

**St. Mark Lutheran Church
2026 Children's Interactive
PRAYER BOOKLET**
Training Up A Child

**Train up a child in the way he should go: and when he is old, he will not depart from it.
Proverbs 22:6**

Remembering parents/grandparents are the first and the best teachers for their children of all ages especially Christian parents. See Parent resources p.13-14

Why do we pray?

- **We meet God in prayer where He makes us His saints.**
- **Saints are God's chosen to cure our sick world of sin- we are the antibodies to fight sin!**
- **Prayer is the hospital for our immortal souls where we meet Dr. God. ¹**
- **God commands it and constantly. (1 Thess 5:17)**
- **“Food nourishes the body; prayer gives life to the soul.”**

Preparing for Prayer Time with Jesus.

For Parents with little ones:

Set aside a time and quiet (without distractions) place in the evening for having a conversation with Jesus. Bedtime prayers provides time to calm the little ones as well as all ages; calming their fears, anxieties by asking Jesus to be with them through the night.

Materials:

- a small battery-operated votive candle to provide a light in a darkened bedroom.
- list of short scriptures

Preparing Myself:

- Deciding what it looks like to me to be sitting in God's presence with my child/children.
- Breathing deeply several times with your children and begin....

In the morning, add 5-10 minutes to their waking time for reading a short scripture, and “just in time prayers.”

Inviting Jesus to be with them today and to protect them. Teach them the short prayer, “Help Me”!

Concerns - bullies in their playtime/naptime where there may be a lesser amount of supervision; separation anxieties, going to the doctor, a new babysitter etc.

For Parents with early elementary K-4:

Expanding upon the above. A conversation means there are two persons talking and listening to one another. We hear with our ears, but our hearts too. What word is spelled inside your heart?

Materials:

- a small battery-operated votive candle to provide a light in a darkened bedroom.
- list of short timely scriptures and Psalms

Preparing oneself for prayer: take a few deep breathes with your child and say the Jesus Prayer.*

- God speaks:: a whisper 1 Kings 19:12; dreams Acts. 2:17; speaks to our minds: thoughts
Amos 4:13; Christian music
- Talking to God helps us listen to Him - ask your child to ask Him to help her/he to listen for His voice.

Prayer time is special - a safe time to be honest with both child and parent to be honest and open before God and each other.

Concerns - as above, but at a different level and addressed with the wisdom, discernment and guidance of the Holy Spirit, praying for significant others, family, school friends, playmates.

For Parents of middle school age Middle School 5-8 (9)

Expanding upon the above.

- Switch on the battery-operated votive candle
- Breath in deeply and long exhale repeat several times

Knowing the maturity level of your child begin by giving them input to expand the prayer time, i.e.

- praying at all times,
- praying for themselves,
- knowing God through prayer,
- loving themselves correctly by learning the truth of the Word through prayer - their true identity given by their Creator.
- Allowing prayer to be a way to seek answers to life questions which drive their future life choices. For example: Through prayer: Who is God? Asking God what He created them for? Does God make mistakes? And many more...

***Jesus Prayer** - see *2026 Three Days of Prayer Vigil*, p.2 Note: Age Levels are subject to the maturity level of your child.

See Julie, Office Manager for Sunday School Prayer Curriculum for teaching prayer through grade levels.

Confession “I am sorry”

Light your battery-operated votive candle.
Take several deep breathes with long exhales.
Imagine yourself sitting next to Jesus on a bench.

Jesus Prayer

Lord Jesus Christ
Son of God,
Have mercy on me.
I am sorry for...

Read Psalm 32

Gracious God, you always forgive me.
When I do something wrong,
I tell you, God.
You forgive me.
I feel calm again.
Your love surrounds me
Because I trust You.
I am so glad I know You
And Your love.

Dear God, we are sorry that we sometimes forget to keep you first in our lives. Forgive us all the words we say that hurt others. Help us say only helpful words. We are sorry, Father, for not always following the wise directions of our parents and teachers. Make us obedient and respectful of our parents and teachers. We ask this in Jesus name. Amen.



Petition, “I ask”

Light your battery-operated votive candle.
Take several deep breathes with long exhales.
Imagine yourself sitting next to Jesus on a bench.

Jesus Prayer

Lord Jesus Christ

Son of God,

Have mercy on your servant _____.

