

JOURNEY KIDS

 **DAYS OF
PRAYER**

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PRAYER**

AUGUST 8-28, 2022

H.E.A.R. METHOD

H.E.A.R. is a method we use to help you grow in your faith in Jesus! There are 4 parts of it:

HIGHLIGHT

When you read the Bible, ask yourself, “What did I read?”
What is it about?

EXPLAIN

How can you be like a detective and figure out what the verses mean? Ask yourself, “What is God saying in these verses?”

APPLY

Think about how these verses relate to your life. Ask yourself, “What does this mean in my life?”

RESPOND

Pray to God about the verses you read. You can ask God to help you put them into action!

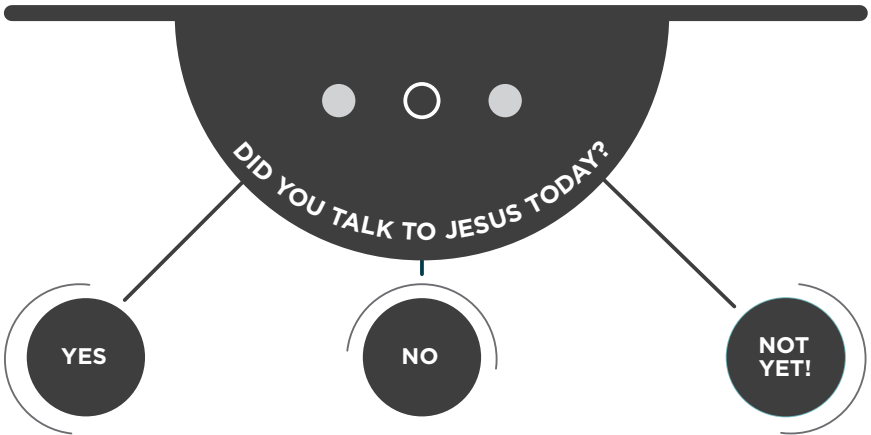
1. TIME

*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)*

Here's what we see:

- He prayed every day.
- He prayed in a certain place.
- He prayed with a plan.

We see that Jesus had a certain time that He prayed every day. The Bible says that Jesus got up very early in the morning to spend time with His Heavenly Father and pray. He had a specific time that He always knew was His prayer time. We should do the same.



When will your prayer time be? Use a pencil to circle your answer or answers!

WHEN I WAKE UP

IN THE AFTERNOON

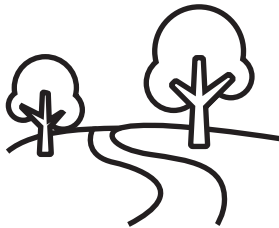
BEFORE I GO TO SLEEP

2. PLACE

We see that Jesus had a certain place that He would go to pray. We 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: _____

**COLOR IN THE PLACE
BELOW WHERE YOU LIKE TO
PRAY TO JESUS.**



3. PLAN

We also see in the Bible that whenever 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.

**WRITE DOWN OR DRAW A
PICTURE BELOW OF THE
PEOPLE AND THINGS YOU
CAN PRAY FOR TODAY!**

Monday, August 8, 2022

Day 1

Today's Bible Reading:

Matthew 5:1-6

1

Read today's Bible reading in your Bible.

2

Fill out the following boxes in your notebook by either **writing or drawing**:

HIGHLIGHT

"What did I read?" What is it about?



EXPLAIN

What is God saying in these verses?

APPLY



What does this mean in my life?

Pray to God about the verses you read. You can ask God to help you put them into action!



RESPOND

3

Talk with your family about what you came up with for each part of H.E.A.R.

4

Family Challenge: This passage mentions hungering and thirsting for righteousness. Get a snack of something you're hungry or thirsty for. While eating it, think about what it means to hunger and thirst for righteousness!

Tuesday, August 9, 2022

Day 2

Today's Bible Reading:

Matthew 5:7-12

1

Read today's Bible reading in your Bible.

2

Fill out the following boxes in your notebook by either **writing or drawing**:

HIGHLIGHT

"What did I read?" What is it about?



EXPLAIN

What is God saying in these verses?

APPLY



What does this mean in my life?

Pray to God about the verses you read. You can ask God to help you put them into action!



RESPOND

3

Talk with your family about what you came up with for each part of H.E.A.R.

4

Family Challenge: Choose one of the qualities this verse gives (such as “peacemakers,” “merciful,” “pure in heart”). Come up with examples of that quality and discuss how to put that quality into action in your life.

Wednesday, August 10, 2022

Day 3

Today's Bible Reading:

Matthew 5:13-16

1

Read today's Bible reading in your Bible.

