



ABIDEROOTED

Talk With God: A Prayer & Conversation Guide for Children

Learning to Pray the Way Jesus Taught

CHILDREN · PRAYER & CONVERSATION GUIDE · FREE
RESOURCE

Using this guide

Read the full Scripture passage before the reflection. Choose one practical response, then pray in your own words. Work at a sustainable pace; days and sessions may be repeated. People may pass on a group question.

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Scripture quotations use the King James Version (KJV). Short quotations may be excerpts; read the cited passage in context. Prayer starters and reflections are devotional writing, not additional Scripture.

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Begin Here

A six-part guide for children and families to learn prayer from the Lord's Prayer, with teaching, activities, and conversation prompts.

Prayer is simply talking with God. Jesus' disciples asked Him, "Lord, teach us to pray" (Luke 11:1). In response, Jesus gave them a pattern - not a magic formula, but a beautiful guide to help us speak with our Heavenly Father. This resource is for children and families to explore together. Each section focuses on a part of the Lord's Prayer, helping you understand what it means and how to pray it in your own words. Remember, God loves to hear from you. You don't need special words or perfect sentences. Just come as you are, and let's learn to talk with God together.

TEACHING

Our Father in Heaven

Matthew 6:9

“After this manner therefore pray ye: Our Father which art in heaven, Hallowed be thy name.”

Jesus begins by teaching us to call God “Our Father.” This is amazing! The Creator of the universe, who made the stars and the oceans, wants us to call Him Father. He is not far away and uncaring; He is near and loving. When you pray, you are talking to your loving Heavenly Father who knows you completely and loves you deeply. He is in heaven, which means He is greater and more powerful than anything else, but He is also close enough to hear every whisper. “Hallowed be thy name” means we honor God’s name as holy and special. We can start our prayers by remembering who God is - our loving Father, holy and good. Think about what it means to have God as your Father. You can talk to Him anytime, anywhere. He is always ready to listen.

Put It Into Practice

Family Activity: Create a simple prayer jar. Write down different names for God on slips of paper - like Father, Creator, Shepherd, Friend. Each day, pick one name and thank God for being that to you. Then, together, say the Lord’s Prayer, pausing at “Our Father” to think about God’s love.

Reflect & Talk Together

1. What does it mean to you that God is your Father?
2. How does knowing God is in heaven help you trust Him?
3. What are some ways you can honor God's name today?

Prayer

Dear God, thank You that I can call You Father. Help me remember that You are always with me and that You love me. I want to honor Your name in everything I do. Amen.

TEACHING

Your Kingdom Come

Matthew 6:10

“Thy kingdom come. Thy will be done in earth, as it is in heaven.”

When we pray “Your kingdom come,” we are asking God to rule in our hearts and in the world. God’s kingdom is where He is King, and everything is done His way - with love, peace, and justice. We can pray for God’s will to be done in our lives, just like it is in heaven. This means we want to obey God and follow Him, even when it’s hard. It also means we care about what God cares about - helping others, being kind, and sharing His love. As a child, you can be part of God’s kingdom by showing His love to your family, friends, and neighbors. When you pray this, you are saying, “God, I want Your way in my life.” It’s a prayer of surrender and trust. You are asking God to help you do what He wants, not just what you want.

Put It Into Practice

Family Activity: Draw a picture of a kingdom. What would it look like if God were completely in charge? Talk about how you can bring a little bit of heaven to earth by doing acts of kindness this week. Pray together for God’s will to be done in your family and community.

Reflect & Talk Together

1. What is one thing you can do today to obey God?
2. How can you show God's love to someone who is sad or lonely?
3. What would it look like for God's kingdom to come in your home?

Prayer

Heavenly Father, I want Your kingdom to come in my heart. Help me to do Your will today. Show me how to be kind and loving like Jesus. Amen.

TEACHING

Give Us This Day Our Daily Bread

Matthew 6:11

“Give us this day our daily bread.”

This simple request teaches us to depend on God for everything we need. “Daily bread” means more than just food - it includes clothes, shelter, health, and all the good things God provides. When we pray this, we are acknowledging that every good gift comes from God. He is our provider. We don’t need to worry about tomorrow because God knows what we need. Jesus said, “Your Father knoweth what things ye have need of, before ye ask him” (Matthew 6:8). So we can ask with confidence. This prayer also helps us be content with what we have today. Instead of always wanting more, we learn to thank God for what He gives us each day. Think about the food on your table, the bed you sleep in, and the people who love you. These are gifts from God. When you pray for daily bread, you are trusting God to take care of you, and you are learning to be grateful.

Put It Into Practice

Family Activity: Start a gratitude journal. Each day, write or draw one thing God provided for you that day. Before a meal, take turns thanking God for specific provisions. Talk about how God cares for us like a loving parent.