(Name a person for whom you want to pray)

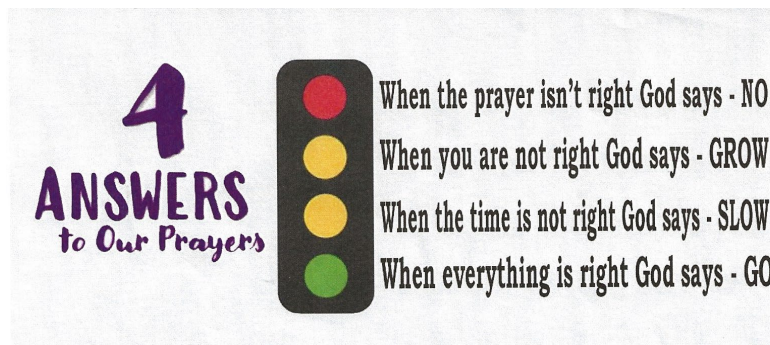
Read Psalm 86



Heavenly Father,
You are good to me and forgive me.
You love all who call to you.
When I pray to you,
I know you will hear me and answer.
Teach me Your way and show me the right path.
I thank you God, with all my heart.

Dear Father in heaven, bless our parents as they lovingly care for us and provide for us. Guide them with all the decisions they make for our family. Bless all who work to spread your love: missionaries, pastors, Sunday School teachers, leaders, neighbors and parents. Amen.

Please, dear God, help me learn at school. Be with my friends and teachers. Have your Holy Spirit guide me to be loving and helpful. Keep us safe in our sports and activities. Help me to pray for those who bully me, especially when I am so angry with them. Show me how to forgive them as you have forgiven me. Remind me Jesus loves them too and they need to know Jesus too. Amen.



Vision, "I act"

Choose age appropriate Sing, dance, compose your own song, poem, draw, color a prayer,* choreograph a dance to _____ (praise, thank, walk, love) Jesus.

Age level: early elementary up to high school.

*Praying in Color¹ Using doodles to pray. See Appendix #1.

- Listening to age appropriate Christian music teaching God's word and experiencing God's presence. . See Appendix #2

Age level: Early elementary; Middle School and High School - Identity

Learn according to Scripture My Identity as God's child.

- To help you child **memorize** the verses which are age appropriate. View this short video clip, <https://kenboa.org/spiritual-formation/identity/> (5:18) for more verses in a photo essay with music. These choices are to help your child learn their identity in Christ.
- Parent Resource: A list of "Who Does God Say I Am? <https://www.kenboa.org/who-does-god-say-i-am/> a nine-minute read.

Ages Middle School and High School.

Create a prayer journal - color prayers, poems/notes to God: blessings, praises, what you are you hearing from God, worries, fears, noting answers to prayers- yes, no - not yet (growing in Christ. - in other words a time in training). Review over time and note how God is conforming you into his image - building a saint.

What does it look like as God makes a you into a saint?

List your thoughts and ideas (add as God reveals His walk with you) circumference, dealing with temptations, lifestyle choices, trusting in God's eternal Word or "I got this!" the flesh or the temporal world's path.

Illustration: Dealing with a bad habit can be replaced by a positive habit. Building a new habit takes on the average 40 days.

Example: Bad Habit - excessive screen time stunts growth in social skills, inhibits developing and nurturing relationships, promotes the focus on myself - me. First dealing with the heart - screen time interactions are loved more than God - shown by its priority and devoted time. It has become an idol - a sin. "Science has shown a real effect within our brains of all this swiping and tapping, whereby we come to crave the rush of pleasure we when hear the sound of a text message, email, notification arriving. This addiction to urgency and performance has made one externally driven instead of eternally called."⁴ So to take charge of our heart and mind, take a break from your smartphone of other media with a habit of technology fasting.

During this time do whatever is necessary to park (fast) your smartphone/media. As a parent you can help your child with choosing alternative activities and a schedule to park the technology. As a saint in training, asking God help to provide ways to grow your love for Him and choosing things that He loves will be glorifying Him and pleasing Him too! "Just in time prayer, "Help Me!" will be a request God will hear loud and clear.

