

Christian Prayer Journal for Kids: Free 7-Day Printable

Ten pages for print or local filling with labeled fields: cover, worked example, seven private days, and a gentle review.

INSIDE THIS PDF

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HOW TO USE

Adult-led · Ages approximately 4–12 · Participation is optional

LISTEN · DRAW · MOVE · SPEAK · AAC · PASS

STOP ANY TIME

You do not have to keep going. We can stop, move, get water, or sit with a trusted adult.

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Our paraphrase, not Scripture text. Exact wording: World English Bible (public domain).

Protect ordinary privacy

Before the first page, explain who may see the journal and ask before opening it. Check in with Would you like company or privacy rather than reading over a shoulder.

If a page signals immediate danger, abuse, self-harm, or serious risk, follow the host safeguarding and emergency pathway. Do not promise secrecy or investigate in a group.

A child can draw, dictate, use AAC, listen, leave a page blank, or pass. Privacy and safety are both part of adult care.

Seven private prayer days

Worked Example: Day 1 notices rain on a window, thanks God for water and breakfast, and asks how to share care. It is an example only, not a required answer. Local labeled fields use stable local keys and stay optional; entries remain on the device, and the journal requests no personal profile details.

STOP

You do not have to keep going. We can stop, move, get water, or sit with a trusted adult.

ADAPT

You can listen while I read, draw, move, keep your eyes open, use AAC, leave a page blank, or pass.

GET HELP

If a page signals immediate danger, abuse, self-harm, or serious risk, contact the host safeguarding lead and local emergency or qualified professional support.

DO NOT

Do not read, collect, score, or display a child's journal without permission and a clear safety reason.

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Notice and thank

REFERENCE

Psalm 92:1-2

NOTICE

What ordinary gift, person, place, or moment can you notice today? You may thank God, name a question, or leave the box blank.

PRAYER

Thank you for meeting us in ordinary things.

CARRY

Circle a gift symbol, draw one shape, dictate a sentence, point to a choice board, or listen.

PROMPT

A response may be a picture, a copied reference, a word, AAC, or a pass.

DAY 1 · NOTICE

DAY 1 · THANKS

DAY 1 · ASK

DAY 1 · DRAW

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Praise and wonder

REFERENCE

Psalm 8:3-4

NOTICE

What makes you wonder about God's world or God's care? You may draw a sky, sound, plant, animal, person, or pattern.

PRAYER

You are worthy of praise, and we can wonder honestly.

CARRY

Use a sticker, trace a line, choose a nature picture, hum, listen, or pass.

PROMPT

No response needs to explain a private experience.

DAY 2 · NOTICE

DAY 2 · THANKS

DAY 2 · ASK

DAY 2 · DRAW

Our paraphrase, not Scripture text. Exact wording: World English Bible (public domain).

Ask for wisdom

REFERENCE

James 1:5

NOTICE

What decision, question, or next step could use wisdom? You do not have to name private details. Ask God and a trustworthy adult for help.

PRAYER

Give us wisdom for the next good step.

CARRY

Write a question mark, choose between two paths, use AAC, or invite an adult to write only words you choose.

PROMPT

Practical care and knowledgeable adults belong beside prayer.

DAY 3 · NOTICE

DAY 3 · THANKS

DAY 3 · ASK

DAY 3 · DRAW

Our paraphrase, not Scripture text. Exact wording: World English Bible (public domain).

Bring a hard feeling

REFERENCE

Psalm 13

NOTICE

What feels hard, unfair, lonely, or confusing? Draw weather, lines, colors, or a place to rest. Prayer can include lament; you do not have to sound cheerful.

PRAYER

Hear us when we are honest, and bring safe help.

CARRY

Point to a general feeling word, move, listen, leave the page blank, or stop with a trusted adult.

PROMPT

A hard feeling is not a diagnosis or a reason to demand disclosure.

DAY 4 · NOTICE

DAY 4 · THANKS

DAY 4 · ASK

DAY 4 · DRAW

Our paraphrase, not Scripture text. Exact wording: World English Bible (public domain).

Care for another

REFERENCE

1 Timothy 2:1

NOTICE

Who or what could use care? Use a broad category such as neighbors, people at school, animals, or people who are sick. Do not write a private person's story.

PRAYER

Teach us one safe way to care.

CARRY

Draw a circle of homes, select a category card, say a general prayer, use AAC, or pass.

PROMPT

Adults handle safeguarding concerns outside the journal activity.

DAY 5 • NOTICE

DAY 5 • THANKS

DAY 5 • ASK

DAY 5 • DRAW

Our paraphrase, not Scripture text. Exact wording: World English Bible (public domain).

Receive and respond

REFERENCE

Mark 10:13-16

NOTICE

Jesus welcomed children. What helps you receive welcome, and what kind response could you choose? A response may be quiet, practical, or none today.

PRAYER

Thank you for welcoming children with dignity.

CARRY

Draw an open door, choose a trusted-adult symbol, use AAC, listen, or pass.

PROMPT

No posture, eye contact, or spoken response is required.

DAY 6 · NOTICE

DAY 6 · THANKS

DAY 6 · ASK

DAY 6 · DRAW

Our paraphrase, not Scripture text. Exact wording: World English Bible (public domain).

Release and hope

REFERENCE

Philippians 4:6-7

NOTICE

What request, thanks, or hope can you place before God? Hold uncertainty, ask for help, and choose a next step without predicting the result.

PRAYER

Keep us connected to care while we wait.

CARRY

Write one word, draw a horizon, speak to an adult, use a symbol, listen, or pass.

PROMPT

Waiting never replaces action when someone may be unsafe.

DAY 7 · NOTICE

DAY 7 · THANKS

DAY 7 · ASK

DAY 7 · DRAW

Our paraphrase, not Scripture text. Exact wording: World English Bible (public domain).

Print fill and store

The ten-page artifact works as a printed journal or a local fillable PDF with labeled fields. Fields are optional and keyboard-accessible; the HTML repeats every prompt and remains the complete reading version.

Store a printed copy where the child chooses. Do not display a page as classroom work without permission. Recycle or delete pages according to the household or organisation's privacy policy.

Read Scripture in context

The seven references invite praise, wonder, questions, lament, care, welcome, and hope. They do not turn a journal into Lectio Divina or a promise that God will grant a request.

Use the World English Bible for an exact public-domain quotation. Otherwise use the short original paraphrases here and invite the adult to read the wider passage.

Do not turn a blank page, sad prayer, or unfinished day into a behavior score or a faith test.

SOURCES

1 · World English Bible

Reference-first Scripture wording and public-domain rights. · Checked 2026-08-03

<https://ebible.org/web/>

2 · W3C WCAG 2.2

Keyboard, text alternatives, labels, and accessible HTML structure. · Checked 2026-08-03

<https://www.w3.org/TR/WCAG22/>

3 · W3C PDF accessibility resources

Form labels, selectable PDF text, and a complete accessible HTML fallback. · Checked 2026-08-03

<https://www.w3.org/WAI/pdfs/>

4 · UNICEF safeguarding policy

Privacy, adult response, and referral boundaries. · Checked 2026-08-03

<https://www.unicef.org/documents/safeguarding-policy>

5 · Federal Trade Commission

Data minimisation for a resource not directed to children under 13. · Checked 2026-08-03

<https://www.ftc.gov/business-guidance/privacy-security/childrens-privacy>

Our paraphrase, not Scripture text. Exact wording: World English Bible (public domain).