

PRAYER GUIDE

 COMPEL
KIDS

Dear Parent,

In Compel Kids, we believe that teaching children to pray is one of the most important gifts we can give them. Prayer is more than words – it's a way for kids to connect with God, share their hearts, and grow in their faith.

This Prayer Guide was created with a simple purpose: to help children understand what prayer is, why it matters, and how to make it a natural part of their lives. It is designed to make prayer accessible, engaging, and meaningful, encouraging kids to see it as a personal conversation with God – not just something we do at church.

Our hope is that this guide will help your child develop a lasting connection with God, and that you, as a parent, can partner with us in nurturing this vital part of their spiritual journey.

Thank you for trusting us with your child and for leading them spiritually at home. We are honored to walk alongside you!

*With gratitude,
Compel Kids*



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FRUIT OF THE SPIRIT

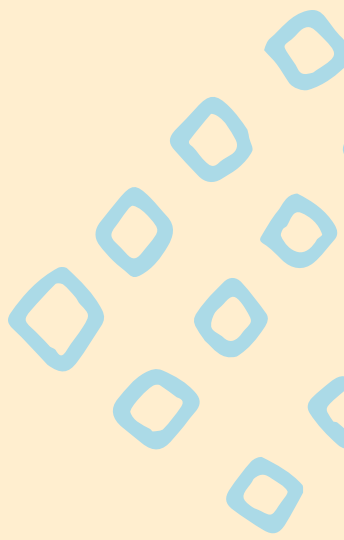
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WHAT IS

prayer?

Prayer is talking with God—just like having a conversation with someone who loves you. You can talk to God **anytime** and **about anything!**

When we pray, we can:

- Thank God
- Tell Him how great He is
- Ask Him to forgive us
- Pray for other people
- Share how we're feeling



God loves
hearing
from you!

WHY IS PRAYER

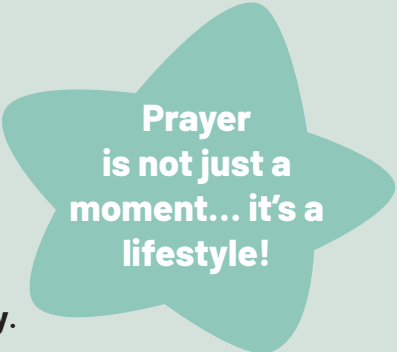
important?

Prayer matters because **God made us to know Him and love Him.** Prayer is one of the ways we spend time with God and grow closer to Him.

When we pray, it reminds us that:

- God is always listening
- God cares about us
- God wants to be part of our lives

Prayer isn't just something we do once—it's something we do **every day.**



Prayer
is not just a
moment... it's a
lifestyle!

Prayer is POWERFUL

Prayer is one of the **most powerful things we can do**. Sometimes life feels hard or confusing, but prayer helps us turn our focus back to God. Prayer reminds us that **God is in control**.

WHEN WE ARE WORRIED

"Don't worry about anything. No matter what happens, tell God about everything. Ask and pray, and give thanks to him." **Philippians 4:6 (NIRV)**

WHEN WE FEEL HOPELESS

"Let us hold firmly to the hope we claim to have. The God who promised is faithful." **Hebrews 10:23 (NIRV)**

WHEN WE ARE HAPPY

"Always be joyful. Never stop praying. Give thanks no matter what happens. God wants you to thank him because you belong to Christ Jesus." **1 Thessalonians 5:16-18 (NIRV)**

WHEN WE ARE SAD

"The Lord is close to those whose hearts have been broken. He saves those whose spirits have been crushed."
Psalms 34:18 (NIRV)

WHAT CAN I

pray for?

You can pray for **anything!**

You can pray:

- When someone is sick
- When you need help making good choices
- When you feel worried
- When you feel sad

You can also pray to **thank God:**

- For your family
- For the world He made
- For friends, church, and community

Nothing is too big or too small for God.

HOW DO I

pray?

The best way to learn how to pray is by looking at **Jesus.**

Jesus Made Time to Pray

“But Jesus often went away to be by himself to pray.”

Luke 5:16 (NIRV)

Have you taken time today to talk with God?

Share when your favorite time to pray with God is.

JESUS STARTED HIS DAY WITH PRAYER



“Very early in the morning, while it was still dark, Jesus got up. He left the house and went off to a place where he could be alone. There he prayed.”

Mark 1:35 (NIRV)

You can start your day by thanking God.

What are you thankful for today?

Jesus prayed often and showed us that prayer should be part of everyday life.

Write one way you can talk to God like Jesus did.


MAKE PRAYER IMPORTANT

Prayer is not just something we do—it’s how we live.