Record your progress of the growth of your new habit (less screen-time/media and increase in prayer, reading and studying Scripture time with God.) Asking God, "What have you created me for?" "Why is the world in such a mess?" "What can I do to make a better world?" Learning to love yourself correctly - as He sees you, not as the world sees you.

Age 3 and above

*Recite/memorize:

The Lord's Prayer

Our Father who are in heaven, Hallowed be they name.

Thy kingdom come, Thy will be done in earth, as it is in heaven.

Give us this day our daily bread.

And forgive us our trespasses, as we forgive our trespassers,

And lead us not into temptation, but deliver us from evil;

For thine is the kingdom, and the power, and the glory, forever, Amen.

Read Psalm 100 or timely Psalms for your child

See Appendix #3 For Psalms in an Acrostic format.

Be joyful

Serve God.

Come to worship services.

Know God's word.

Enter His church.

Pray for enemies

Go gladly to help others.

Give thanks.

God loves us forever!

All Ages: Suggestions for bedtime and morning rise:

- Follow ACTS: Adoration, confession, thankful, supplication
- Review your child's day with their prayers.
 - I am thankful for (blessings, answered prayers)
 - I am sorry for ...
 - I ask for ...
 - I pray for ...

Recite the Shema, a Jewish prayer Jesus would have recited as a child at bedtime.

Blessed are You, Lord our God, King of the Universe, who brings sleep to my eyes,

Slumber to my eyelids. May it be Your will, Lord my God and God of my ancestors, that I lie down in peace and I arise in peace.

Let my sleep be undisturbed by troubling thoughts, bad dreams, and wicked schemes.

May I have a peaceful slumber.

May I awaken to the light of a new day, that my eyes may behold the splendor of Your light.

Praised are You, Lord whose glory gives light to the entire world. Amen

*Pick Scriptures your own to fit your family needs.

The information below is a sampling from Sybil MacBeth's, Praying in Color, Kid's Edition. MacBeth includes creative ways of talking to God - using color, imagination, drawing and doodling. She uses Bible verses and offers many types of prayer. Available from Amazon for about \$8.00 in paperback only.

Step-by-step Praying in Color

Parents draw your own doodle to model for your child as you introduce coloring prayers. A wonderful activity to make part of your prayer time with your family.

Example:

Goal: Getting to know God through prayer.

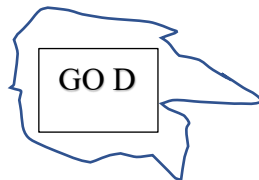
Materials: Paper (early elementary) Journal (middle school and high school)

Step One - Preparing your child to spend time with God.

- Pick a Psalm which reflects today's goal.
- ⁴ Show me Your ways, O Lord. Teach me Your paths. ⁵ Lead me in Your truth and teach me. For You are the God Who saves me. I wait for You all day long.
Psalm 25:4-5
- Pick the activity which sets your mind and body to spend time with God.
 - Stretch your arms over your head, reach for the sky, and shout. "Thank you, God." Invite your body into prayer with you. or this!!
 - Take several deep breaths. Let out a slow, noisy sigh after each one. "The spirit of God has made me, and the breath of the Almighty gives me life." Job 33:4. Or this!!
 - If none of these ideas appeals to you, just pick up your pen, markers, color pencils and begin to pray in color.

