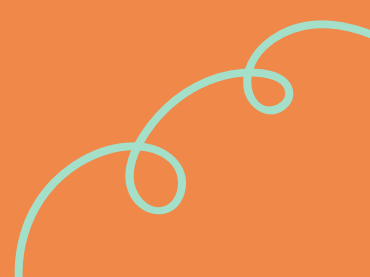




*my prayer* **book**


**this book belongs to**

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# *the lord's prayer*




**Our Father in heaven,  
hallowed be Your name,  
Your kingdom come,  
Your will be done,  
on earth as in heaven.  
Give us today our daily  
bread.**

**Forgive us our sins  
as we forgive those who sin  
against us.**



**Lead us not into temptation  
but deliver us from evil.  
For the kingdom, the power,  
and the glory are Yours  
now and forever.**





**Dear Kids,**

**Welcome to your special prayer journal. This book is for you to write, draw in and make your own.**

**For the next 21 days, you will find each page has a verse from the Bible and a craft or activity for you to do.**

**You might want to ask an adult to help you and you might like to pray together as a family.**

**You will find crayons and a pencil in the bag to use. We hope that you love this prayer book. We are excited for you to take your next step with Jesus as you learn to pray and spend time with God every day.**

**Love,**

*Becky, Nikki, Asttyn and Donna*  
**Journey Kids Staff**

**Dear Parents,**

**We hope that your child loves using this journal. You will find that some of the days are the same as yours but others are a bit different as some content isn't appropriate for kids!**

**Each day your child has a Bible verse and an activity. You might want to set aside time each day to pray together as a family.**

**Our hope and prayer is that as a family, you will all continue to grow in your relationship with Jesus and each other.**

**Love,**

*Becky, Nikki, Ashtyn and Donna*

**Journey Kids**



# Weekly Memory Challenges

## **Week One:**

We are God's masterpieces. Ephesians 2:10

## **Week Two:**

And I pray that you and all God's holy people will have the power to understand the greatness of Christ's love—how wide, how long, how high, and how deep that love is. Ephesians 3:18

## **Week Three:**

### **Memorize the Armor of God**

- The Belt of Truth
- Breastplate of Righteousness
- Shoes of the Gospel of Peace
- Shield of Faith
- Helmet of Salvation
- Sword of the Spirit



# Who is Paul?

**So, who is this Paul guy who wrote this letter we are reading?**

**Well, Paul was a friend of Jesus but before he met Jesus, he was called Saul and he was not quite so nice. In fact, he was rather horrible to anyone who was a friend of Jesus.**

**But one day, he had a vision of Jesus, became friends with Him and his heart was changed forever. He went from being unkind, to being kind because he realized that he was loved by Jesus.**



# *Who is he writing to?*

**Paul wanted everyone to become friends with Jesus and he traveled to lots of places telling people about Jesus and starting churches for new believers. He wrote letters to these churches offering advice on how to become friends of God and how to live with God.**

**One of the letters he wrote was to a church in Ephesus (in modern day Turkey). In our Bibles it's called the Book of Ephesians.**



*Week*



1



## *Ephesians 1:4*

Paul starts Ephesians by introducing himself to them and reminding them of how much God loves them.

Ephesians 1:4 says:

**In Christ, He chose us before the world was made. He chose us in love to be His holy people.**

**Pray:**

**Thank God for His world, and that He has chosen you and loves you.**

# Activity

**Make the circle into a world by adding land and sea. Around the circle draw a sun, the moon and add more stars. Then color the whole picture in.**



# Day 2

## *Ephesians 1:15*



In his letter, Paul prays giving thanks for the people he is writing to.

Ephesians 1:15 says:

**That is why I always remember you in my prayers and thank God for you.**

**Pray:**

**Who are you thankful for? Like Paul, write a prayer on the next page giving thanks for them.**

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## *Ephesians 2:10*

Do you have a favorite artist? Or a favorite painting? God is known as being like an artist, He is super creative. Just look at all the different animals and plants - He created all of them! Paul says that out of all that God created, we are His favorite thing.

Ephesians 2:10 says:

**We are God's masterpieces.**

**Pray:**

Think about what you are good at and what you like about yourself. Pray and thank God for creating you like this!

# Activity

**Draw a self portrait. Write around it the things that you are good at, or what you like about yourself.**



## *Ephesians 2:19*

The Bible tells us how we all belong in God's family. In his letter, Paul reminds us of this...



Ephesians 2:19 says:  
**You belong to God' family**

**Popcorn Prayer:**  
Curl up in a small ball, on the floor. Taking turns, give a little wiggle, before 'popping up' and saying the name of someone in God's family you are thankful for.

# Activity

Find a blank piece of paper. Follow the instructions to make a people-paper chain. Decorate each one as someone you love.

## STEP 1:

Fold your paper over - the more folds, the more people.

## STEP 2:

Draw the outline of half a person.

## STEP 3:

Carefully cut around the shape - but not on the fold.

## STEP 4:

Unfold the people and decorate!





## *Ephesians 3:12*

**Everyone has things that they are scared of and things they worry about. But the Bible tells us that God wants us to tell Him what we are scared of or worried about. When we tell God these things, we can ask Him to give us His peace instead.**

**Ephesians 3:12 says:**

**In Christ we come before God with freedom and without fear. We can do this because of our faith in Christ.**

**Pray:**

**With an adult, get some paper and write down your fears. Pray and tell God what they are, and then ask Him to give you His Peace. Then, crumble the fears you wrote on your paper up and throw them away as an act of faith of giving it to God.**

# Activity

Often, when we are scared, life feels like we're stuck in a maze. Can you find your way to the middle of the maze?