2

Fill out the following boxes in your notebook by either **writing or drawing**:

HIGHLIGHT

"What did I read?" What is it about?



EXPLAIN

What is God saying in these verses?

APPLY



What does this mean in my life?

Pray to God about the verses you read. You can ask God to help you put them into action!



RESPOND

3

Talk with your family about what you came up with for each part of H.E.A.R.

4

Family Challenge: Eat something salty! Then talk about what it means to be “the salt of the earth.”

Thursday, August 11, 2022

Day 4

Today's Bible Reading:

Matthew 5:17-20

1

Read today's Bible reading in your Bible.

2

Fill out the following boxes in your notebook by either **writing or drawing**:

HIGHLIGHT

"What did I read?" What is it about?



EXPLAIN

What is God saying in these verses?

APPLY



What does this mean in my life?

Pray to God about the verses you read. You can ask God to help you put them into action!



RESPOND

3

Talk with your family about what you came up with for each part of H.E.A.R.

4

Family Challenge: Talk as a family about rules. Why do we have rules? If you don't already have family rules, create some together. Write them out in a creative way that you can hang up in a central location.

Friday, August 12, 2022

Day 5

Today's Bible Reading:

Matthew 11:28-30

1

Read today's Bible reading in your Bible.

2

Fill out the following boxes in your notebook by either **writing or drawing**:

HIGHLIGHT

"What did I read?" What is it about?



EXPLAIN

What is God saying in these verses?

APPLY



What does this mean in my life?

Pray to God about the verses you read. You can ask God to help you put them into action!



RESPOND

3

Talk with your family about what you came up with for each part of H.E.A.R.

4

Family Challenge: This scripture talks about finding rest in Jesus. Do something RESTFUL as a family — maybe that’s taking a nap or spending some time listening to worship music. Focus on rest and think about how we can find rest in Jesus!

Saturday, August 13, 2022

Day 6

Today's Bible Reading:

Psalm 72:17-19

1

Read today's Bible reading in your Bible.

2

Fill out the following boxes in your notebook by either **writing or drawing**:

HIGHLIGHT

"What did I read?" What is it about?



EXPLAIN

What is God saying in these verses?

APPLY



What does this mean in my life?

Pray to God about the verses you read. You can ask God to help you put them into action!



RESPOND

3

Talk with your family about what you came up with for each part of H.E.A.R.

4

Family Challenge: Write a letter, poem or draw a picture together to God telling Him how great He is!

Sunday, August 14, 2022

Day 7

Today's Bible Reading:

Matthew 22:34-40

1

Read today's Bible reading in your Bible.

2

Fill out the following boxes in your notebook by either **writing or drawing**:

HIGHLIGHT

"What did I read?" What is it about?



EXPLAIN

What is God saying in these verses?

APPLY



What does this mean in my life?

Pray to God about the verses you read. You can ask God to help you put them into action!



RESPOND

3

Talk with your family about what you came up with for each part of H.E.A.R.

4

Family Challenge: Do a random act of kindness! Pick someone and write them an encouraging note. If you want, you can add a treat to the note!

Monday, August 15, 2022

Day 8

Today's Bible Reading:

Philippians 4:8-9

1

Read today's Bible reading in your Bible.

2

Fill out the following boxes in your notebook by either **writing or drawing**:

HIGHLIGHT

"What did I read?" What is it about?



EXPLAIN

What is God saying in these verses?

APPLY



What does this mean in my life?

Pray to God about the verses you read. You can ask God to help you put them into action!



RESPOND

3

Talk with your family about what you came up with for each part of H.E.A.R.

4

Family Challenge: Think about your thoughts! Focus on thinking about the things this Bible passage mentions today.

Tuesday, August 16, 2022

Day 9

Today's Bible Reading:

Matthew 5:41-42

1

Read today's Bible reading in your Bible.

2

Fill out the following boxes in your notebook by either **writing or drawing**:

HIGHLIGHT

"What did I read?" What is it about?



EXPLAIN

What is God saying in these verses?

APPLY



What does this mean in my life?

Pray to God about the verses you read. You can ask God to help you put them into action!



RESPOND

3

Talk with your family about what you came up with for each part of H.E.A.R.

4

Family Challenge: How can you put the needs of someone in your family before your needs today? Come up with one way you can serve that person!

Wednesday, August 17, 2022

Day 10

Today's Bible Reading:

Matthew 5:43-48

1

Read today's Bible reading in your Bible.

2

Fill out the following boxes in your notebook by either **writing or drawing**:

HIGHLIGHT

"What did I read?" What is it about?



EXPLAIN

What is God saying in these verses?