Step Two

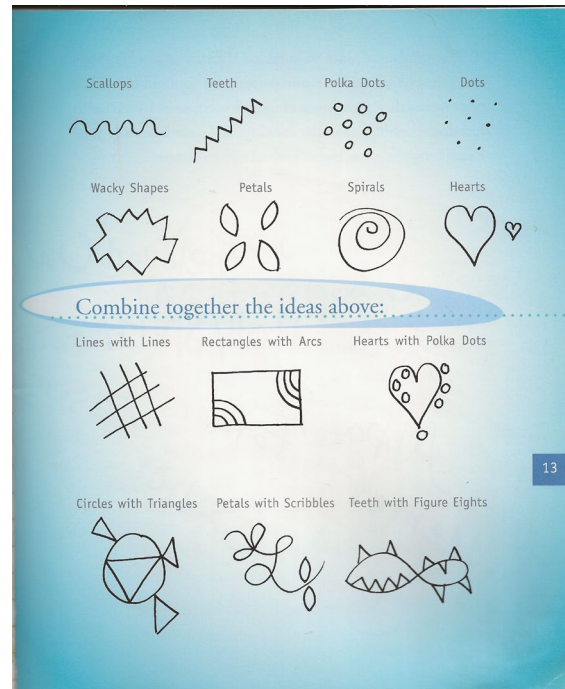
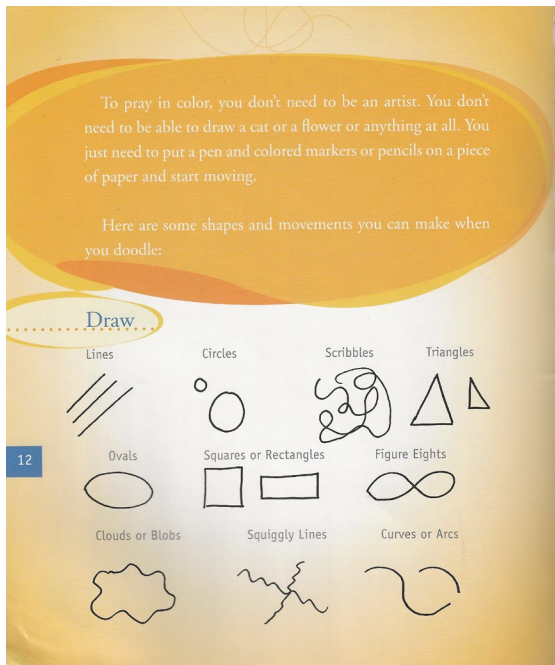
- With a black pen, draw a shape on a page - a cloud, a square, a squiggly line, a spiral... Write one of the names for God in the shape or near the shape.
- When you write your name for God, we ask God to be present with us in our prayer time.

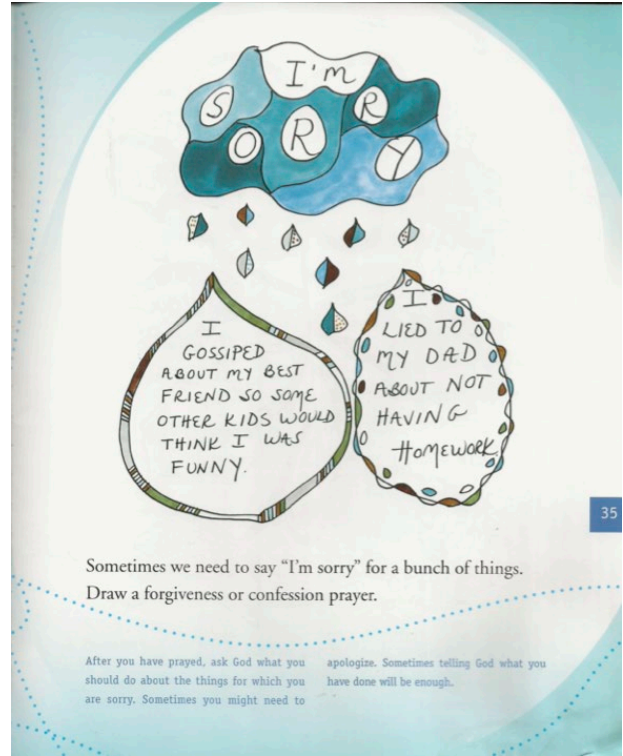
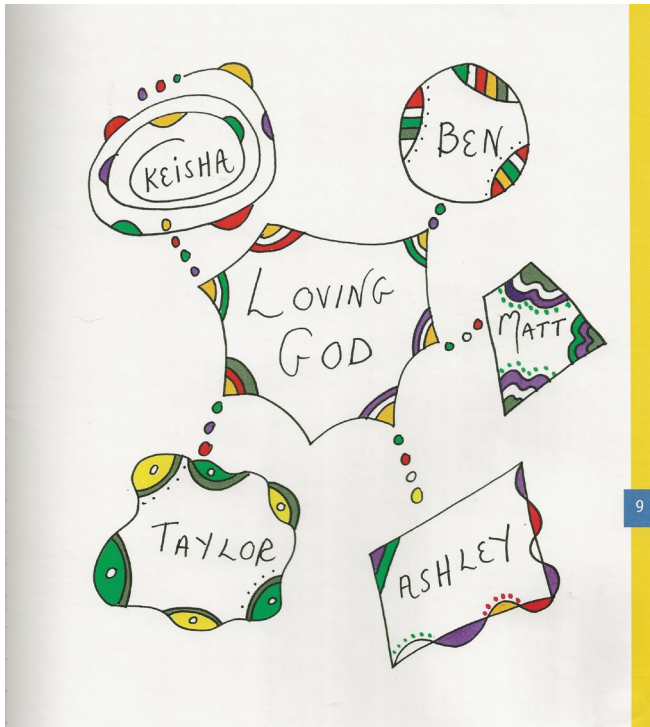