Day 6

## Memory Challenge

Learning Bible verses “by heart” can be so helpful to us. By heart means by memory, which is why we call them memory verses. We will have memory challenges for you to learn over the next three weeks.

**On Sunday, if you can repeat the verse by memory to your Small Group Leader, you will get a special sticker for your book!**

**Today’s memory verse:  
We are God’s masterpieces.  
Ephesians 2:10**



Here is an idea on how to learn the verse.  
Add the action to the word.



**WE ARE**  
Point to others  
around you



**GOD'S**  
Point up to the sky



**MASTERPIECE**  
**EPHESIANS 2:10**  
(Pretend to paint a picture)

**I REMEMBERED  
THIS WEEK'S  
MEMORY VERSE!**



**PLACE  
YOUR  
STICKER  
HERE**

Day 7

Day 7

Day 7

Day 7

Day 7

Day 7

Day 7

Day 7

**Day 7**

Day 7

Day 7

Day 7

Day 7

Day 7

Day 7

Day 7

Day 7

Day 7



## You Did It!

**You have completed the FIRST WEEK of your prayer journal. Great job! We are excited to see you at Journey Kids! Don't forget to tell your Small Group Leader your memory verse for this week to get your sticker for your book.**

**Do you know that God loves to talk to you? Sometimes, He gives you a picture in your mind, a Bible verse or even a special feeling inside of you when you pray to Him. These will always be loving because God is Love.**

**The next page is blank for you to write a prayer, or draw a picture for God.**

Dear God,





*Week*



2



## *Ephesians 3:18*

What is the tallest thing you can think of? How about the widest, longest or deepest? Did you know that the tallest mountain in the world is Mount Everest, at 29,000 feet above sea level? In his letter, Paul tells us that God loves us so much more than that.

Ephesians 3:18 says:

**And I pray that you and all God's holy people will have the power to understand the greatness of Christ's love—how wide, how long, how high, and how deep that love is.**

**Pray:**

**Find a bit of space. Stretch your arms out as wide as you can, hold that pose and breathe in for 5 seconds, breathe out for 5 seconds, as you do this, in your head say 'Thank you God for loving so widely.' Then stretch up as high as you can, breathe in for 5 seconds, breathe out for 5 seconds, in your head say 'Thank you God that your love for me is higher than this.'**

# Activity

Color in the page as brightly as you can.



## *Ephesians 4:2*

**Do you find it easy to wait for something? Sometimes it can be hard to be patient, but the good news is that we can pray and ask God to help us to be humble, gentle and patient.**

**Ephesians 4:2 says:**

**Always be humble and gentle. Be patient and accept each other with love.**

**Pray:  
Set a timer for one minute.**

**During that time, pray about your day and the people who you will be around.**

**Ask God to help you to be humble, gentle and to have patience with others as you show them His love.**

# Word Search



Find the following words in the puzzle.

Words are hidden → and ↓ .

**BIBLE**

**EPHESIANS**

**GENTLE**

**GOD**

**HUMBLE**

**JESUS**

**KIND**

**LETTER**

**LOVE**

**PATIENT**

**PAUL**

**SPIRIT**

## *Ephesians 4:15*

Have you ever planted a seed and watched it grow? It takes time; you have to water it, make sure it gets enough sunlight, and be patient! Paul says that as we spend time with Jesus (Christ), we will become more like Him. Read this list of the Fruits of the Spirit in Galatians 5:22-23 (another one of Paul's letters). This list is what Jesus is like and what we will become like.

Ephesians 4:15 says:

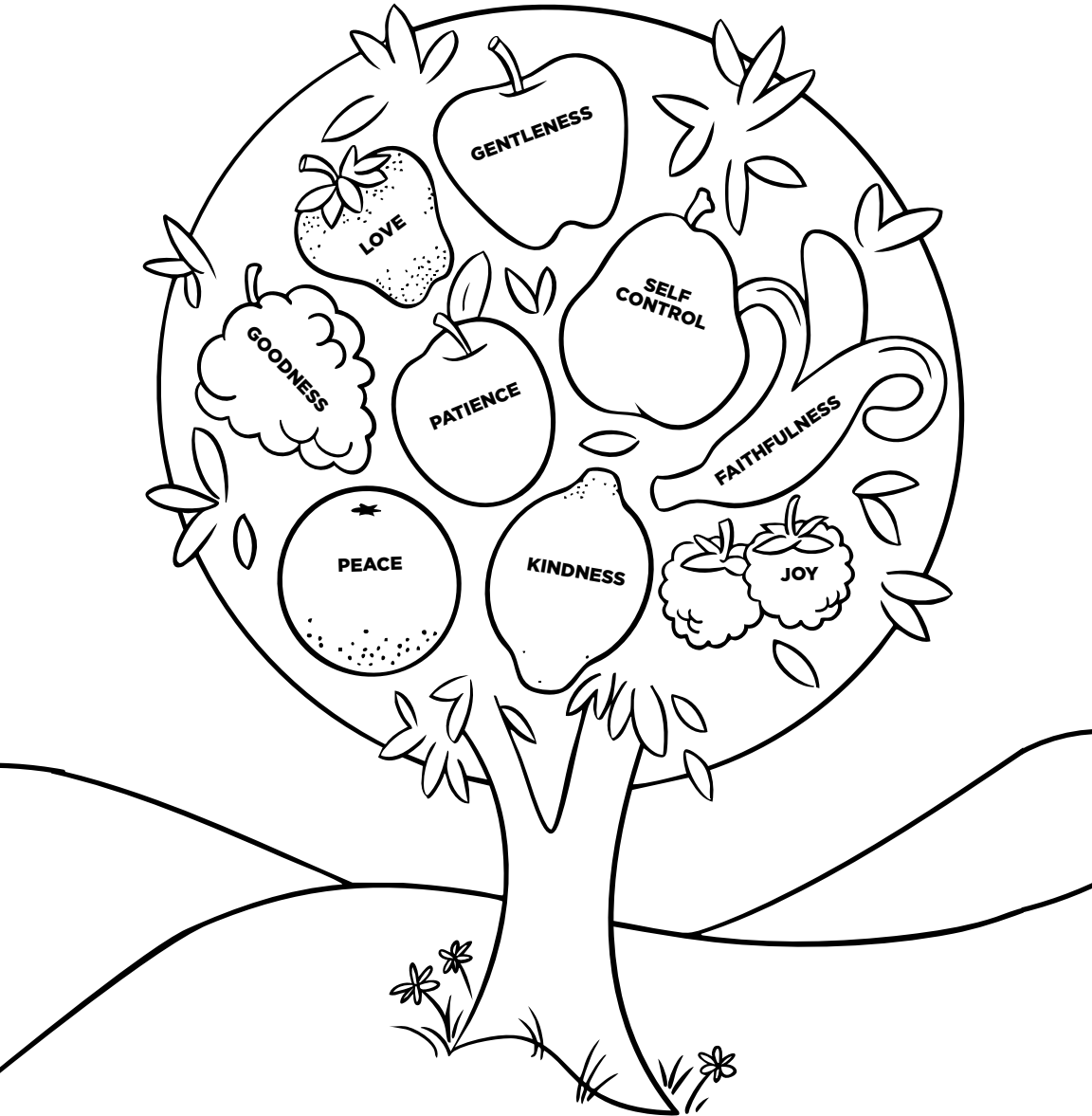
**'We will grow to be like Christ in every way.'**

**Pray:**

**Go on a prayer walk with an adult. As you look at all the plants and trees, ask God to help you grow in the Fruits of the Spirit and become more like Jesus.**

# Activity

Color in the picture of the Fruits of the Spirit.



## *Ephesians 4:32*

Sometimes, we say, think, or do unkind things to others. Saying sorry is admitting that you have done something wrong and want to make it right. The good news is that Jesus died and rose again so that we could be forgiven. When we ask God to forgive us, He always does and Paul is telling us to do the same for others.

Ephesians 4:32 says:

**Be kind and loving to each other.  
Forgive each other the same as God  
forgave you through Christ.**

**Pray:**

**Find a stone, hold it in your hand.  
As you hold it, tell God what you are sorry for and  
who you need to forgive. Put the stone down, and  
thank God for forgiving you.**

# Activity

Write or draw your prayers into the boxes.

**Dear Jesus- Help me to show your love today to:**

**Dear Jesus- Please help me forgive:**

**Dear Jesus- Thank you for my friendship with:**



## *Ephesians 5:1-2*

Paul talks a lot about love. He understood just how much God loved him. He also understood how we can help others to understand this love by showing it to them.

Ephesians 5:12 says:

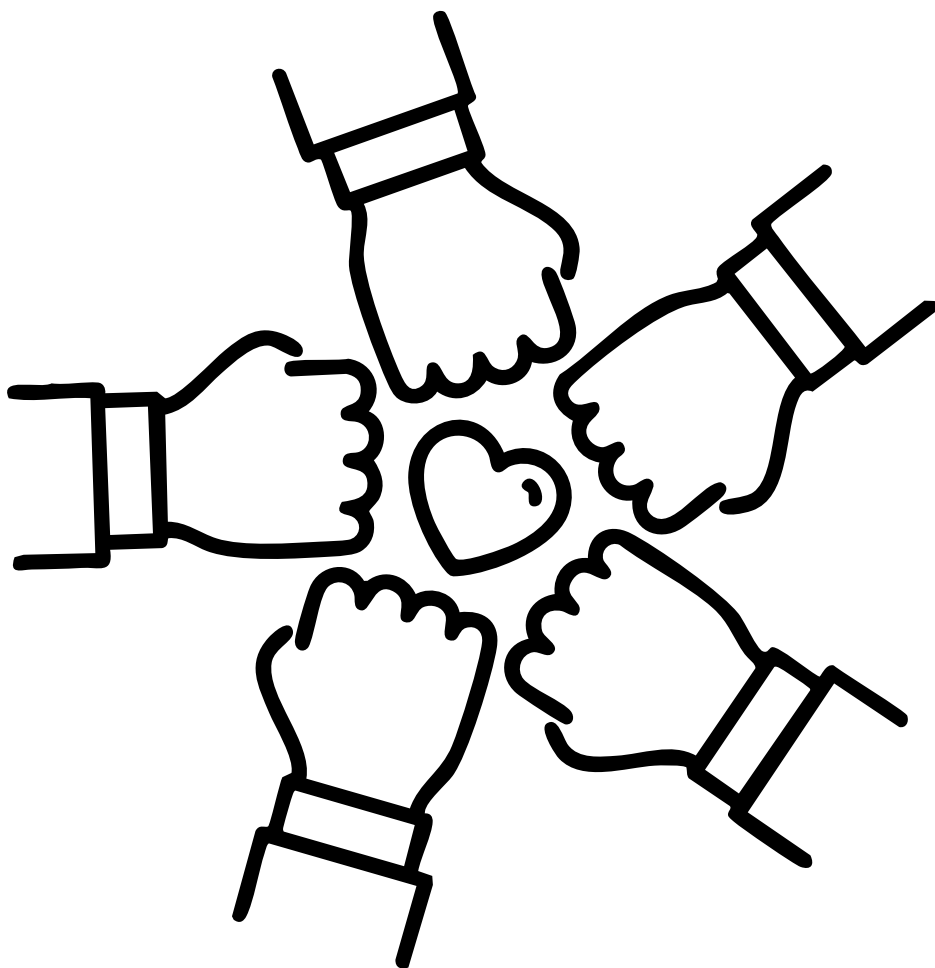
**You are God's dear children, so try to be like Him. Live a life of love. Love others just as Christ loved us.**

