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# Dear Friend

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We are so proud of you—learning what prayer is, how to pray, and how important prayer is to your everyday life if one of the most important things you can do as a follower of Jesus. From day one, our church has prayed first in every situation, good or bad. Jesus is always the answer, He is our best friend, and He is always ready to talk with us. The more we learn about prayer, the easier it becomes. The easier it becomes, the more fun it is! When we find out how to have real conversations with Jesus every day, we can experience the presence of God, which has the power to change our lives in the best way possible. Praying and talking with Jesus should be the best part of our day! Once you learn how to pray, you can make it a part of your everyday life.

You can pray:

- Before the day begins
- Before you go to school
- Before you hang out with your friends
- Before practice
- Before you play a big game
- Before you go to bed
- When something bad happens
- When something good happens
- In every situation – PRAY FIRST!

We hope you will use this journal as a part of your daily prayer life, and that it helps you grow closer to Jesus. I pray blessings over your prayer life because prayer changes everything!

Grow Kids

# Lifestyle Prayer

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

What we can learn from Jesus:

He prayed every day.

He prayed in a certain place.

He prayed with a plan.

## 1. Time

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

Did you talk to Jesus Today?

Color in your answer!

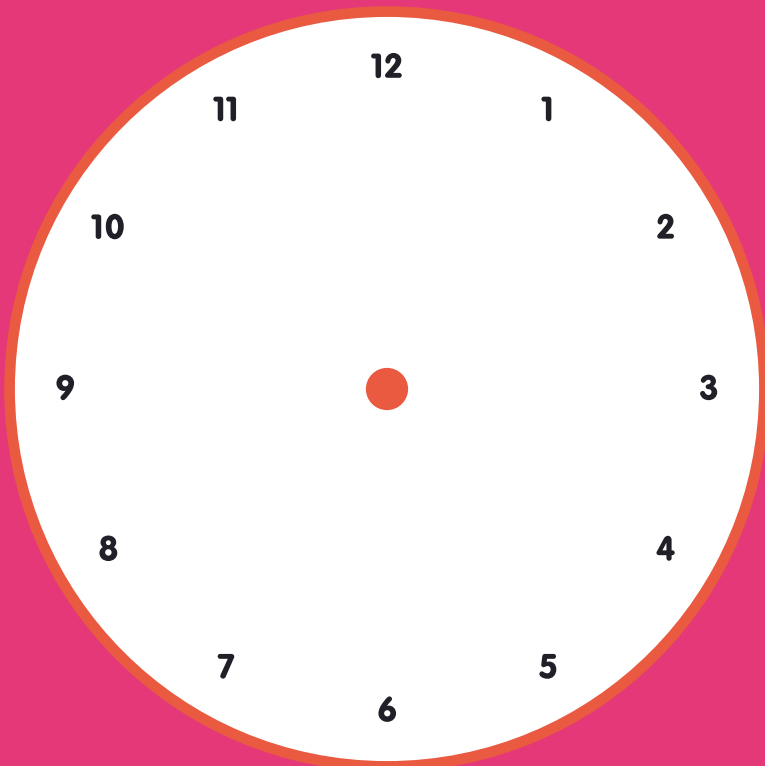


When will your prayer time be?

Use a pencil to circle your answer or answers!

When I Wake Up   In The Afternoon   Before I Go To Sleep

Use a pencil & fill in the time  
you prayed today!



## 2. Place

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

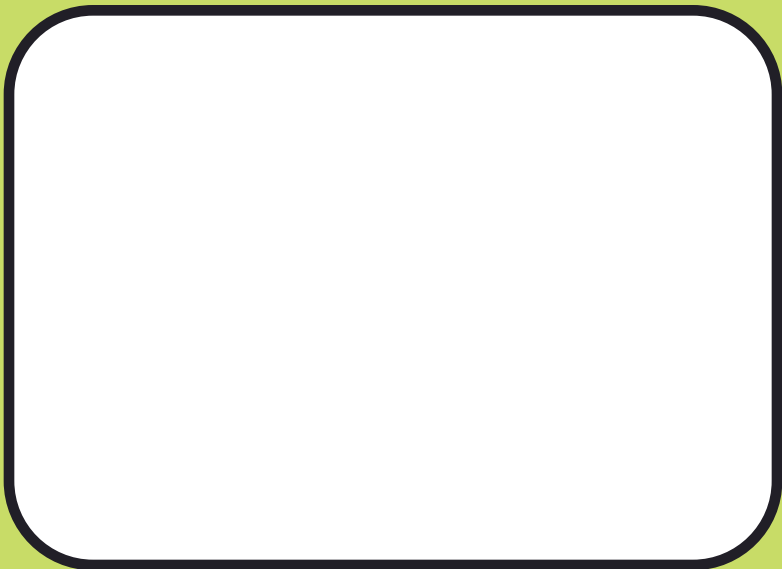
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## 3. Plan

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.