- Another way to start is to leave the first shape empty. We don't always know what name to call God, but we know that God is bigger than any of the names we use. Think of the empty space as a window for you to see God and for God to see you.
- **Note:** If your mind begins to wander, try the following: Say your God name to yourself in silence or out loud. Then take a deep breath and exhale. Repeat these steps several times. This is one way to stop distracting thoughts.

Step Three

- Add detail to the drawing. Use dots, lines, circle, or whatever doodle your hand wants to make. Let your hand take your eye for a walk.
- Continue to doodle in and around the shape. Think of each mark of your pen as time you spend with God in prayer. Be quiet, and give God the chance to speak.
 - What would speaking to you sound like? It might not even be a sound.
 - A feeling of peace and calm might come over you.
 - A new and important idea might enter your head.
 - A great love for other people might fill you and surround you.
 - Or, you might just hear the sound of your own breath.
- Once you feel picture feels finished, add color.
- You may feel prompted to pray for another friend, family member - add a new shape or design and include the name of a person for whom you want to pray.





Note: You may want to think about listening to a favorite Christian song and doodling to the music and it's message. See Appendix #2 for additional Christian songs.

Your Color Prayer Doodle

Appendix #2

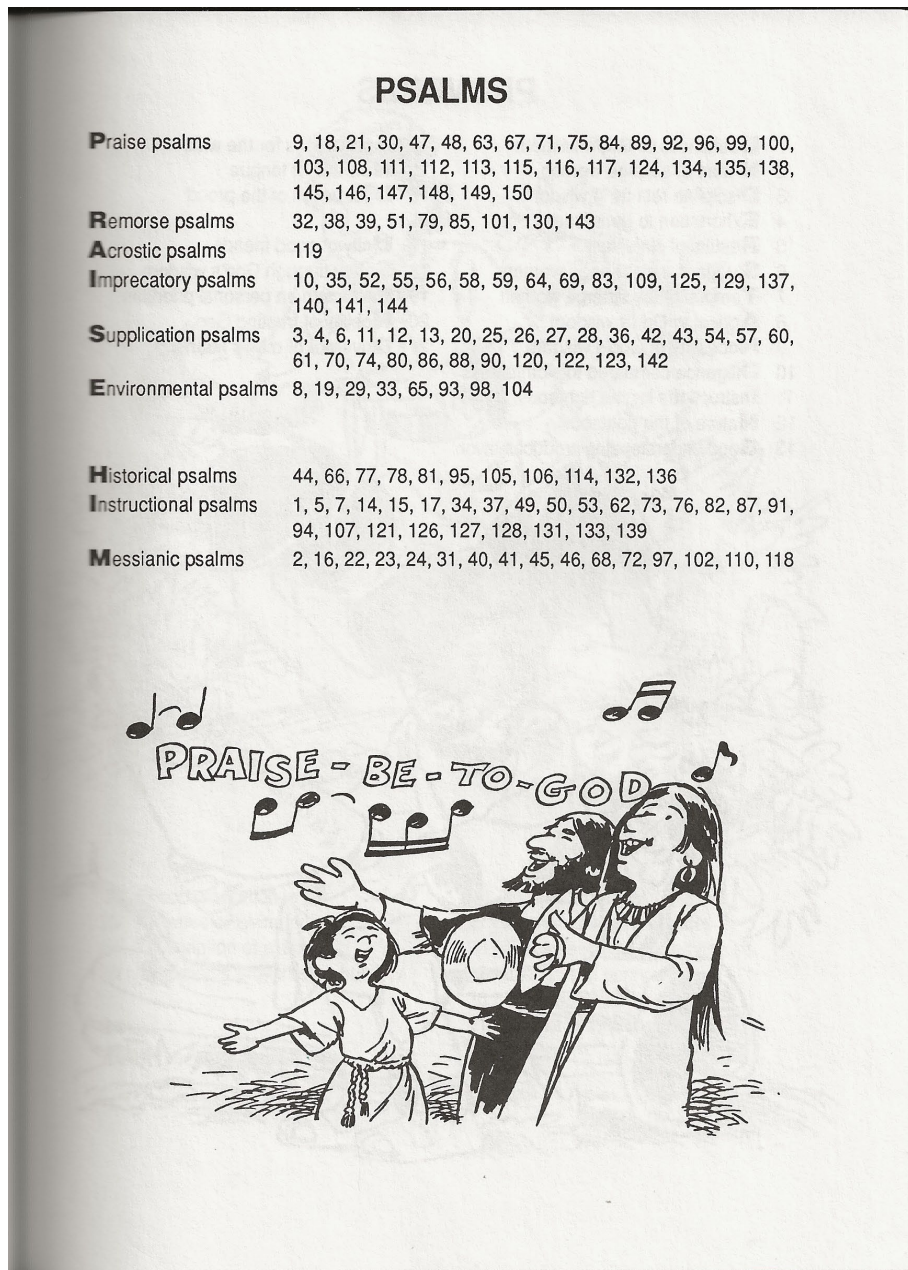
I Act

Sing to God - praise, thanking Him, blessing Him, Dance before God; Compose your own song, dance and..

- “The Wonder Kids, 100 Bible Songs for Kids”
