# Teaching Kids to Pray with Confidence



A 7-day plan guiding parents to nurture confident prayer in their children through Scripture and heartfelt devotionals.





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#### Introduction

**Parenthood** is both a profound responsibility and a sacred privilege. It's a journey filled with joys, challenges, and countless opportunities to shape the hearts and minds of our children. One of the most powerful gifts we can give our kids is the ability to communicate with God—through prayer—with confidence and trust. Teaching children to pray is more than just reciting words; it's about helping them build a lasting relationship with God that will sustain them throughout their lives.

*Prayer* is a personal conversation with our Creator, and guiding children to pray confidently equips them with a source of strength, comfort, and wisdom. This Bible study plan is designed to encourage parents to cultivate this vital skill by exploring Scripture, reflecting on God's faithfulness, and providing practical approaches to teaching kids about prayer.

Throughout these seven days, you will dive into God's Word, discovering how He welcomes the prayers of children and adults alike. Each day provides devotional insights to deepen your understanding and offers reflection questions, journaling prompts, and prayers to help you actively engage with the study. As you grow in your own prayer life, you will be better equipped to inspire your children to approach God boldly and lovingly.

Let's embark on this inspiring journey together—building faith-filled homes where prayer is a natural, joyful, and confident expression of our love for God.

















#### Your Verse

Matthew 6:9 – "This, then, is how you should pray: 'Our Father in heaven, hallowed be your name,"

#### **Supporting Scriptures**

- John 15:15 "I no longer call you servants... I have called you friends,"
- Hebrews 4:16 "Let us then approach God's throne... with confidence,"







# Devotional: Encouraging Kids to See Prayer as Talking to God

**Prayer is more than words or rituals—it's a relationship.** Jesus teaches us to call God "Father," reminding us that prayer is a conversation with a loving parent who desires to hear from His children. When teaching kids to pray, help them understand that God is not distant or unreachable. He's close, listening, and eager to respond.

Children naturally talk to those they trust. Show them that prayer is simply talking to God just like they talk to you—but even better, because God cares infinitely more and always listens. Avoid making prayer feel like a checklist. Encourage kids to share their feelings, hopes, fears, and thanks openly.

Building this foundation will give your children confidence in prayer that lasts a lifetime. They will begin to approach God with boldness because they know He is a loving Father who invites them near.







#### Reflect and Apply

1.	How do I currently describe or demonstrate prayer to my children?
2.	In what ways can I help my kids understand God as a loving Father?
	What language or examples can I use to make prayer feel natural and inviting?







#### **Journaling Prompts**

	Write about a time when you felt close to God in prayer and what made it special.
2.	List ways you want to model a confident prayer life for your children.
	Reflect on fears or doubts you have about teaching prayer and how God can help you overcome them.







#### Prayer for Today

Dear Heavenly Father, thank You for inviting us into a deep, personal relationship through prayer. Help me teach my children that You are a loving Father who listens and responds. Give me wisdom and patience as I guide them to pray with confidence. May their hearts always be open to You, knowing they are cherished and safe. In Jesus' name, Amen. 🙏 💙 🗀 🖴







#### Day 2: Teaching Simple, Honest Prayers









Day 2: Fraching Simple, Honest Prayers

#### Your Verse

Luke 18:16 - "Let the little children come to me, and do not hinder them,"

#### **Supporting Scriptures**

- Psalm 145:18 "The Lord is near to all who call on him,"
- 1 Thessalonians 5:17 "Pray continually,"







Day 2: 💬 Teaching Simple, Honest Prayers

#### Devotional: Helping Kids Express Their Hearts to God

Children often express themselves with sincerity and simplicity. God delights in honest prayers that come from the heart, even if they are brief or imperfect. Jesus welcomed children and used them as examples for all believers to have sincere faith.

When teaching kids to pray, encourage them not to worry about big or fancy words. Instead, invite them to speak simply and honestly. Their honesty is beautiful to God. Pray with them using easy phrases like "Thank You," "Please help me," or "I'm sorry," so they see that all kinds of prayers are welcomed.

By modeling continuous, simple prayers yourself, you instill in them the habit of bringing everything to God—big or small. This builds a foundation for a lifelong, vibrant prayer life marked by trust and openness.







Day 2: 💬 Teaching Simple, Honest Prayers

#### Reflect and Apply

1.	How can I help my children feel safe to share their honest thoughts with God?
2.	What simple prayer phrases can I teach or repeat with my kids daily?
3.	In what ways do I model praying continually for my children to observe?







