

The cover features a textured orange background. A large dark blue circle is in the top right corner, and a light blue circle is in the bottom left corner. The title 'CITIZEN KIDS' is in large white letters, with 'PRAYER GUIDE' in white letters inside a green rounded rectangle below it.

# CITIZEN KIDS

## 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!

We hope you will use this journal as a part of your daily prayer life, and that it helps you grow closer to Jesus. We pray blessings over your prayer life because prayer changes everything!

PS. MICHAEL & HEATHER GIROUX

*Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where 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!



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:

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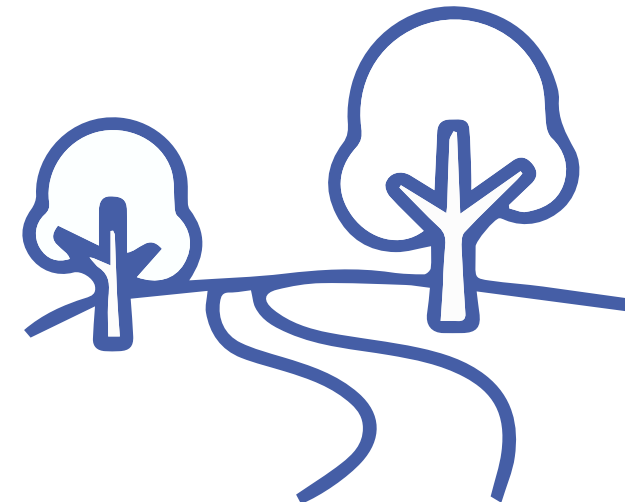
## 3. PLAN

Whatever 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



WEEK 1

# THE LORD'S

# PRAYER

## THE LORD'S PRAYER

ONE DAY JESUS WAS PRAYING IN A CERTAIN PLACE. WHEN HE FINISHED, ONE OF HIS DISCIPLES SAID TO HIM, "LORD, TEACH US TO PRAY..."

**LUKE 11:1**

*"Our Father in heaven, hallowed be Your name. Your kingdom come. Your will be done on earth as it is in heaven. Give us this day our daily bread. And forgive us our debts, as we forgive our debtors. And do not lead us into temptation, but deliver us from the evil one. For Yours is the kingdom and the power and the glory forever. Amen."*

**MATTHEW 6:9-13 NKJV**

ONE OF HIS  
DISCIPLES SAID  
TO HIM "LORD  
TEACH US TO  
PRAY ..."

1. "Our father in he Heaven ..."

## COLORING ACTIVITY



CONNECT WITH GOD. HE IS YOUR LOVING FATHER

Examples: “Dear God...”, “Hi Dad”, “Good morning, Lord”, “Hey Papa”

[illegible]

## 2. "...HALLOWED BE YOUR NAME..."

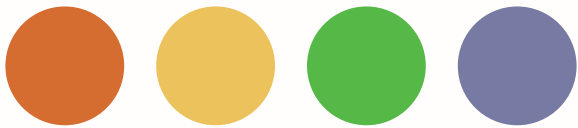
# JESUS

# WORSHIP HIS NAME

God's name is a place of protection- good people can run there and be safe

# PROVERBS 18:10 MSG

# MATCH WHO HE IS WITH WHAT HE CAN DO!



HEALER	God is on my side and will fight for me.
FRIEND	God is in charge and wants the best for me.
PEACE	I will choose joy because God is my joy.
FORGIVENESS	He is my hope for every situation.
LOVE	He forgives me for anything I have done and will do.
HOPE	Jesus loves me the most.
JOY	He brings me peace no matter what I go through.
KING	He is always with me.
PROTECTOR	God heals all our diseases.

3. "...your kingdom come. You will be done on earth as it in heaven..."