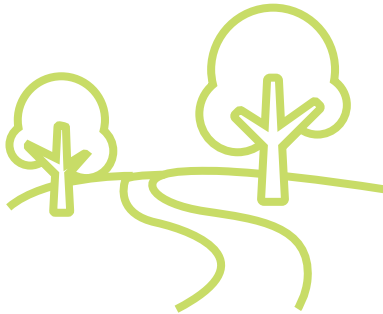
**What is something you can pray for today?**

Draw a picture of someone or something you can pray for today!





**Color in the place below  
where you like to pray to Jesus.**



## The Lord's Prayer

One day Jesus was praying in a certain place. When He finished, one of His disciples said to Him, "Lord, teach us to pray.."

LUKE 11:1

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"Our Father in heaven, hallowed be Your name. Your kingdom come. Your will be done on earth as it is in heaven. Give us this day our daily bread. And forgive us our debts, as we forgive our debtors. And do not lead us into temptation, but deliver us from the evil one. For Yours is the kingdom and the power and the glory forever. Amen."

MATTHEW 6:9-13 NKJV

One of His  
Disciples  
said to  
Him "Lord,  
teach us  
to pray..."

# 1. "Our Father in Heaven..."

## Coloring Activity



Connect with God. He is your loving Father.



## 2. "...Hallowed be Your name..."

Jesus

Worship His name.  
God's name is a place of protection — good people  
can run there and be safe.

PROVERBS 18:10 MSG

## Match who He is with what He can do!



Healer	God is on my side and will fight for me.
Friend	God is in charge and wants the best for me.
Peace	I will choose joy because God is my joy.
Forgiveness	He is my hope for every situation.
Love	He forgives me for anything I have done and will do.
Hope	Jesus loves me the most.
Joy	He brings me peace no matter what I go through.
King	He is always with me.
Protector	God heals all our diseases.

### 3. "...Your kingdom come. Your will be done on earth as it is in heaven..."

#### Coloring Activity



Pray for what He wants (Pray His agenda first).

He will always give you all you need from day to day if you will make the Kingdom of God your primary concern.

LUKE 12:31 TLB





## 4. “...Give us this day our daily bread...”

### Coloring Activity



Ask God for what you want and need,  
and then trust Him to provide for you.

I look up to the mountains—does my help come from there?  
My help comes from the LORD, who made heaven and earth!

PSALM 121:1-2 NLT



## 5. "...And forgive us our debts, as we forgive our debtors..."

### Coloring Activity



Make sure your heart is right  
with God and with people.

If we confess our sins, He is faithful and just and will forgive us  
our sins and purify us from all unrighteousness.

1 JOHN 1:9

I am  
forgiven.

I can  
forgive.

Ask Jesus to look inside your heart:

1. What do you need to ask for forgiveness for?
2. What do you need to forgive someone for?

**6. "...And do not lead us into temptation, but deliver us from the evil one..."**

**Coloring Activity**



**Replace any lie the enemy has told you with the truth of God's Word.**

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.

EPHESIANS 6:12

# God's Word is Truth!

Replace the lies you may have heard  
with what God says is true.



## LIES I HAVE HEARD

"I am mean."

"I am ugly."

"I don't have friends."

"If I lie, I won't get  
into trouble."

"If I do what's wrong,  
I'll fit in."

## WHAT GOD SAYS IS TRUE

I can be a  
friend like Jesus.

I am fearfully and  
wonderfully made.