Reflect & Talk Together

1. What are some things God has given you today?
2. Why is it important to ask God for what we need instead of worrying?
3. How can you thank God for His provision this week?

Prayer

Father, thank You for giving me what I need each day. Help me to trust You to take care of me and to be grateful for all Your gifts. Amen.

TEACHING

Forgive Us Our Debts

Matthew 6:12

“And forgive us our debts, as we forgive our debtors.”

We all sin when we choose what is wrong. An ordinary mistake while learning is not automatically a sin. Jesus teaches us to confess wrongdoing and receive God's forgiveness. When we pray “forgive us our debts,” we are admitting that we have done wrong and asking God to forgive us. The wonderful news is that God is ready to forgive. Because of Jesus, who died on the cross for our sins, we can be completely forgiven. 1 John 1:9 says, “If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.” But Jesus also teaches us to forgive others. Just as God forgives us, we should forgive those who hurt us. This can be hard, but God gives us the strength to do it. Forgiveness means letting go of anger and showing mercy, just like God has shown mercy to us. Think about someone who has been unkind to you. Can you forgive them? Ask God to help you.

Put It Into Practice

Family Activity: Use two pieces of paper. On one, write or draw a sin you need to confess. On the other, write the name of someone you need to forgive. Pray together, asking God to forgive you and to help you forgive others. Then tear up the papers as a symbol of forgiveness.

Reflect & Talk Together

1. What does it mean to confess your sins to God?
2. Is there someone you need to forgive? How can you do that?
3. How does knowing God forgives you help you forgive others?

Prayer

Dear God, I am sorry for the wrong things I have done. Please forgive me. Help me to forgive others just as You have forgiven me. Thank You for Your mercy. Amen.

TEACHING

Lead Us Not into Temptation

Matthew 6:13

“And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever. Amen.”

Temptation is when we are tempted to do something wrong. Everyone faces temptation, even children. It might be the temptation to lie, to be unkind, or to disobey your parents. Jesus teaches us to pray, “Lead us not into temptation, but deliver us from evil.” This is a prayer asking God to help us stay away from sin and to protect us from the evil one. God does not tempt us to sin (James 1:13), but He allows tests and He promises to help us when we are tempted. 1 Corinthians 10:13 says God will provide a way of escape. When you feel tempted, you can pray and ask God for strength. You can also remember that Jesus understands because He was tempted too, yet He never sinned. He can help you when you are tempted. This prayer is about depending on God’s power to do what is right.

Put It Into Practice

Family Activity: Talk about a common temptation for children, like lying or being mean. Role-play how to pray and ask God for help in that moment. Memorize

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Corinthians 10:13 together as a family reminder.

Reflect & Talk Together

1. What is a temptation you face often?
2. How can you ask God for help when you are tempted?
3. Why is it good to know that Jesus was tempted too?

Prayer

God, please help me when I am tempted to do wrong. Show me the way out and keep me safe from evil. I trust You to give me strength. Amen.

TEACHING

For Thine Is the Kingdom

Matthew 6:13

“For thine is the kingdom, and the power, and the glory, for ever. Amen.”

Jesus ends the prayer with praise. “For thine is the kingdom, and the power, and the glory, for ever.” This reminds us that God is in control. He is the King, and He has all power and glory. When we pray, we can end by praising God for who He is. Praise is a big part of prayer. It is not just asking for things; it is telling God how wonderful He is. You can praise God for His love, His power, His wisdom, and His goodness. The Bible says, “Let every thing that hath breath praise the Lord” (Psalm 150:6). When you praise God, you are focusing on Him instead of your problems. You are saying, “God, You are great, and I trust You.” This is a wonderful way to end your prayers. Remember that prayer is a conversation. You can talk to God anytime, and He loves to hear from you. As you grow, keep talking with God, and He will guide you all your days.

Put It Into Practice

Family Activity: Make a list of things you love about God. Use each letter of the alphabet to think of a praise word (Awesome, Beautiful, Caring...). Sing a praise song together and end by praying the Lord’s Prayer as a family.

Reflect & Talk Together

1. What are some things you can praise God for today?
2. Why is it good to end your prayers with praise?
3. How does remembering God's power help you trust Him?

Prayer

Lord, You are great and worthy of all praise. Thank You for Your love and power. Help me to praise You every day and to trust You with my whole heart. Amen.

Continue Abiding

Prayer is a gift from God. Through Jesus, we can come to the Father anytime, anywhere. As you continue to talk with God, remember that He is always listening. He loves you, He cares for you, and He wants to have a relationship with you. Let the Lord's Prayer be a guide, but don't be afraid to pray in your own words. Share your joys, your worries, your thanks, and your questions. God is faithful, and He will never leave you. May you grow in your love for Him and in your joy of talking with Him every day. Amen.