## COLORING ACTIVITY

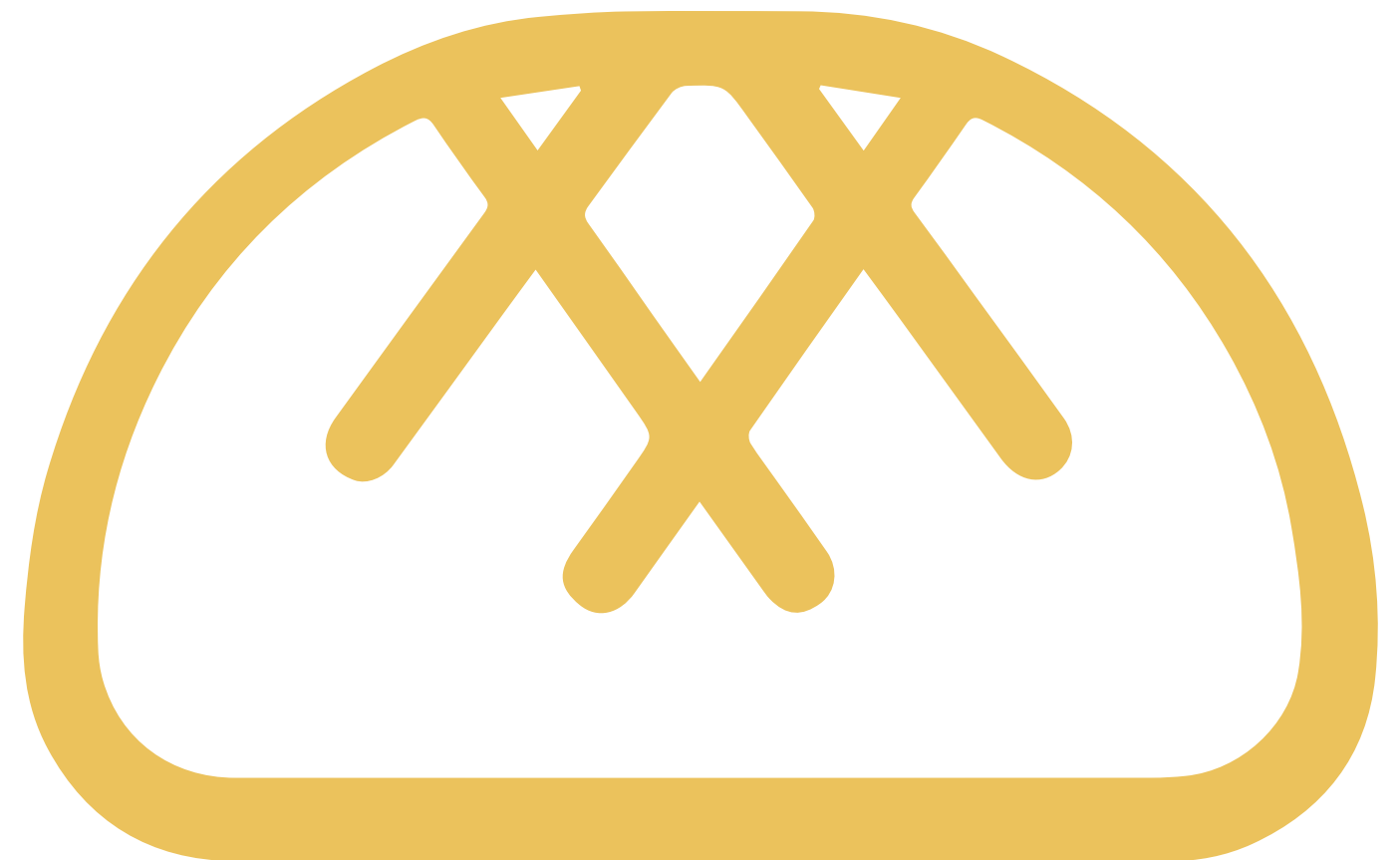


**PRAY FOR WHAT HE WANTS (PRAY HIS AGENDA FIRST)**  
He will always give you all need from day to day if you will make the kingdom of God your primary concern.

**LUKE 12:31 TLB**

[illegible]

## COLORING ACTIVITY



I look up to the mountains — does my help come from there?  
My help comes from the LORD, who made heaven and earth!