Prayer is meant to be a first response, not a last resort.

“Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.” **Philippians 4:6**

Pray First:

- When you are worried
 - When you are happy
 - When you need help
 - When you made a mistake
- 

Ways YOU CAN pray:

One way Jesus taught us to pray is called **The Lord's Prayer**:

This is how you should pray.
'Our Father in heaven, may your name be honored. May your kingdom come. May what you want to happen be done on earth as it is done in heaven. Give us today our daily bread. Forgive us our sins, just as we also have forgiven those who sin against us. Keep us from sinning when we are tempted. Save us from the evil one. Forgive other people when they sin against you. If you do, your Father who is in heaven will also forgive you. But if you do not forgive the sins of others your Father will not forgive your sins.

Matthew 6:9-15 (NIRV)

**PART OF
PRAYER**

**BIBLE
REFERENCE
(NIRV)**

**WHAT IT
MEANS
FOR ME:**

**HOW
I CAN
PRAY:**

Praise God	Matthew 6:9	Tell God He's awesome!	<i>"God, you are amazing!"</i>
God's Kingdom	Matthew 6:10	Ask God's way to happen here	<i>"God, help people know and follow You!"</i>
Daily Needs	Matthew 6:11	Ask God for what I need today	<i>"God, please help provide the things that I need today."</i>
Forgiveness	Matthew 6:12	Say sorry for mistakes and forgive others	<i>"God, please forgive me and help me forgive others."</i>
Protection	Matthew 6:13	Ask God to help me stay safe and make good choices	<i>"God, keep me safe and help me do the right thing."</i>

ACTS PRAYER METHOD



Adoration: Tell God who He is.

"God, You are good. You are loving."

Adoration means telling God how awesome He is.

We tell God who He is—not what He gives us. We say things like, 'God, You are good,' 'God, You are strong,' and 'God, You love me.'

Motion:

Lift both hands up like you're cheering.

Say Together:

God, You are AWESOME!



Confession: Say sorry for what you've done wrong.

"God, I'm sorry for being unkind."

Confession means telling God when we mess up

and saying sorry. God already knows what we did—He just wants us to be honest. And when we say sorry, God forgives us because He loves us.

Motion:

Hand over heart.

Say Together:

"God, I'm sorry for ____."



T

Thanksgiving: Thank God for what He's done.

"Thank You, God, for my family."

Thanksgiving means telling God thank you. We thank God for the good things He gives us—big things and little things.

Motion:

Big smile + thumbs up.

Say Together:

"Thank You, God, for ___!"



S

Supplication: Ask God for help—for yourself or others.

"Please help my friend feel better."

Supplication means asking God for help. We can ask God to help **us** or **other people**, because He cares.

Motion:

Hands out like you're asking for something.

Say Together:

"God, please help ____."

GIVE THANKS AND CELEBRATE



We thank God for what He has done and remember that He is always faithful. God keeps His promises, and He loves walking with us every step of the way!

"God has made many promises. They are all 'Yes' because of what Christ has done. So through Christ we say 'Amen.' We want God to receive glory." **2 Corinthians 1:20 (NIRV)**

"Lord, I will give thanks to you with all my heart. I will tell about all the wonderful things you have done. I will be glad and rejoice in you. I will sing praise to your name, Most High God." **Psalms 9:1-2 (NIRV)**

"This is the day the Lord has made. Let us be joyful today and be glad." **Psalms 118:24 (NIRV)**

"Give thanks to the Lord, because he is good. His faithful love continues forever." **Psalms 118:29 (NIRV)**

FRUIT OF THE

Spirit

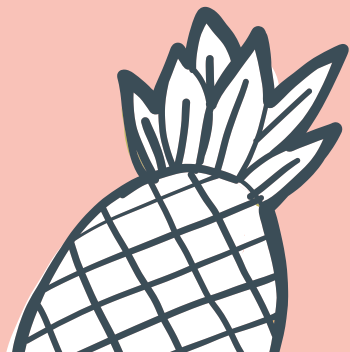
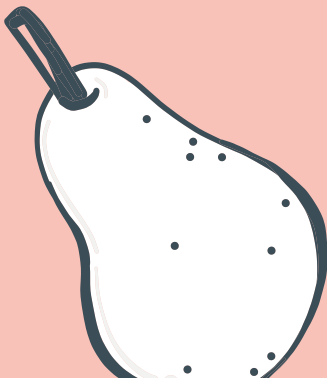


When we follow God, the Holy Spirit helps us grow to become more like Jesus. The Bible calls this the Fruit of the Spirit. We can pray and ask God to help us live out these qualities in our everyday lives as the Holy Spirit works in us.