Day 2: Praching Simple, Honest Prayers

#### **Journaling Prompts**

1.	Write down simple prayers you can teach your kids to use.
2.	Recall times when honest prayers made a difference in your faith journey.
3.	List situations your children face where they can practice simple, honest prayer.







Day 2: 💬 Teaching Simple, Honest Prayers

#### Prayer for Today

**Lord Jesus,** thank You for inviting children to come close and pray honestly. Help me teach my kids to pray simply and sincerely from their hearts. Remind us all that You are always near when we call to You. May prayer become a natural and joyful habit for our family. In Your name, Amen.







# Day 3: Building Confidence Through God's Promises









Day 3: Day Building Confidence Through God's Promises

#### Your Verse

Philippians 4:6 - "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."

#### **Supporting Scriptures**

- Jeremiah 29:11 "Plans to prosper you and not to harm you,"
- Romans 8:28 "In all things God works for the good of those who love him,"







Day 3: 

Building Confidence Through God's Promises

#### Devotional: Helping Kids Trust God as They Pray

Prayer often involves trust—trusting that God hears and cares. Teaching children to pray confidently means helping them hold onto the promises found in Scripture. God's Word assures us of His unfailing love, His plans for good, and His power to work everything out.

Share these promises with your kids in simple ways. When they express worry, encourage prayer paired with thanksgiving, reminding them that God is working all things for their good. This mindset shifts their focus from fear to faith and deepens their confidence in prayer.

As parents, we can pray these promises over our children and celebrate answered prayers together, reinforcing their trust in God's goodness and faithfulness. This builds a secure foundation for confident prayer in any circumstance.







Day 3: **(**) Building Confidence Through God's Promises

#### Reflect and Apply

1.	What promises of God encourage me personally to pray with confidence?
2.	How can I teach my children to bring worries to God with thanksgiving?
	How have you witnessed God answer prayers or work good in difficult times?







Day 3: **(**) Building Confidence Through God's Promises

#### **Journaling Prompts**

1.	Write some of God's promises that you want your children to know.
2.	Reflect on a prayer answered that increased your trust in God.
3.	List ways to celebrate answered prayers as a family to build faith.







Day 3: Building Confidence Through God's Promises

#### Prayer for Today

**Father God,** thank You for Your faithful promises that give us confidence to pray. Help my children grasp Your goodness and love as they come before You. Teach us all to bring our worries, needs, and thanks joyfully, trusting You always. Strengthen our faith with every answered prayer. In Jesus' mighty name, Amen.

















#### Your Verse

Psalm 46:10 - "Be still, and know that I am God."

#### **Supporting Scriptures**

- Proverbs 3:5-6 "Trust in the Lord with all your heart,"
- Isaiah 30:21 "This is the way; walk in it."







## Devotional: Encouraging Quietness and Listening to God's Voice

**Prayer is not just speaking—it's also listening.** Teaching children to pray with confidence includes helping them develop quietness and attentiveness to God's voice. Psalm 46:10 invites us to "be still," a practice that can be taught in gentle, age-appropriate ways.

Encourage your kids to sit quietly after praying, reflecting on what God might be saying. Teach them to trust that God guides, comforts, and directs them in ways they can understand. Incorporate moments of silence, worship songs, or Bible stories to enhance listening.

When children learn to listen to God, prayer becomes a two-way conversation, enriching their faith and building deeper confidence.







#### Reflect and Apply

1.	How comfortable are my children and I with silence during prayer?
2.	What practices can I implement to help kids listen for God's guidance?
3.	How might I better model listening to God in my own prayer life?







#### **Journaling Prompts**

1.	Describe moments when you felt God's guidance after quiet prayer.
2.	Plan some ways to teach children to 'be still' and listen during prayer.
3.	Reflect on how you respond to God's voice in your daily life.







#### Prayer for Today

God of Peace, teach us how to be still and hear Your voice. Help my children and me develop patience and quiet hearts to listen closely as You guide and comfort us. Make our prayers a true conversation, filled with speaking and listening. Thank You for always being near. Amen. 🎉 🖏 🚓







# Day 5: Using Creativity to Foster Prayer Confidence









Day 5: 😯 Using Creativity to Foster Prayer Confidence

#### Your Verse

Psalm 100:4 - "Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name."