**Pray:**

**Think about your friends and family; they love you! The people who love, support, and cheer you on are your TEAM! What do you love about them? Pray and thank God for each of them, saying why you love them!**

# Activity

Color in the picture, adding in the names of the people you are thankful for. (You can add in more hands if you need to)





Day 13

## Memory Challenge

It's time for this week's memory challenge. Remember, if you repeat this week's verse to your Small Group Leader, you will get a special sticker for your book!

Today's memory verse:

**And I pray that you and all God's holy people will have the power to understand the greatness of Christ's love—how wide, how long, how high, and how deep that love is.**

**Ephesians 3:18**



Here are two ideas on how to learn the memory verse:

1. Use actions for some of the words. We have given you some suggestions, but you can make up your own, too!
2. Write the verse out. Cover up a word each time you say it until you can say it by memory without looking at the words!

You can also challenge an adult to join in the fun!



**PRAY**  
Put your hands together



**GOD**  
Point up to the sky



**GREATNESS**  
Wave your hands in the air



**HIGH**  
Reach up as high as you can



**DEEP**  
Reach as low as you can

**I REMEMBERED  
THIS WEEK'S  
MEMORY VERSE!**



**PLACE  
YOUR  
STICKER  
HERE**

Day 14

Day 14

Day 14

Day 14

Day 14

Day 14

Day 14

Day 14

**Day 14**

Day 14

Day 14

Day 14

Day 14

Day 14

Day 14

Day 14

Day 14

Day 14



## You Did It!

**You have completed your second week of your prayer journal. Great job! We are excited to see you in Kids' Church, and don't forget to tell one of the leaders this week's memory verse to get your sticker for your book.**

**Do you know that God loves to talk to you? Sometimes, He gives you a picture in your mind, a Bible verse or even a special feeling inside of you when you pray to Him. These will always be loving because God is Love.**

**As you pray today, ask God to speak to you and write or draw out what you feel He is saying to you!**







*Week*



3



## *Ephesians 5:8-9*

Did you know that Jesus is called the light of the world? When we become Jesus' friends we too are able to show His light to the world. We do this when we speak kindly about others, when we choose to share, or when we tell others about Him.

Ephesians 5:8-9 says:

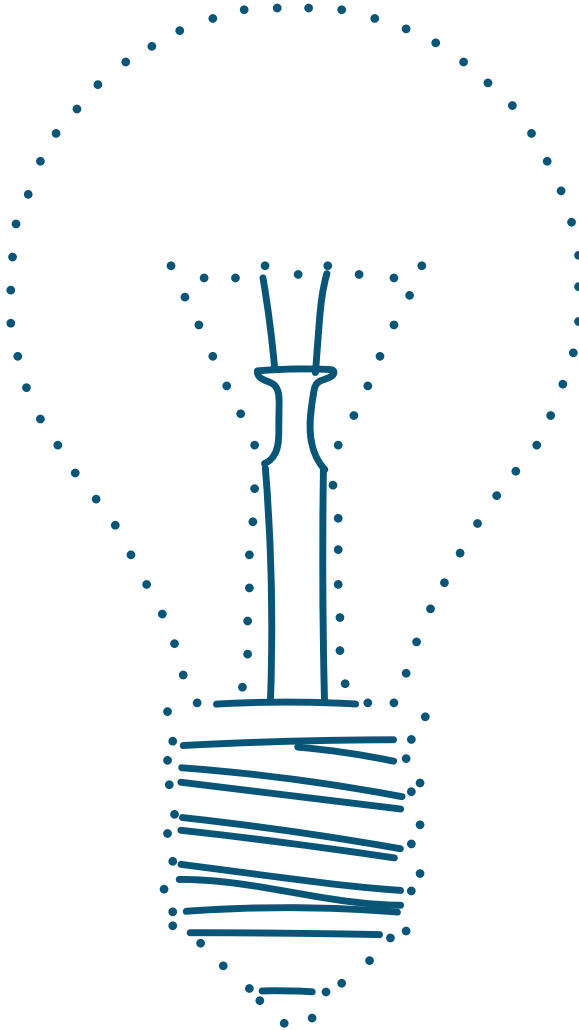
**So live like children who belong to the light. This light produces every kind of goodness, right living, and truth.**

**Pray:**

**Who do you know that might need a bit of help today? Spend time praying for that person and ask God to be with them. Think about what you can do to help them and demonstrate God's love to them.**


# Activity

Follow the dots to complete the picture,  
then color it in.