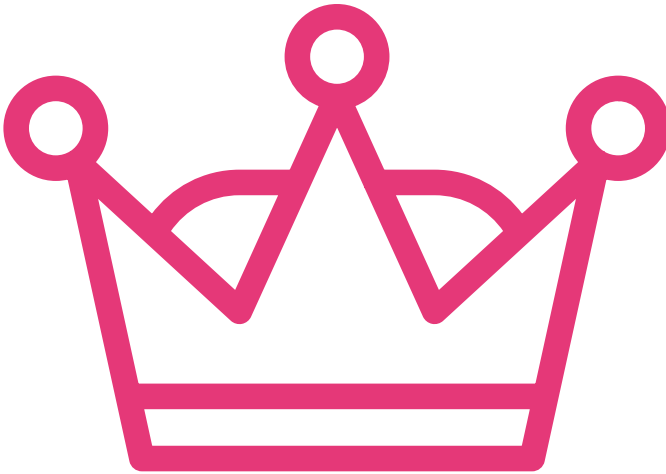
Jesus loves me  
and I am never alone.

I can tell the truth  
and not be afraid.

My identity comes  
from Jesus.

# 7. "...For Yours is the kingdom and the power and the glory forever. Amen."

## Coloring Activity



God can do anything (believe it)!

Ah, Sovereign LORD, You have made the heavens  
and the earth by Your great power and outstretched arm.

Nothing is too hard for You.

JEREMIAH 32:17

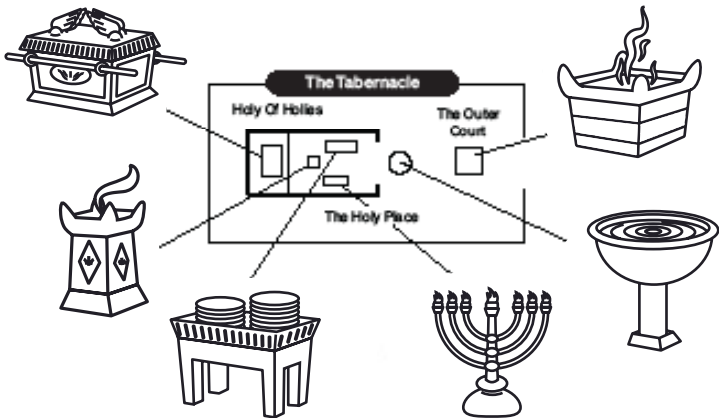


For Yours  
is the  
kingdom  
and the  
power and  
the glory  
forever.

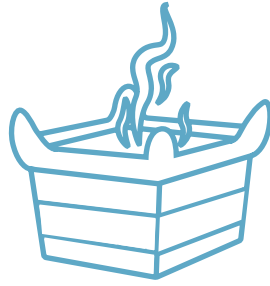
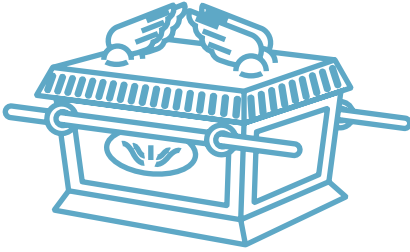
# Tabernacle Prayer

Since the beginning,  
God always wanted to be with us.

In the Old Testament, God told Moses to build a place called the Tabernacle. The Tabernacle was where God lived here on earth, where He would meet His people, and where they could worship Him. As the people entered the Tabernacle, they followed God's instructions by passing through seven stations to experience His presence. Today, even though we no longer need the physical Tabernacle to meet with God, these same steps can help us connect with Him. Each station of the Tabernacle can be used to guide our prayers.

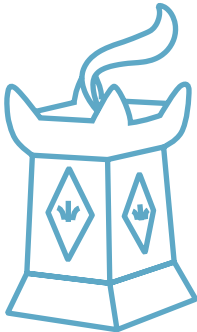


**THE ARK OF THE COVENANT**



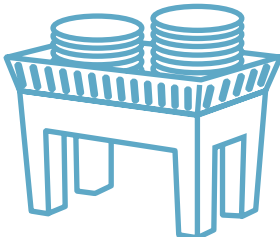
**THE BRAZEN ALTAR**

**THE ALTAR OF INCENSE**



**THE LAVER**

**THE TABLE OF SHEWBREAD**



**THE CANDLESTICK**

# 1. The Outer Court

## Thanksgiving and Praise

Enter His gates with thanksgiving and His courts with praise; give thanks to Him and praise His name.