#### **Supporting Scriptures**

- Psalm 98:4 "Make a joyful noise to the Lord,"
- Ephesians 5:19 "Sing and make music from your heart to the Lord,"







Day 5: Using Creativity to Foster Prayer Confidence

## Devotional: Inspiring Prayer Through Art, Music, and Movement

**Children express faith in many creative ways.** Prayer doesn't have to be only spoken—it can be sung, drawn, or danced. Using creativity encourages kids to connect with God joyfully and confidently.

Engage your children in worship songs, drawing prayers or gratitude journals, and movement like clapping or dancing to praise. These activities help kids internalize prayer and see it as a fun and heartfelt interaction with God.

Creative expression breaks down barriers and invites children to experience prayer confidently and personally in ways that make sense to them. It also invites families to bond and celebrate faith together.







Day 5: 😯 Using Creativity to Foster Prayer Confidence

#### Reflect and Apply

1.	What creative prayer practices resonate with my kids' personalities?
2.	How can I incorporate music and art into our family prayer time?
3.	What feelings arise in my children when they express faith creatively?







Day 5: 🕠 Using Creativity to Foster Prayer Confidence

#### **Journaling Prompts**

1.	Brainstorm creative prayer activities suitable for your children.
2.	Recall a joyful prayer experience involving music or art.
3.	Write a plan for a creative family worship time to build prayer confidence.







Day 5: • Using Creativity to Foster Prayer Confidence

#### Prayer for Today

**Creator God,** thank You for inspiring creativity in our hearts. Help me to use art, music, and movement to teach my children the joy of prayer. May these expressions bring us closer to You and build confidence in talking to You freely. Fill our home with praise and thanksgiving. Amen.

















#### Your Verse

Luke 18:1 - "Always pray and not give up."

#### **Supporting Scriptures**

- Romans 12:12 "Be joyful in hope, patient in affliction, faithful in prayer,"
- James 5:16 "The prayer of a righteous person is powerful and effective."







# Devotional: Encouraging Perseverance and Hope in Prayer

Sometimes prayers feel unanswered or delayed, yet God calls us to persevere. Teaching kids to keep praying even when answers don't come right away builds their faith and confidence.

Use Bible stories, like the persistent widow, to show God values our perseverance. Encourage children to keep praying with hope and joy, knowing God's timing is perfect. Celebrate every answered prayer and remind them that God always listens, even when He seems silent.

Fostering persistence in prayer helps children trust not only God's power but also His perfect timing and love for them.







#### Reflect and Apply

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#### **Journaling Prompts**

	Write about a time you prayed persistently and experienced God's faithfulness.
	Identify obstacles your children might face in developing persistent prayer habits.
3.	Plan ways to encourage hope and joy in your family's prayer life.







#### Prayer for Today

**Faithful God,** teach us to pray without giving up. Help my children and me to trust Your timing and never lose hope. Strengthen our hearts to be patient, joyful, and faithful in prayer. May we persevere, knowing You hear us always. In Jesus' name, Amen.  $\square \bigtriangleup \square$ 















#### Your Verse

1 John 5:14 - "This is the confidence we have in approaching God,"

#### **Supporting Scriptures**

- Hebrews 10:22 "Let us draw near to God with a sincere heart,"
- Psalm 27:14 "Wait for the Lord; be strong and take heart,"







### Devotional: Honoring the Journey of Growing Prayer Confidence

As we conclude this study, it's time to celebrate the confidence that comes from persistent prayer. God invites us to draw near with sincere hearts, not because we are perfect, but because of His grace.

Teaching kids to pray confidently is a journey filled with faith, patience, and love. Reflect on the progress your family has made and how prayer is becoming a trusted part of your children's lives. Encourage them to keep growing, knowing God delights in their prayers.

Celebrate answered prayers, growth in faith, and the knowledge that God walks with you in every step of teaching and learning to pray. This is a lifelong adventure filled with hope and joy.







#### Reflect and Apply

1.	What progress have you seen in your family's prayer life over this week?
2.	How can you continue to nurture your children's confidence in prayer?
3.	In what ways can you celebrate and encourage ongoing prayer growth?







#### **Journaling Prompts**

1.	Write a letter to your children encouraging their prayer journey.
2.	List the ways your family has seen God at work through prayer.
3.	Plan a special family time to celebrate prayer milestones.







#### Prayer for Today

**Lord,** thank You for the privilege of coming to You with confidence. Celebrate with us the growth we see in prayer within our hearts and homes. Continue to guide and strengthen our family to walk closely with You. May prayer remain a joyful, faithful, and confident part of our lives forever. Amen. 💸 🙏 💙 🔈







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