https://www.youtube.com/watch?v=wZCVAowZOYk&list=OLAK5uy_nn2HFQlnAYJ7Rqb7Gc_TuKyeQ0TuhYV-M
- “Standing in the Need of Prayer” Wonder Kids
https://www.youtube.com/watch?v=IeCzvVGB38I&list=RDIeCzvVGB38I&start_radio=1
- “Shine, Jesus Shine, Shine” captions
https://www.youtube.com/watch?v=gURAcHTSsN4&list=RDgURAcHTSsN4&start_radio=1
- “O Happy Day”. [Inside FBCG](#) captions about 6 minutes
https://www.youtube.com/watch?v=olQrCfkbvGw&list=RDolQrCfkbvGw&start_radio=1
- “Raise and Shine (Arky,Arky)” Wesley’s Wuppets captions
https://www.youtube.com/watch?v=SWnF10qNDaA&list=RDSWnF10qNDaA&start_radio=1
- “Mercy is Falling” Hi Heaven Dance, Worship Festival 2024 captions
https://www.youtube.com/watch?v=DD63AdO9Bdg&list=RDDD63AdO9Bdg&start_radio=1
- “Who You Say I am” (Dance Cover Version with Lyrics - CJ and Friends
https://www.youtube.com/watch?v=cS_nCfMVVH0&list=RDcKkbIZtqhyQ&index=7
- “This Little Light of Mine”. Wesley’s Wuppets captions
https://www.youtube.com/watch?v=NsbRIg-ebWg&list=RDNsbRIg-ebWg&start_radio=1
- “What a Friend We Have In Jesus”. Wonder Kids
https://www.youtube.com/watch?v=-t-gOpKIEP8&list=RD-t-gOpKIEP8&start_radio=1
- “Do Lord, Oh Do Lord, Do Remember...” Cedar mont Kids
https://www.youtube.com/watch?v=FCXvJx-nP9g&list=RDFCvJx-nP9g&start_radio=1
- “Go Tell It on the Mountain”. Hi Heaven captions
<https://www.youtube.com/watch?v=HoQLoXA8pHI&list=RDDD63AdO9Bdg&index=11>
- “Jesus Loves Me” CJ and Friends captions
<https://www.youtube.com/watch?v=xV7XH2OgOTk&list=RDcKkbIZtqhyQ&index=2>
- “I Got the Joy, Joy, Joy” God’s Joy Kids captions
https://www.youtube.com/watch?v=jjYi-qTzqr4&list=RDjjYi-qTzqr4&start_radio=1