PSALM 100:4

### Prayer:

"Father God, You are good, and You deserve all my praise. Thank You for the many ways You have blessed me and for watching over me (tell Him specific things in your life that you're grateful for. Thank Him for something that you've never thanked Him for).

Lord be with me. I want to experience Your presence and Your love in a new way today, Jesus. Thank You that no matter what happens, You always love me. I find hope in Your never-ending forgiveness and care. Thank You for who You are and all You have done for me."



## 2. The Brazen Altar



### The Cross of Jesus

In the Old Testament, everyone had to bring animals to sacrifice as payment for their sins. Today, we don't have to do that because Jesus paid for our sins by dying on the cross.

Thank God for sending Jesus to die for our sins so that we don't have to! Thank Jesus for His sacrifice and His love. Really think about the sacrifice Jesus made. He loves you so much that He paid for the consequences of our sin. He didn't have to, but He wanted to make a way for us to live with Him one day. Jesus can change our hearts and make us better because of what He did on the cross.

# The Cross of Jesus

Let all that I am praise the LORD; may I never forget the good things He does for me. He forgives all my sins and heals all my diseases. He redeems me from death and crowns me with love and tender mercies. He fills my life with good things. My youth is renewed like the eagle's!

PSALM 103:2-5 NLT

## Prayer:

"Thank You, God, for making a way for me to be with You through Your Son. Jesus, thank You for the sacrifice You made for me on the cross. You saved me and You set me free by paying for my sins.

I praise You for being my Healer. You have power over all disease and harm in my life (list areas where you need God to heal you). Thank You for being my Redeemer. You rescue me from sin and give my life purpose. Thank You for changing my life with Your love and for making me new. I want to grow to be more like You (give God control of every area in your life). Thank You for blessing me and for giving me the things I need.

I know You have good plans for me, and all that I have comes from You (thank Him for blessings in your life)."

### 3. The Laver



#### Cleansing and Preparing

So then, my friends, because of God's great mercy to us I appeal to you: Offer yourselves as a living sacrifice to God, dedicated to His service and pleasing to Him. This is the true worship that you should offer.

ROMANS 12:1 GNT

The next step in the Tabernacle was a bowl of water where people were reminded of their need to be washed clean of their sins and forgiven by God. Unfortunately, we all fall short of God's standard and struggle with sin. But because of what Jesus did on the cross, we can confess and tell Him our sins and receive complete forgiveness and a fresh start.

It's an important part of daily prayer to surrender to God and give Him control over every area. While you pray, be humble and turn away from your sins, and allow God to wash you clean and make you brand new. Then, surrender your life to Him and ask Him to help you follow His plan and make the right decisions.



## Prayer:

"God, I confess my sins to You and turn away from them (tell God any sin you know is in your life. Ask Him to show you any other areas that need to change). Thank You, God, for freely forgiving me. As I turn away from my sin, I turn toward You, and I give myself to You:

- I give You my tongue, to speak good and not evil.
- I give You my eyes, to focus on You and the needs of others.
- I give You my ears, to listen to Your voice.
- I give You my hands, to do good for others.
- I give You my feet, to walk where You lead me.
- I give You my mind, to think positive things and to be transformed and used by You.

I ask You, Lord, for the amazing gifts of Your Holy Spirit, so that I can grow closer to You and make a difference in the lives of others. I ask for love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self control. God, help me do what is right."

## 4. The Candlestick

### The Holy Spirit



The Spirit of the LORD will rest on him—the Spirit of wisdom and of understanding, the Spirit of counsel and of might, the Spirit of the knowledge and fear of the LORD.

ISAIAH 11:2

The next step of the Tabernacle was a seven-branched golden candlestick. The fire represents the Holy Spirit and how we are called to be a light in the world's darkness by helping others experience the love of God.

When Jesus left the earth, Christians were given the gift of the Holy Spirit. He calls the Holy Spirit our “advocate,” our supporter. The Holy Spirit helps us with everything we need. We can't do what God has called us to do without His supernatural power. It is through the Holy Spirit that God comforts us, guides us, and helps us.

### Prayer:

“Holy Spirit, I ask You to fill me up. I need Your presence in my life—guiding, directing, comforting, and helping me. I know that You, Holy Spirit, are God. Help me to see how great You are. Help me to be amazed and in awe of who God is and what He does. Work in me, Holy Spirit. Teach and transform me (pray for any areas where you feel the need for change today). I honor You and ask You to help me love others the way You love them.