## *Ephesians 5:9*

The Bible is full of poems and songs of worship written to praise God. Songs which express just how much we love God. Paul knew how good it is to write praises to God.



**Ephesians 5:9 says:**

**Encourage each other with psalms, hymns, and spiritual songs. Sing and make music in your hearts to the Lord.**

**Pray:**

**Think about why you love God. Use the things that come to mind to write either a poem or worship song of praise to Him on the next page.**

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## *Ephesians 5:20*

**What are you thankful for?**

**Who are you thankful for?**

**Paul tells us to be thankful for everything and thankfulness begins with recognizing the good things.**

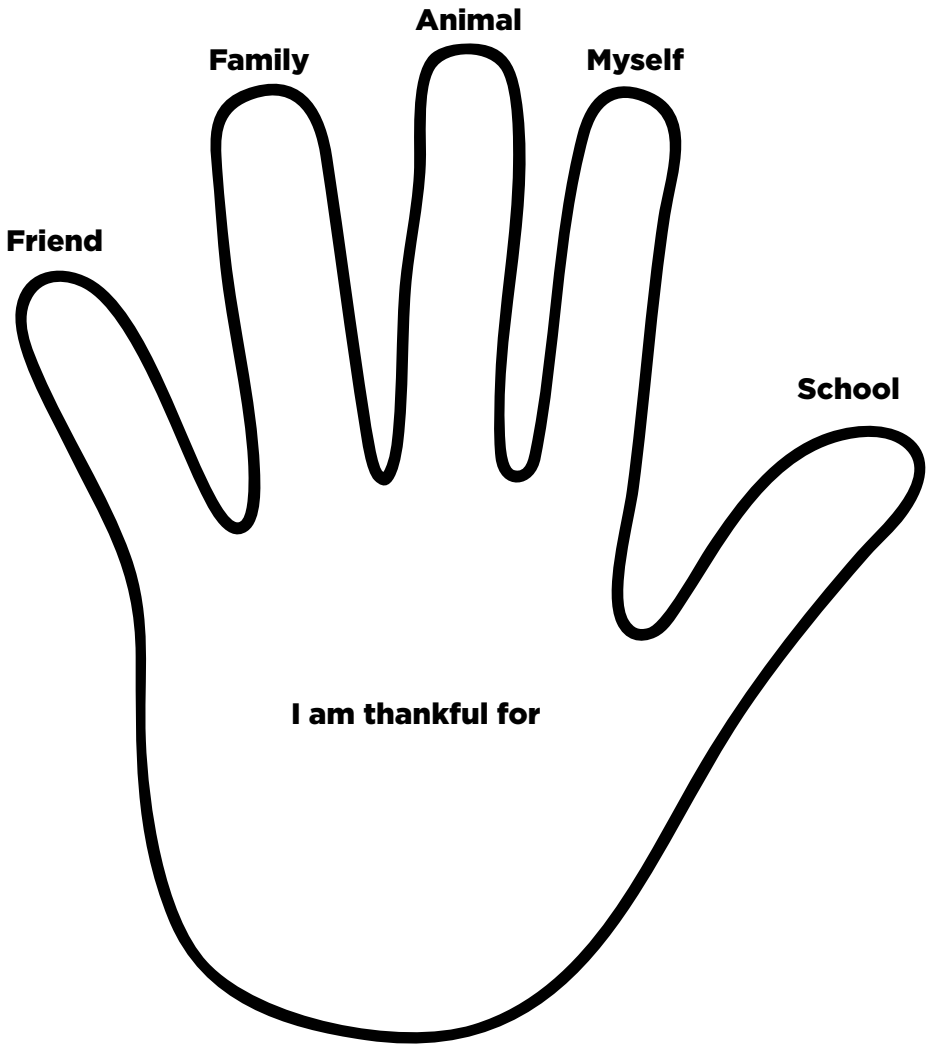


**Ephesians 5:20 says:**

**Always give thanks to God the Father for everything in the name of our Lord Jesus Christ.**

**Pray:**

**Use your hand to guide your prayers of thankfulness.**



## Ephesians 6:1

Did you know that the Bible says that children should obey their parents and that parents should care for and love their children?

Ephesians 6:1 says:

**Children, obey your parents the way the Lord wants, because this is the right thing to do.**

**Pray:**

Ask your parent what you can pray for them. You can follow this prayer template if you like.

Dear God, thank you for **(their name)**, thank you that they are a part of my family.

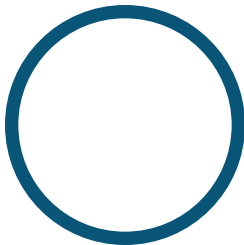
**(Add in a sentence about what they have asked you to pray for and then carry on).**

Please be with them today and help me always to obey and do the right thing.

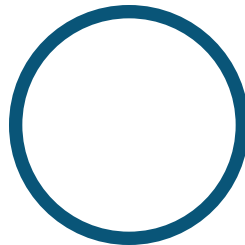
Amen.