**PSALM 121:1-2 NLT**



[illegible]

## COLORING ACTIVITY



If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness



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 forgive us our debts, as we forgive our debtors..."

## COLORING ACTIVITY



**REPLACE ANY LIE THE ENEMY HAS TOLD YOU WITH THE TRUTH OF GOD'S WORD**

For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.

**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 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.

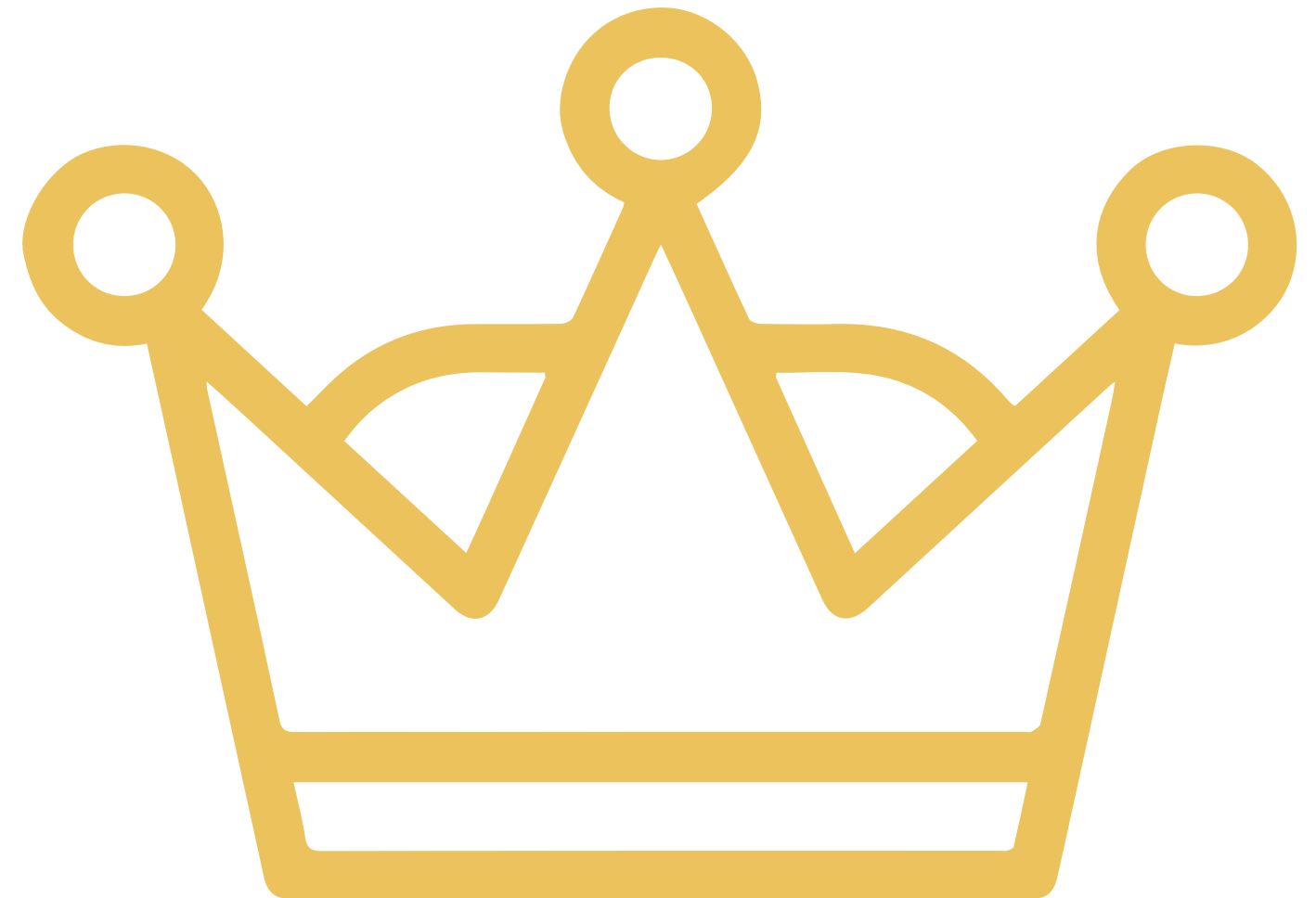
Jesus loves me and I am never alone.