Love Joy

Peace

*Fruit  
of the  
Spirit*

Patience

Kindness

Goodness

Faithfulness

Gentleness

Self-Control

## 5. The Table of Shewbread

The Word of God



In the Tabernacle, a table with twelve loaves of bread was set up to show the importance of reading God's Word. Eating bread nourishes and strengthens us. Without eating, we can't live. The same goes for when we read the Bible—it satisfies and strengthens our spirit. Reading God's Word regularly keeps us healthy and helps us become more like Jesus.

God's Word, the Bible, is an incredible gift and a powerful tool to use in our daily lives. Here is how you can use God's Word in your prayers:

Take time to read the Bible and think about what you read.

Find hope in the many promises God has for your life.

Ask Him to show and teach you things you didn't know before.

Ask Him for a Word to help you as you start your day.

## Prayer:

"Thank You, God, for giving me Your Word, the Bible. I commit to reading it, and I ask You to speak to me through it and show me who You are. Help me to grow more in love with You and Your Word, and help me use it more. I find hope in the promises You have for me, and I know what You say is true (pray any Scriptures that are on your mind or read them out loud). Teach me more about You today and every day! I want to know You more, and I want to see You more clearly through Your Word."

## 6. The Altar of Incense

Worship



The name of the LORD is a strong tower; the righteous run to it and are safe.

PROVERBS 18:10 NKJV

A small altar of burning incense stood at the entrance to the Holy of Holies, where God's presence lived. The people of God worshiped His Names as they entered into His presence. (In the Bible there are many names that show us what God has done for us.) This altar represents worship and how much God loves it when we worship Him.

Thank God for wanting to be with you. When you pray, consider these names that the Bible gives us to describe who God is.

My Righteousness – Jeremiah 23:6

God is righteous, and when you accept Jesus into your heart you will become righteous. It means that He paid the price for your sin so that you have right standing with God.

My Sanctifier – Leviticus 20:7-8

God continually works in you to change you so you can become more like Jesus. God sets you apart and makes you holy.

My Healer – Exodus 15:26

Jesus can comfort and heal you when you are not feeling well. God can heal your mind, your body, and your spirit.

My Provider – Genesis 22:14

God will provide for you. Be hopeful and confident that God will do great things for you. This does not mean He gives you what you want, but what you need.

My Banner of Victory – Exodus 17:15

A banner, like a flag, is lifted high to celebrate, and we find victory in what Jesus has done for us on the cross. He is always faithful.

My Peace – Judges 6:24

Trust God; He will give you peace in every situation.

My Shepherd – Psalm 23:1

Just like a shepherd caring for his sheep, God will lead you, provide for you, and care for your needs. He is always there for you and will never leave you.

## Prayer:

"Thank You, God, for wanting to be with me. Thank You for Your presence. I know that You are here with me. I worship You and You alone. I know, God, that You are: my Righteousness, my Sanctifier, my Healer, my Provider, my Banner of Victory, my Peace, and my Shepherd. (As you pray, praise His Names and worship Him personally and specifically for who He is and what He has done in your life.) I know that You are always with me, God, and Your presence means everything. You give me life, joy, and purpose. I love you, God."

## I worship God for His...

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# 7. The Ark of the Covenant

## Intercession



I urge you, first of all, to pray for all people. Ask God to help them; intercede on their behalf, and give thanks for them. Pray this way for kings and all who are in authority so that we can live peaceful and quiet lives marked by godliness and dignity. This is good and pleases God our Savior, who wants everyone to be saved and to understand the truth.

1 TIMOTHY 2:1-4

The final station in the Tabernacle was the Holy of Holies, the most holy place where God lived. Only the Priests could go inside. Once inside, they would pray for other people. Today, since we all have access to the presence of God through Jesus, we can do the same thing by praying for those around us. When we pray for others it is called “intercession.”