# Activity

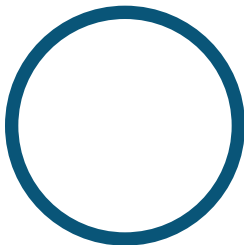
If the behavior below is good then put a happy face in the circle but if it is bad then put a sad face in the circle.



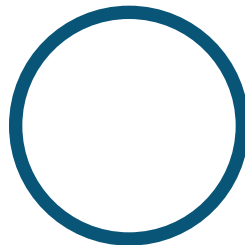
**Helping to do  
the dishes**



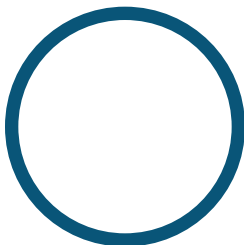
**Not sharing**



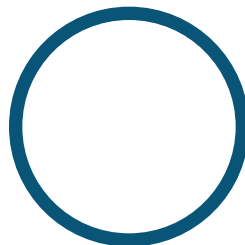
**Being rude**



**Tidying up**



**Saying sorry**



**Being kind**



## *Ephesians 6:14-18*

Paul knew that we would need help to be like Jesus and so he tell us about Spiritual armor we can wear by praying each day.

**Ephesians 6:14-18 says:**

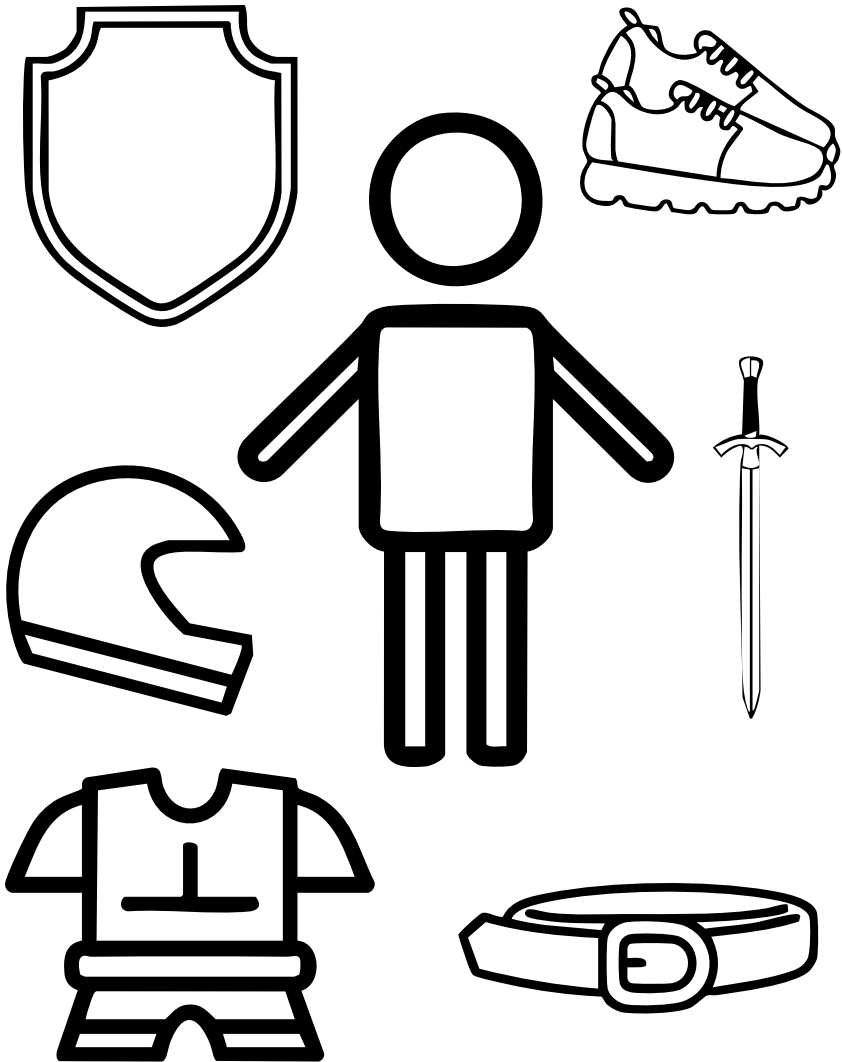
**14 So stand strong with the belt of truth tied around your waist, and on your chest wear the protection of right living. 15 On your feet wear the Good News of peace to help you stand strong. 16 And also use the shield of faith with which you can stop all the burning arrows that come from the Evil One. 17 Accept God's salvation as your helmet. And take the sword of the Spirit—that sword is the teaching of God. 18 Pray in the Spirit at all times. Pray with all kinds of prayers, and ask for everything you need.**

**Pray:**

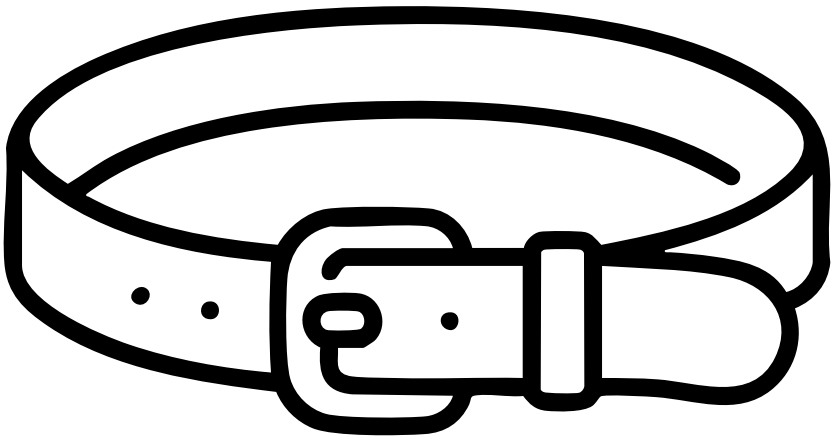
**Imagine putting on each piece of the armor. As you put on each piece, act out putting it on and pray specifically for yourself. For example, as you pray about wearing the Good News of peace on your feet, act out putting on your shoes and pray something like this: Jesus, help me to tell others about the peace you bring and to stand strong.**

# Activity

Can you link each piece of the armor to the person.



