEEKLY
Prayer
Project
for Kids

JOURNAL, PRAY, REFLECT,
and CONNECT with GOD

WRITTEN BY MOLLY HODGIN



ZONDERKIDZ

The Weekly Prayer Project for Kids
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A close-up photograph of a person's hands holding a small, light brown mouse. The person is wearing a pink, ribbed sweater. The background is a dark, textured surface. The text "How to Use This Journal" is written in a white, cursive font across the top of the image. There are also some decorative purple lines and dots in the top left corner.

How to Use This Journal

*Come and see what God has done,
his awesome deeds for mankind!*

PSALM 66:5

The journal you hold in your hands isn't just a notebook or diary. It's not a school assignment you have to do for a grade. This is something much better—a place only for you, where you can learn more about God and yourself every week. A place where you can connect with God and learn to hear His voice more clearly when you pray.

Sometimes it can be tough to know the best way to talk to God and to hear Him talk to you, right? Luckily, God left us a guide in the Bible that shows us how to talk to Him through prayer, no matter where we are or what we're doing. There are seven types of prayers in the Bible. This book has a section for each type so you can try them all out. I promise that one of them will feel right when you want to talk to God.

Make this book your own! This journal was written for you, which means that the “right” way to use it is whatever you decide. Start at the beginning and work your way through, or jump ahead to the section that you want to explore in that moment. You can answer the questions inside with words or doodles or lists or whatever else you want to use!

At the end of the year, you can look back on your answers and see all the ways God has been there for you each week. And your answers will also remind you to keep talking to God in whatever way prayer feels right to you. I know He can't wait to hear from you!



A close-up photograph of a child's hand holding a thin, colorful string. The background is a soft-focus view of pink cherry blossoms. The word "Requests" is written in a blue, cursive font across the center of the image.

Requests



Please, God

Take delight in the LORD, and he will give you the desires of your heart.

PSALM 37:4

If you ask your parents for things too often, they may get a little annoyed. So you pick and choose what to ask for and when to ask. If your dad is in a good mood, you might grab the chance to ask if your best friend can sleep over. If your mom is stressed with work and running behind, it might be the perfect time to ask her if you can order pizza for dinner. If your parents are grumpy, though, it might not be a great moment to ask for a new video game, right?

Luckily, God doesn't react the same way when we ask Him for things. We don't need to figure out if He's in a good mood or pick the right time to talk to Him when we ask for anything we need. It is always the right time to talk to God. He wants you to talk to Him. He wants you to ask Him for things. He wants to bless you.

Philippians 4:6 tells us to "pray about everything. He longs to hear your requests, so talk to God about your needs and be thankful for what has come" (VOICE). God wants to hear from you. He wants you to tell Him what you need and what you want. God happily hears, knows, and answers your prayers because He loves you.

Just ask.

WEEK 1

Ask Confidently

Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

Hebrews 4:16

Do you sometimes feel shy or scared to ask for help? That happens to everyone at some point. But you never need to feel shy or scared about talking to God. God has already promised to help you whenever you need Him. He's just waiting for you to ask!

In the space below, write down the things that you're usually a little scared to ask for, or the things that seem too small to bother God with.

WEEK 2

Don't Worry

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:6-7

Sometimes we worry about things that may happen in the future. *What if my best friend moves away? What if I fail my math test? What if? What if? What if?* Instead of freaking out, God wants you to bring those worries to Him. Tell God all of your what-ifs and ask Him to calm your mind and fill you with peace.

What are some of the what-ifs you are worrying about?

Take a moment to pray and tell God about all your worries. How do you feel now?



A series of horizontal dashed lines for writing, spanning the width of the page below the guitar illustration.

WEEK 3

Nothing Is Impossible

Jesus looked at them and said, “With man this is impossible, but with God all things are possible.”

Matthew 19:26

There are a lot of things that seem impossible, right? Like finding a hundred dollars on the street or getting to meet your favorite star. But God doesn't look at the world the same way we do. Nothing is impossible for Him. When you come up against the impossible, turn to God and ask for His help. He may just make the impossible possible.

Do you have any impossible (or just really difficult) things in your life right now? List them and then start asking God for His help.

What are some big, awesome things God has already done in your life?

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WEEK 4

He's Listening

And if we know that he hears us—whatever we ask—we know that we have what we asked of him.

1 John 5:15

God is always listening—even in the middle of the night or very early in the morning. Even when you're in school or taking a walk or hanging out with your friends. If you talk to Him, He will always hear you. You never have to wonder if you are being too quiet or asking at the wrong time. Just start talking and know that God will catch every word.

Write down some of the things you want to pray about on the lines below. As you write, imagine your prayers going straight up to God.