**We can make a difference when we spend time praying for others. Pray for the people around you, including:**

**Those in authority**

People who guide you and help you make good decisions such as your leaders in church, your parents, your family, and your teachers

**Your family**

Your parents, grandparents, siblings, aunts, uncles, and cousins



## Church

Pastors, Small Group leaders, GK leaders, and friends across me and around me

## Community

People in your neighborhood, government, your city, nation, and world

## Relationships

Friends, Family, people from your school

## Media

Movies, TV, Music, and Social Media

## Prayer:

"Thank You, God, for creating a way through Jesus for me to have Your presence wherever I go. I want to specifically ask You to watch over those in authority over me—my parents, the leaders at my church, and my teachers (use their name when you pray for them).

I ask that You give them wisdom and grace, watch over and protect them, and help them to know and love You more. I ask You, God, to be with my family. Bless them and keep them from harm (pray for anything that your family needs). For those in my family who don't know You, come to them and meet them where they are, and guide their hearts to You.

God, I ask You to watch over my church. Protect my pastor, be with my leaders, and I pray for everyone that comes to church. I pray that You will bring new people to church who don't know You yet, and that they will have a great time and come to know You.

I ask You to watch over my neighborhood and my city, my nation, and the world. Bring peace and help us get to know You better. I pray for Your help to show the love of Jesus to everyone who I get to meet. I pray that they will see Your light in me.

I pray for my friends, my neighbors, and my classmates. Thank You for them, and please bless them (pray for any specific needs of others). Lastly, God, I give You the things I care about. I know that You help me, that You give me what I need, and that You care for me. I give You all of my needs (share the needs on your mind). Thank You for loving me, choosing me, and calling me Yours. In Jesus' name, amen."



# Tell Jesus How Great He is

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A jump start to praying this way is below. Fill in the blanks and add your own praise and worship as you talk to Jesus about how great He is!

Look up Scripture as you walk through this outline.

Hi Jesus!

I love You so much!

Thank You \_\_\_\_\_ .

(PSALM 100:4; 118:24)

I love that You created \_\_\_\_\_ .

When I'm outside, I notice \_\_\_\_\_  
in Your beautiful creation!

God, You made me. Thank You for my ability to

\_\_\_\_\_ . (MARK 12:30)

You love me for who I am, no matter what.

Thank You for being my God and my Friend. I love You!

In Jesus' name, amen.

## Give Thanks Every Day

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Having a thankful heart is something that Jesus loves. Giving thanks to God makes even bad days good. A jump start to praying this way is below. Fill in the blanks and add your own words of thankfulness!

Hi Dad!

I am so thankful for You and all that You have given me.

Today, I thank You for my family!

I pray that for my family You would \_\_\_\_\_ .

I thank You that I get to wake up and have a new day!

I pray today for \_\_\_\_\_ .

Thank You for the food I get to eat, the clothes I get to wear, and the house I get to live in.

Thank You for \_\_\_\_\_ .

Thank You for dying for me and saving me.

Help me be more like You, Jesus.

I am so thankful for You! I love You! (Psalm 96:1-2)

In Jesus' name, amen.

## Ask God to Lead You Every Day

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Have you ever been lost and not know where you were going? It's not a fun feeling. The easiest way to avoid this is to ask for directions from someone with a map. Jesus has the map to life and has the best plan for your life.

Follow the numbers 1-5 and color in the road map on the next page as you ask Jesus to lead you today!

1. Thank You, Jesus, for the plan You have for me!
2. Today I choose Your plan for my life, because I know  
it's the best plan there is!
3. Lead me. Give me words to say. Help me think  
good thoughts.
4. Help me to be kind to people, be wise, and make  
good choices.
5. Jesus, please make me more like You every day. In  
Jesus' name, amen.

5

4

2

3

1

## Prayers for When I Need Help

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### Pray through the Armor of God

Read Ephesians 6:11-18 and then say a prayer to God like the one on the next page to put on your armor!

“Put on the full armor of God, so that you can take your stand against the devil’s schemes. 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. 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. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the Word of God. 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.”

EPHESIANS 6:11-18

## Praying through The Armor Of God

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Lord, Today, I put on the full armor of God. I am protected. I put on the belt of truth to speak and walk honestly. I will put into place the breastplate to do what is right. I will strap onto my feet and be ready with the Gospel of peace. On my arm, I will carry the shield of faith and block the attacks from the enemy. I know God is with me. On my head, I will wear the helmet of salvation. Jesus loves me, and I belong to Him!