“But the fruit the Holy Spirit produces is **love, joy and peace**. It is being **patient, kind and good**. It is being **faithful and gentle and having control of oneself**. There is no law against things of that kind. Those who belong to Christ Jesus have nailed their sinful desires to his cross. They don’t want these things anymore. Since we live by the Spirit, let us keep in step with the Spirit.” **Galatians 5:22-25 (NIRV)**



You can begin praying to live out one Fruit of the Spirit at a time!



"God, help me show **love** today."

"God, help me have **joy** even when I'm having a hard day."

"God, help me have **peace** when I feel upset."

"God, help me be **patient** when I have to wait."

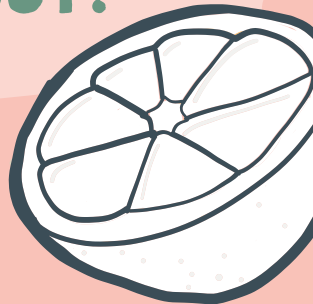
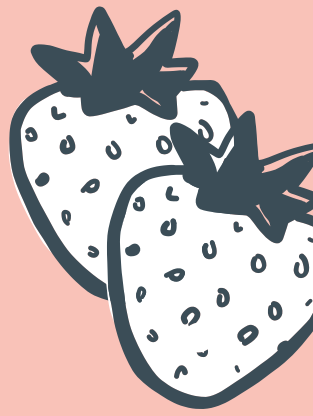
"God, help me be **kind** to others."

"God, help me make **good** choices."

"God, help me be **gentle** with my words."

"God, help me have **self-control**."

WHICH FRUIT OF THE SPIRIT ARE YOU MOST EXCITED TO LIVE OUT?



THE ARMOR OF God

God gives us armor to help protect our hearts, minds, and choices. We put on God's armor by trusting Him and living the way He teaches us. Prayer helps us stay strong and remember the truth about who God is and who we are in Him.

"Finally, let the Lord make you strong. Depend on his mighty power. Put on all of God's armor. Then you can remain strong against the devil's evil plans. Our battle is not against people. It is against the rulers, authorities and powers of this dark world. It is against the spiritual forces of evil in the heavenly world.

So put on all of God's armor. Then on evil days you will be able to stand strong. And after you have done everything, you will still be standing. So stand firm. **Put the belt of truth around your waist. Put the armor of godliness on your chest. Wear on your feet what will prepare you to tell the good news of peace. Also, pick up the shield of faith. With it you can put out all the flaming arrows of the evil one. Put on the helmet of salvation.** Take the sword of the Holy Spirit. The sword is God's word. At all times pray by the power of the Spirit. Pray in all kinds of ways. Pray often. Stay alert. Always keep on praying for all the Lord's people."
Ephesians 6:10-18 (NIRV)

HERE ARE SOME EXAMPLES OF HOW YOU CAN PRAY THROUGH THE ARMOR OF GOD:

Belt of Truth: "God, help me tell the truth and believe what is true."

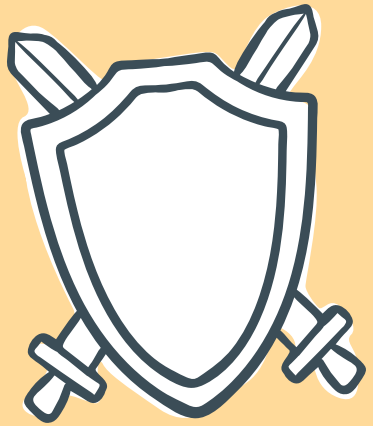
Breastplate of Righteousness: "God, help me make right choices and protect my heart."

Shoes of Peace: "God, help me bring peace wherever I go."

Shield of Faith: “God, help me trust you when I feel scared or unsure.”

Helmet of Salvation: “God, help me remember that I belong to you and you save me.”

Sword of the Spirit: “God, help me remember your Word and use it to make good choices.”



What piece of Armor are you praying for today?
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WHO CAN I PRAY FOR?

Jesus prayed for **many people**.
He cared deeply about others.

Jesus prayed for:

- People who were sick
- People who were lost
- Children

You can pray for your family, friends, teachers, neighbors, and even people you don't know very well.



Who is someone that you can pray for today?

PRAY A BLESSING

We can ask God to bless others by praying this prayer for them.

“May the Lord bless you and take good care of you.
May the Lord smile on you and be gracious to you.
May the Lord look on you with favor and give you peace.”

Numbers 6:24–26 (NIRV)

Who is someone that you want to pray a blessing over today?
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