# *The Belt of Truth*



**God helps me to know what is true, and helps me to speak the truth to others.**

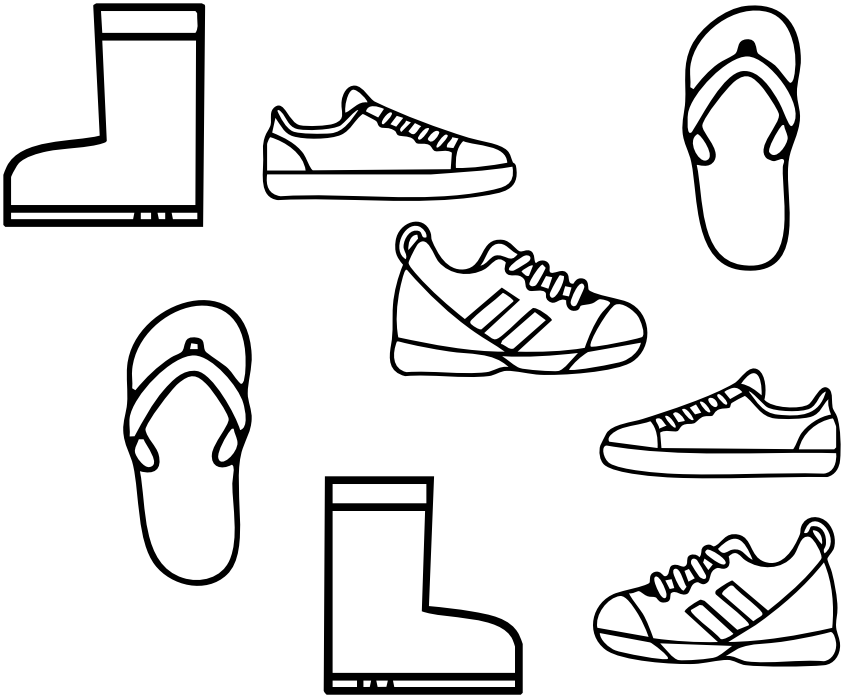
# *The Breastplate of Righteousness*



**God teaches me to do what is right.**

# The Shoes of the Gospel of Peace

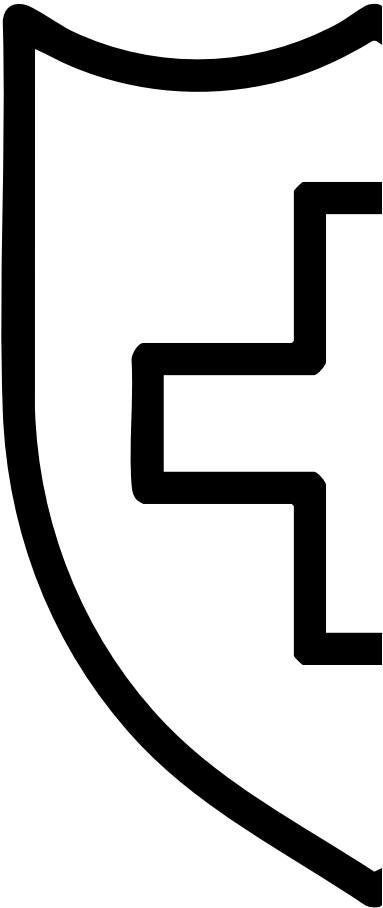
Draw a line from one shoe to the other in order to make a matching pair.



God, help me to tell others about the good news of the love and peace of Jesus.

# *The Shield of Faith*

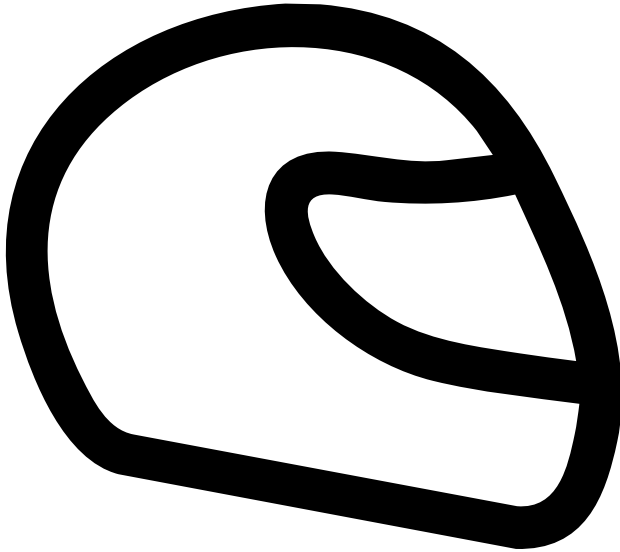
**Complete the drawing of the shield  
and color it in.**