- “B-I-B-L-E”. Wesley’s Wuppets captions
https://www.youtube.com/watch?v=E2fPTpdW_As&list=RDE2fPTpdW_As&start_radio=1
Dancing, singing, making music, animation- middle, upper elementary
- “The Truth” Megan Woods Rewind Vibes See Appendix for Lyrics
<https://www.youtube.com/watch?v=QWBx0PDK9Pg>
- “Lord of the Dance” Noe’s Garden. With captions
https://www.youtube.com/watch?v=IpnFKd1LOqw&list=RD1pnFKd1LOqw&start_radio=1
- “Deep Cries Out to Deep” Bethel Kids. captions
https://www.youtube.com/watch?v=1gFwpOjF-5o&list=RD1gFwpOjF-5o&start_radio=1
- “Breaking Through” the Bethel Kids Come Alive. captions
https://www.youtube.com/watch?v=KFtTDYUua_0&list=RDKFtTDYUua_0&start_radio=1
- “O Taste and See” Bethel Kids Come Alive captions
https://www.youtube.com/watch?v=FJdFKYZRxcM&list=RDFJdFKYZRxcM&start_radio=1
- English Christian Song “The Joy of Praising God” Kids Dance captions
https://www.youtube.com/watch?v=EZvoAx6BgzM&list=RDEZvoAx6BgzM&start_radio=1
- “2 Peter 3:18 (Glory, Glory, Glory)” The Rizers captions
https://www.youtube.com/watch?v=0tDPw06NfMg&list=RD0tDPw06NfMg&start_radio=1
- “2 Corinthians 5:17 (A New Creation)” The Rizers. captions
https://www.youtube.com/watch?v=n5DBY3Bo_NA&list=RD0tDPw06NfMg&index=2
- “I Want to Bear Fruit” (the Fruit of the Spirit) CJ and Friends captions
https://www.youtube.com/watch?v=xdKj8pntC2Q&list=RDxdKj8pntC2Q&start_radio=1
- “Ever Move I Make” (Dance -a-Long with Lyrics) Kids Worship. captions
https://www.youtube.com/watch?v=MPvnZILn6EY&list=RDcKkbIZtqhyQ&start_radio=1
- “Books of the Bible Song and Lyrics” Mary Rice Hopkins. captions
https://www.youtube.com/watch?v=eTbSZfc7s1Q&list=RDeTbSZfc7s1Q&start_radio=1

Appendix #3 Psalms in an Acrostic Format ³



¹ Kreeft, Peter, Prayers for Beginners, Ignatius Press, 2000, Kindle edition, Chapter 2, “Motives.”
Excellent read for understanding the discipline of prayer.

² MacBeth, Sybil, Praying in Color, Kid’s Edition, Paraclete Press, 2014, 4th printing, pp.18-21.

³ Huddleston, Barry, The Acrostic Summarized Bible, Increase your Bible knowledge and have fun doing it!, Baker Book House, 1978, Psalms.

⁴ Boa, Ken and Abel, Jenny, A Guide to Practicing God’s Presence. Trinity House, 2018, P.189.

Parent Resources

Daily Effective Prayer

Mission Statement: We create [effective prayers](#) and other faith-inspired content designed to help you walk closer to God. <https://www.dailyeffectiveprayer.org/best-psalm-verses/>

Parent Resource: Identity

- A list of “Who Does God Say I Am?” <https://www.kenboa.org/who-does-god-say-i-am/> a nine-minute read.
- Lyrics for “The Truth” Megan Woods. See youtube link on page 11.

🔔 Lyrics: How many times can you hear the same lie Before you start to believe it The enemy keeps whispering to me Swear these days it’s all that I’m hearing I used to know who I was But now I look in the mirror and I’m not so sure Lord I don’t wanna listen to the lies anymore. The truth is I am my Father’s child I make Him proud and I make Him smile I was made in the image of a perfect King He looks at me and wouldn’t change a thing The truth is I am truly loved By a God who’s good when I’m not good enough I don’t belong to the lies I belong to You And that’s the truth.

When I feel like there’s so much noise Living rent free in my head Heaven finds me and a still small voice And it sounds like grace instead You remind who I am When I look in the mirror and I’m not so sure Lord I don’t want to listen to the lies anymore.

The truth is I am my Father’s child I make Him proud and I make Him smile I was made in the image of a perfect King He looks at me and wouldn’t change a thing The truth is I am truly loved By a God who’s good when I’m not good enough I don’t belong to the lies I belong to You And that’s the truth.