With my shield in one hand, I will carry the sword of the Spirit with me in the other. It is the Word of God. I will pray on all occasions, everywhere, for anything. I will be alert and never stop praying daily for those around me. In Jesus' name, amen.



**Coloring Activity**

**HELMET OF SALVATION**



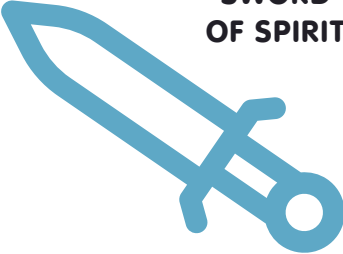
**BREASTPLATE OF RIGHTEOUSNESS**



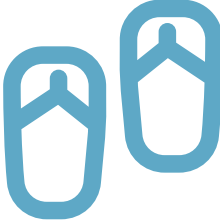
**BELT OF TRUTH**



**SWORD OF SPIRIT**



**SHIELD OF FAITH**



**GOSPEL OF PEACE**

## Prayers for My Family

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Honor your father and your mother, so that you may live long in the land the LORD your God is giving you.

EXODUS 20:12

Jesus,

Today, I thank You for my family.

I thank You that You love us and want the best for us.

I pray You would give (say their names) and me wisdom today to make good choices and do the things You would want us to do.

I pray that You will bless us so that we can be a blessing to others.

I pray You will give us favor and influence.

I pray You would lead us and guide us through the whole day and I pray that You will watch over everything we do.

I pray that You would cover us, protect us, and keep us far from any harm so that we can do good things for You.

In Jesus' name, amen.

## Prayers for When I Feel Alone

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I will never leave you or let you be alone.

HEBREWS 13:5 NLV

I am with you always.

MATTHEW 28:20

Jesus,

Thank You that You are my best friend.

Thank You that You never leave me, and that I never have to feel alone.

As You are with me today, help me follow You and make good choices.

Help me forgive anyone who has hurt me.

Thank You for the comfort that Your Spirit brings me.

Help me be like You and choose to love people the way You love people.

In Jesus' name, amen.

## Prayers for When I Feel Afraid

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For God has not given us a spirit of fear, but of power and of love and of a sound mind.

2 TIMOTHY 1:7 NKJV

Jesus,

Today I pray against the spirit of fear.

I command it to go by the authority that You have given me by Your name.

I ask that you would give me peace, perfect love that casts out fear, and complete confidence in You.

Thank You that I don't have to be afraid.

Thank You that You are in control.

Thank You that You love me.

In Jesus' name, amen.

**List Below What You Don't Need  
To Be Afraid of and the Things  
You Can Have Peace About!**



**I DON'T NEED TO  
BE AFRAID OF:**

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**I CAN HAVE  
PEACE ABOUT:**

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# Prayers for Protection

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Jesus always wants to keep us safe because He loves us. There are three great things we can use to protect ourselves.

## 1. The Name of Jesus

Jesus tells us that He will protect us and keep us. He will cover us with His wings. The Bible says that the name of the Lord is a strong tower that we can run to so we can be kept safe.

## 2. The Covering of the Blood of Jesus

When Jesus died on the cross for us, His precious blood was shed. And that blood saves us, washes our sin away, and protects us.

## 3. The Word Of God (The Bible)

The Bible is full of prayers of protection. It is such a powerful weapon against the enemy. We can pray God's Word over us and our family. Psalm 91 is one of those great prayers of protection.

Jesus,

Thank You that I am important to You.

Thank You that You are always watching over me and protecting me.

I pray that You will cover me with the protection of Your blood and surround me with Your angels.

I run to the name of Jesus, my strong tower.

Thank You for being my rock and strong defender.

Please protect my family and me from every evil attack.

In Jesus' name, amen.

Read out loud Psalm 91 when you are finished praying.

# Prayers for Others



I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people—for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Savior, who wants all people to be saved and to come to a knowledge of the truth. 1 TIMOTHY 2:1-4

Fill in the lists below with names of those in each category that you can be praying for.

My Church \_\_\_\_\_

My Government \_\_\_\_\_

My School \_\_\_\_\_

My Family \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

My Friends \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

People Who Don't Know God \_\_\_\_\_

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## Prayers for Others

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**Color a picture of something  
you are believing God for.**

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**Color a picture of an  
answered prayer!**

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