**Faith means believing in God,  
and knowing that He is always with you.**

# The Helmet of Salvation

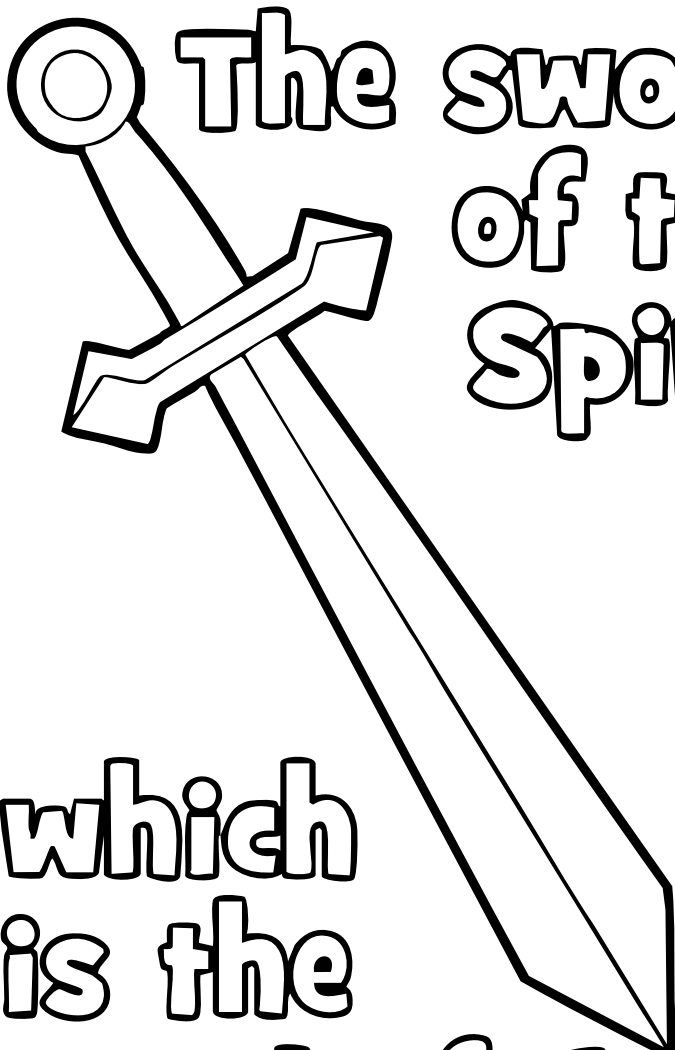
Color in and decorate your helmet.



**Salvation is being saved from the consequences of sin and being made right with God. The Bible says we can be friends with God! If you want to ask Jesus to come into your heart and to forgive you of your sins, you can say this prayer:**

**Dear Jesus, Thank you for wanting to be friends with me. I choose to believe in you and be friends with you. Forgive me of my sins and come into my heart. Thank you for loving me. Amen.**

**If you have prayed this prayer for the first time, be sure to tell an adult and your Small Group Leader at church!**



The sword  
of the  
Spirit

which  
is the  
word of God






Day 20

## Memory Challenge

**It's time for this week's memory verse challenge. Remember, if you repeat this week's verse to a kids' church leader, you will get a special sticker for your book!**

**For today's memory verse can you name all of the pieces of the armor of God?**



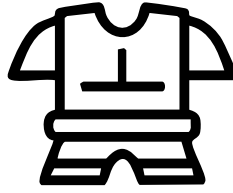
**Put on the whole armor of God.  
The Belt of Truth  
Breastplate of Righteousness  
Shoes of the Gospel of Peace  
Shield of Faith  
Helmet of Salvation  
Sword of the Spirit.**

**Top Tip:**

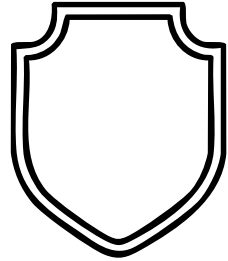
**For each of the words, do the action as if you were actually putting them on.**



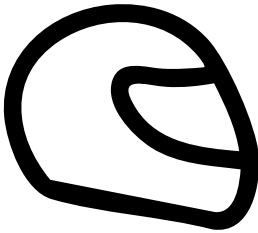
**BELT**



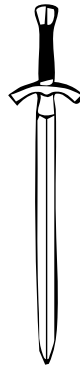
**BREASTPLATE**



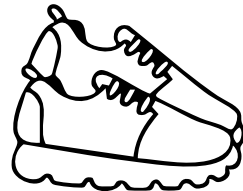
**SHIELD**



**HELMET**



**SWORD**



**SHOES**

**I REMEMBERED  
THIS WEEK'S  
MEMORY VERSE!**



**PLACE  
YOUR  
STICKER  
HERE**

Day 21

Day 21

Day 21

Day 21

Day 21

Day 21

Day 21

Day 21

**Day 21**

Day 21

Day 21

Day 21

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Day 21

Day 21

Day 21

Day 21

Day 21



## *You Did It!*

**You have completed your third and final week of your prayer journal. Great job! We are excited to see you at Journey Kids! Don't forget to tell your Small Group Leader your memory verse for this week to get your sticker for your book.**

**As you pray today, ask God to speak to you and write or draw out what you feel He is saying to you! We hope you will continue to pray and read the Bible every day in 2025 as you have started off the New Year by completing this 21-Day Prayer Journal. We are so proud of you — You Did It!**