APPLY



What does this mean in my life?

Pray to God about the verses you read. You can ask God to help you put them into action!



RESPOND

3

Talk with your family about what you came up with for each part of H.E.A.R.

4

Family Challenge: This passage talks about loving your enemies. Who is someone who may be hard to love who you can pray for? Spend time praying for that person!

Thursday, August 18, 2022

Day 11

Today's Bible Reading:

Matthew 6:2-4

1

Read today's Bible reading in your Bible.

2

Fill out the following boxes in your notebook by either **writing or drawing**:

HIGHLIGHT

"What did I read?" What is it about?



EXPLAIN

What is God saying in these verses?

APPLY



What does this mean in my life?

Pray to God about the verses you read. You can ask God to help you put them into action!



RESPOND

3

Talk with your family about what you came up with for each part of H.E.A.R.

4

Family Challenge: Pick a way your family can give to others who need it and make a plan to serve in that way. Practice what this passage says, “that your giving may be in secret” (Matthew 6:4).

Friday, August 19, 2022

Day 12

Today's Bible Reading:

Matthew 6:5-8

1

Read today's Bible reading in your Bible.

2

Fill out the following boxes in your notebook by either **writing or drawing**:

HIGHLIGHT

"What did I read?" What is it about?



EXPLAIN

What is God saying in these verses?

APPLY



What does this mean in my life?

Pray to God about the verses you read. You can ask God to help you put them into action!



RESPOND

3

Talk with your family about what you came up with for each part of H.E.A.R.

4

Family Challenge: This passage talks about prayer. Get a pack of Skittles, M&M's or Smarties and practice praying with one of the candy prayers on **pages 48-49!**

Saturday, August 20, 2022

Day 13

Today's Bible Reading:

Matthew 6:9-15

1

Read today's Bible reading in your Bible.

2

Fill out the following boxes in your notebook by either **writing or drawing**:

HIGHLIGHT

"What did I read?" What is it about?



EXPLAIN

What is God saying in these verses?

APPLY



What does this mean in my life?

Pray to God about the verses you read. You can ask God to help you put them into action!



RESPOND

3

Talk with your family about what you came up with for each part of H.E.A.R.

4

Family Challenge: Do the Lord's Prayer Maze together on **page 51!** Talk about each part of the Lord's Prayer as you complete the challenge.

Sunday, August 21, 2022

Day 14

Today's Bible Reading:

Matthew 6:16-18

1

Read today's Bible reading in your Bible.

2

Fill out the following boxes in your notebook by either **writing or drawing**:

HIGHLIGHT

"What did I read?" What is it about?



EXPLAIN

What is God saying in these verses?

APPLY



What does this mean in my life?

Pray to God about the verses you read. You can ask God to help you put them into action!



RESPOND

3

Talk with your family about what you came up with for each part of H.E.A.R.

4

Family Challenge: Choose something to fast from as a family today (maybe that is sweets, electronics, etc.) Put this scripture into action as you fast together!

Monday, August 22, 2022

Day 15

Today's Bible Reading:

Matthew 6:19-24

1

Read today's Bible reading in your Bible.

2

Fill out the following boxes in your notebook by either **writing or drawing**:

HIGHLIGHT

"What did I read?" What is it about?



EXPLAIN

What is God saying in these verses?

APPLY



What does this mean in my life?

Pray to God about the verses you read. You can ask God to help you put them into action!



RESPOND

3

Talk with your family about what you came up with for each part of H.E.A.R.

4

Family Challenge: Talk about one physical treasure you have that would be hard to get rid of. Practice not using that treasure today. Discuss what it means to “store up for yourselves treasures in heaven” (Matthew 5:20).

Tuesday, August 23, 2022

Day 16

Today's Bible Reading:

Matthew 6:25-34

1

Read today's Bible reading in your Bible.

2

Fill out the following boxes in your notebook by either **writing or drawing**:

HIGHLIGHT

"What did I read?" What is it about?



EXPLAIN

What is God saying in these verses?

APPLY



What does this mean in my life?

Pray to God about the verses you read. You can ask God to help you put them into action!



RESPOND

3

Talk with your family about what you came up with for each part of H.E.A.R.

4

Family Challenge: No worries! Try not to worry about anything today!

Wednesday, August 24, 2022

Day 17

Today's Bible Reading:

Matthew 7:1-6

1

Read today's Bible reading in your Bible.

2

Fill out the following boxes in your notebook by either **writing or drawing**:

HIGHLIGHT

"What did I read?" What is it about?



EXPLAIN

What is God saying in these verses?

APPLY



What does this mean in my life?