I can tell the truth and not be afraid.

My identity comes from Jesus.

7. "...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.

WEEK 2

THE PRAYER  
OF JABEZ

## COLORING ACTIVITY

Jabez cried out to the God of Israel, "Oh, that You would bless me and enlarge my territory! Let Your hand be with me, and keep me from harm so that I will be free from pain." And God granted his request.

### 1 CHRONICLES 4:10

**BLESSING**  
**INFLUENCE**  
**PRESENCE**  
**PROTECTION**



## 1. BLESSING

"Oh, that You would bless me..."

### 1 CHRONICLES 4:10

Jabez begins his prayer by asking God for His blessing. A blessing is like a good gift that is meant to help or encourage us. We need more of God's blessing so we can make a difference by helping others and showing them the love of Jesus. James 4:2-3 tells us, "You do not have because you do not ask God. When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures." How cool is that? God wants to bless us, but He is often waiting for us to ask with the right heart and attitude. He wants to see that we don't just keep His blessings to ourselves but use them to bless others. We have a really big God, and we can be bold and hopeful in asking for His gifts and blessings. In the Bible, James says that God sees our heart and knows exactly what we need, but He wants to hear it from us. We get God's attention when we ask Him for blessings to help others.

Ask God for His blessing. Recognize that you need Him to give you more than you need so that you can be a blessing to others and show them the great love of Jesus.

### PRAYER:

"Father God, I know You care for me and You give me what I need. I don't want to be selfish in asking for things—give me more so that I can be generous and share Your blessings with others. Jesus, I want to be a blessing so that I can help lead others to You."

## 2. INFLUENCE

“Enlarge my territory...”

### 1 CHRONICLES 4:10

God would help make Jabez’s territory bigger so that he could share God’s blessings with more people. He wanted to be more successful in life so that he would have more opportunities to tell others about God and bring glory to Him. When God blesses us and gives us more, we also ask for more opportunity to influence the world around us for Jesus. God has the power to bless us greatly, and He also has the power to give us more ways to make a difference.

Pray for more influence. Pray that you will get to know more people that you can share God’s love and blessings with.

#### PRAYER:

“God, make me a better friend, a better classmate, and a better leader. Show me more ways that I can reach more people and show them who You are and how much You love them. Help me to take good care of the things You have given me, and help me make a difference in the lives of more people.”

## 3. PRESENCE

“Let Your hand be with me...”

### 1 CHRONICLES 4:10

In order to reach more people, we need God’s presence. God gives us power through the Holy Spirit to help us do more than we could ever ask or imagine (Ephesians 3:20). When we ask for blessing and influence, we also need to ask for God’s presence to help us, so that we will not try to only do things in our strength. Jabez knew that he could not be successful by himself. He wanted God to put His hand on him to help him make good decisions.

Trust and depend on God—ask for more of Him in your life today. Be humble and admit that you can’t do things alone, that you need God to be with you and to help you.

#### PRAYER:

“Lord, I know that without You, I am nothing. I can’t do what You’ve called me to do on my own. I need Your hand, and I need You to be with me. I trust and depend on You completely. Help me, Lord. Thank You for giving me the power of Your Holy Spirit. The same power that raised Jesus from the dead now lives in me. Through the power of Your Spirit, I pray that You will help me succeed and do better in the things You have given me. Thank You for always being with me and keeping me safe.”

## 4. PROTECTION

“Enlarge my territory...”

### 1 CHRONICLES 4:10

Finally, Jabez asks the Lord to protect him. He asks God to keep him safe so that he would be free from pain. If we are making a difference in the lives of others, we must understand that the devil will try to stop us. We can ask God to protect us, even before the enemy attacks. We do not need to be afraid—Jesus has already won the victory by what He did for us on the cross! We have nothing to fear because God promises to be with us and to protect us.