I know who I am Because I know who You are And I hold Your truth inside of my heart I know the lies are always gonna try and find me But I’ve never been so sure The truth is I am my Father’s child I make Him proud and I make Him smile I was made in the image of a perfect King He looks at me and wouldn’t change a thing.

The truth is I am truly loved By a God who’s good when I’m not good enough I don’t belong to the lies I belong to You And that’s the truth And that’s the truth [#MeganWoods](#) [#TheTruth](#) [#lyrics](#)

- Did you know you are a masterpiece—one of a kind?

He made you in His image. He created you anew in Christ Jesus so you can do the good things He planned for you long ago (Ephesians 2:10). You will always be a reflection of Jesus. You are so special in His eyes. He made no other child exactly like you!



When you look in the mirror, remember: Jesus does not make mistakes.

He had you in His mind, loved you, and knew you before your parents even knew each other. He made you to live forever with Him—on earth and in heaven.

As Jesus’ masterpiece, what do you think He made you for?

You are a Masterpiece continued...

First:

- To have a friendship with Him—to love Him from tip to toe, with all your heart, soul, mind, and strength.
- To love yourself the true way—by being the person He created you to be.
- To love your family, friends, and classmates with kindness and goodness.

Second:

- To learn to trust Jesus and to do His will with the talents and abilities He placed inside you.

How do you do that? Ask Him. Pray!

“What did You make me for?” Pray and ask Him to show you.

This is why Jesus teaches us to pray always—to talk to Him about who you are; to tell Him your needs, struggles, and sins; to ask for His help; and, most importantly, to listen to Him.

Jesus is waiting for you to seek Him—to know who He is and who you are—so you can live the life He has planned for you, His masterpiece. Your life is meant for great adventures. What are you waiting for? Today is the day!

God builds saints through prayer¹

Paul’s Life Changing Prayers to pray over your children, grandchildren and great grandchildren to become saints and other significant others too.

Ephesians 1: 1:17-19. ¹⁷ I pray that the great God and Father of our Lord Jesus Christ may give you the wisdom of His Spirit. Then you will be able to understand the secrets about Him as you know Him better. ¹⁸ I pray that your hearts will be able to understand. I pray that you will know about the hope given by God’s call. I pray that you will see how great the things are that He has promised to those who belong to Him. ¹⁹ I pray that you will know how great His power is for those who have put their trust in Him.

Philippians 1:9-11. ⁹ And this is my prayer: I pray that your love will grow more and more. I pray that you will have better understanding and be wise in all things. ¹⁰ I pray that you will know what is the very best. I pray that you will be true and without blame until the day Christ comes again. ¹¹ And I pray that you will be filled with the fruits of right living. These come from Jesus Christ, with honor and thanks to God.

Ephesians 3:16-19 ¹⁶ I pray that because of the riches of His shining-greatness, He will make you strong with power in your hearts through the Holy Spirit. ¹⁷ I pray that Christ may live in your hearts by faith. I pray that you will be filled with love. ¹⁸ I pray that you will be able to understand how wide and how long and how high and how deep His love is. ¹⁹ I pray that you

will know the love of Christ. His love goes beyond anything we can understand. I pray that you will be filled with God Himself.

Colossians 1:9b-12 we have not stopped praying for you. We continually ask God to fill you with the knowledge of his will through all the wisdom and understanding that the Spirit gives,^[a]¹⁰ so that you may live a life worthy of the Lord and please him in every way: bearing fruit in every good work, growing in the knowledge of God,¹¹ being strengthened with all power according to his glorious might so that you may have great endurance and patience,¹² and giving joyful thanks to the Father, who has qualified you^[b] to share in the inheritance of his holy people in the kingdom of light.

Pray on the Armor of God daily Ephesians 6:10-18 Finally, be strong in the Lord and in his mighty power.¹¹ Put on the full armor of God, so that you can take your stand against the devil's schemes.¹² 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.¹³ 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.¹⁴ Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place,¹⁵ and with your feet fitted with the readiness that comes from the gospel of peace.¹⁶ In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one.¹⁷ Take the helmet of salvation and the sword of the Spirit, which is the word of God.¹⁸ 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.