Pray to God about the verses you read. You can ask God to help you put them into action!



RESPOND

3

Talk with your family about what you came up with for each part of H.E.A.R.

4

Family Challenge: How can you not judge others today? Discuss ways you can do this!

Thursday, August 25, 2022

Day 18

Today's Bible Reading:

Matthew 7:7-12

1

Read today's Bible reading in your Bible.

2

Fill out the following boxes in your notebook by either **writing or drawing**:

HIGHLIGHT

"What did I read?" What is it about?



EXPLAIN

What is God saying in these verses?

APPLY



What does this mean in my life?

Pray to God about the verses you read. You can ask God to help you put them into action!



RESPOND

3

Talk with your family about what you came up with for each part of H.E.A.R.

4

Family Challenge: Make an “Ask, Seek, Knock” door hanger on **page 53**.

Friday, August 26, 2022

Day 19

Today's Bible Reading:

Matthew 7:13-14

1

Read today's Bible reading in your Bible.

2

Fill out the following boxes in your notebook by either **writing or drawing**:

HIGHLIGHT

"What did I read?" What is it about?



EXPLAIN

What is God saying in these verses?

APPLY



What does this mean in my life?

Pray to God about the verses you read. You can ask God to help you put them into action!



RESPOND

3

Talk with your family about what you came up with for each part of H.E.A.R.

4

Family Challenge: Find a gate and then talk about this Bible passage!

Saturday, August 27, 2022

Day 20

Today's Bible Reading:

Matthew 7:17-20

1

Read today's Bible reading in your Bible.

2

Fill out the following boxes in your notebook by either **writing or drawing**:

HIGHLIGHT

"What did I read?" What is it about?



EXPLAIN

What is God saying in these verses?

APPLY



What does this mean in my life?

Pray to God about the verses you read. You can ask God to help you put them into action!



RESPOND

3

Talk with your family about what you came up with for each part of H.E.A.R.

4

Family Challenge: Eat a piece of fruit. Discuss this Bible passage while you enjoy your fruit!

Sunday, August 28, 2022

Day 21

Today's Bible Reading:

Matthew 7:24-29

1

Read today's Bible reading in your Bible.

2

Fill out the following boxes in your notebook by either **writing or drawing**:

HIGHLIGHT

"What did I read?" What is it about?



EXPLAIN

What is God saying in these verses?

APPLY



What does this mean in my life?

Pray to God about the verses you read. You can ask God to help you put them into action!



RESPOND

3

Talk with your family about what you came up with for each part of H.E.A.R.

4

Family Challenge: Build a house out of materials you have (blocks, craft sticks, books, etc.). Discuss how to be a wise builder like the Bible passage describes.

Family Challenge Activities

CANDY PRAYERS

Grab a bag of Skittles, M&M's or Smarties and take turns picking one candy and saying a quick prayer using the prayer guides on **page 49**.

You can have one person open with *“Dear God, thank you for this time that we get to spend together. We’d like to lift each one of these people and situations up to you in prayer...”*

Then have each person pick a candy out of the bag (or bowl) and contribute something to your prayer.

LORD’S PRAYER MAZE

Find your way through the maze on **page 51** by connecting each phrase of the Lord’s Prayer. Then color the picture of Jesus at the end of the maze.

“ASK, SEEK, KNOCK” DOOR HANGER

Get creative! Cut out and decorate the door hanger on **page 53**.

Skittles Prayer



Red: pray for someone you love

Orange: pray for a friend or neighbor

Green: thank God for one good thing in your life

Yellow: pray for a leader or someone in charge

Purple: pray for yourself – something you are sorry for, worried about, or need help with

M&M Prayer



Red: pray for someone you love

Orange: pray for someone who is sick or hurt or needs healing

Green: thank God for one good thing in your life

Yellow: pray for a leader or someone in charge

Blue: pray for a friend or neighbor

Brown: pray for yourself – something you are sorry for, worried about, or need help with

Smarties Prayer



Red: pray for someone you love

Orange: pray for a neighbor

Green: thank God for one good thing in your life

Yellow: prayer for a leader or someone in charge

Blue: pray for a friend

Pink: ask forgiveness for something

Purple: pray for something you are worried about

Brown: ask God for something



Our Father which
art in heaven,

Thy
kingdom
come,

Hallowed be
thy name.

Thy will be
done in earth,
as it is in heaven

Give us this
day our
daily bread.

And forgive
us our debts,
as we forgive
our debtors

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

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



ASK

**and it will be
given to you**

SEEK

and you will find;

KNOCK

**and the door will
be opened to you.**



JourneyColorado.com/Kids