Trust God to protect you. Place your hopes in Him. Tell Him specific areas where you need His protection. Maybe it's at school, at home, or somewhere else. Ask Him to keep you from any harm in the future that you can't see yet.

#### Prayer:

“God, as I do the things you want me to do, I pray that You will stop every attack against me. Please keep me safe and protect my body, my mind, and my emotions. I pray that You will keep me from any hurt, harm, or danger. I also pray that You will protect my family and my friends. Jesus, I know that You love me and are watching over me. I know that I have nothing to fear because You already won the victory! Thank you for protecting me. I love You, and I trust You.”

## PRAYERS FOR OTHER



I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people—for kings and all those in authority, that we may live peaceful and quiet lives in all, godliness and holiness. This is good, and pleases God our Savior, who wants all people to be saved and to come to a knowledge of 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 Government \_\_\_\_\_

My School \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

My Family \_\_\_\_\_

My Friends \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

People Who Don't Know God \_\_\_\_\_

\_\_\_\_\_

# WEEK 3

# MORE PRAYERS

# PRAYER & SCRIPTURE FOR EVERY DAY

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

## 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! \_\_\_\_\_

**(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.

## TELL JESUS HOW GREAT HE IS

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 Dad!

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)**

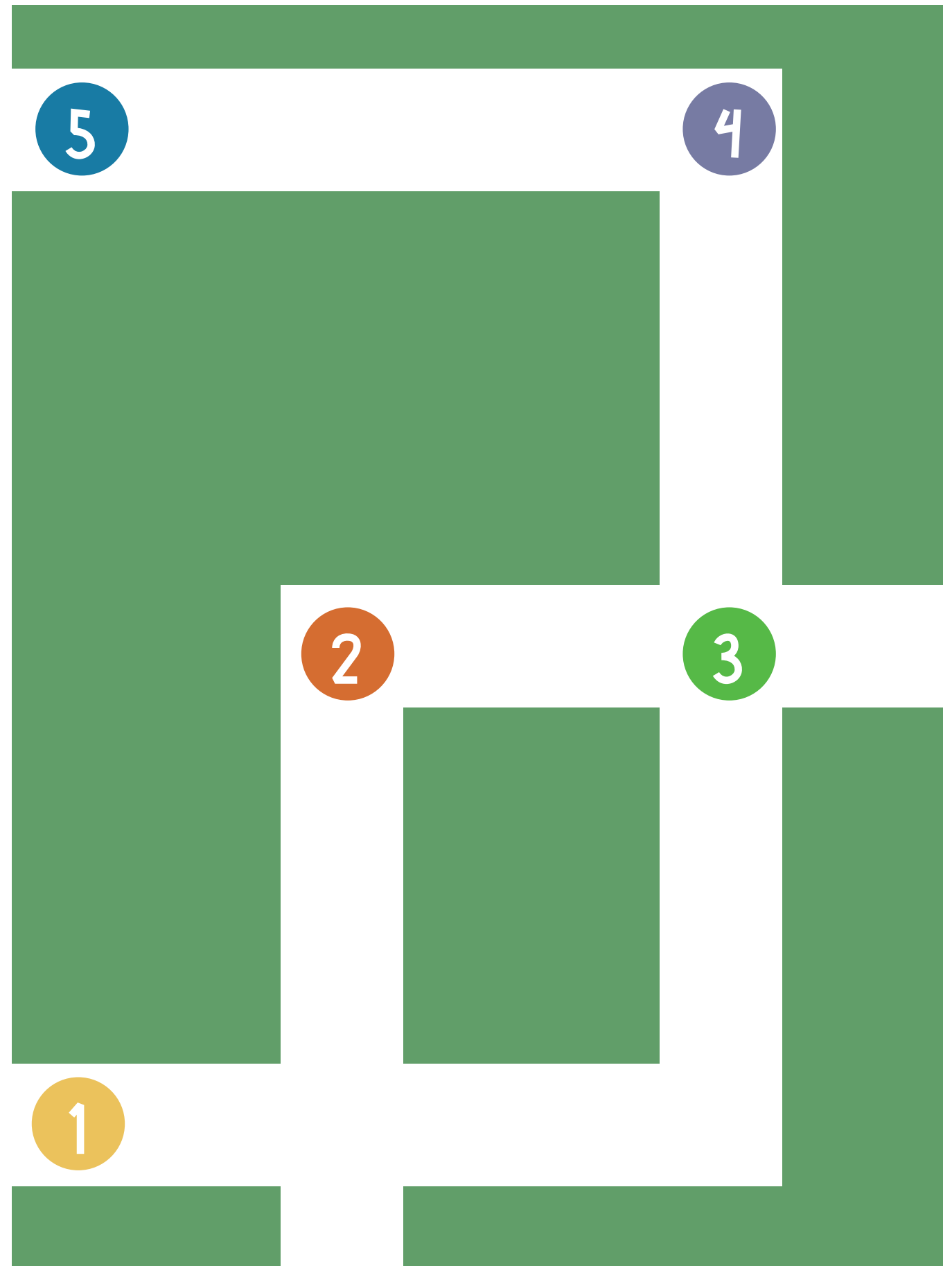
In Jesus' name, amen.

# ASK GOD TO LEAD YOU EVERYDAY

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.

Follow the numbers 1-5 and color in 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 the full armor of God, so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore, put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the Word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people."

### EPHESIANS 6:11-18

## PRAYING 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



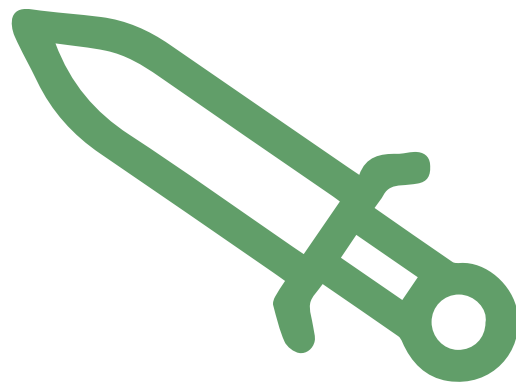
HELMET OF SALVATION



BREASTPLATE OF RIGHTEOUSNESS



BELT OF TRUTH



SWORD OF THE SPIRIT



SHIELD OF FAITH



GOSPEL OF PEACE

## 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 NLV**

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 of love and of a sound mind.

**2 TIMOTHY 1:7 NKJV**

Jesus,

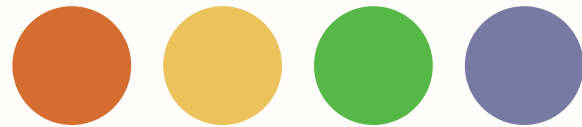
Today I pray against the spirit of fear.

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**

[illegible]

# PRAYERS OF PROTECTION

Jesus always wants to keep us safe because He loves us. There are three great things we can use to protect ourselves.

## 1. THE NAME OF JESUS

Jesus tells us that He will protect us and keep us. He will cover us with His wings. The Bible says that the name of the Lord is a strong tower that we can run to so we can be kept safe.

## 2. THE COVERING OF THE BLOOD OF JESUS

When Jesus died on the cross for us, His precious blood was shed. And that blood saves us, washes our sin away, and protects us.

### 3. THE WORD OF GOD (THE BIBLE)

The Bible is full of prayers of protection. It is such a powerful weapon against the enemy. We can pray God's Word over us and our family. Psalm 91 is one of those great prayers of protection.

# JESUS,

Thank You that I am important to You.

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

I pray that You will cover me with the protection of Your blood and surround me with Your angels.

I run to the name of Jesus, my strong tower. Thank You for being my rock and strong defender.

Please protect my family and me from every evil attack.

In Jesus' name, amen.

Read out loud Psalm 91 when you are finished praying.

## MY PRAYER NEEDS

[illegible]

## MY PRAYER NEEDS

[illegible]

**COLOR A PICTURE OF  
SOMETHING YOU ARE BELIEVING GOD FOR**

**COLOR A PICTURE OF AN  
ANSWERED PRAYER!**

