

Bible Lesson on Prayer for Kids: Free 45-Minute Christian Plan

An eight-page leader packet with a timed run sheet, Scripture context, six prayer cards, discussion, safeguarding, and a take-home family card.

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 - Scripture and context: Matthew 6 and Luke 11
 - Opening and read/retell leader script
- Teaching script and six prayer-choice cards
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 - Detachable timed run sheet, optional quiet practice, and safeguarding quick reference
 - Take-home family card

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, open our eyes, move, get water, or sit with a trusted grown-up.

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

Leader snapshot

OBJECTIVE

Children can point to one reason Jesus gives for prayer, name three truthful ways to respond, and choose one optional response with a trusted adult.

NOTE

Leader-led, choice-based, and complete without the download.

Audience/mode: CG · Time window: 45–45 minutes · Agenda total: 45 minutes

MATERIALS

- An approved Bible or a printed WEB reference
- Visual schedule and timer
- Six prayer-choice cards
- Crayons, pencils, blank paper, and optional AAC symbols
- A clearly marked PAUSE card and water
- No-craft seating and movement options
- A named safeguarding lead and the host organisation's local policy

CHOICE AND STOP

STOP

You do not have to keep going. We can stop, open our eyes, move, get water, or sit with a trusted grown-up.

ADAPT

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

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Scripture and context

Reference-first paraphrase and context; use an approved Bible or licensed text for the full reading.

REFERENCE

Matthew 6:5–13

Paraphrase: Jesus teaches prayer as turning toward God, asking for daily provision, practising forgiveness without excusing harm, and seeking help in trouble.

Context: Read the whole passage after Jesus warns against performing faith to be noticed. The model prayer is not a speech test or a promise of a particular result.

REFERENCE

Luke 11:1–4

Paraphrase: A disciple asks Jesus to teach them to pray, showing that prayer is learned in relationship.

Context: The communal word our never requires a child to pray aloud. Read the surrounding verses in an approved Bible.

REFERENCE

Psalms 13

Paraphrase: The psalm makes room for honest sadness and a question before it turns toward trust.

Context: Lament belongs in Christian prayer, so a child may name a hard feeling or pass without being corrected.

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Agenda and leader words

Timed agenda total: 45 minutes. Spoken cues and alternatives stay together so the adult can adapt without dropping a step.

WELCOME AND CHOICES • 3 MIN

You may sit, stand, draw, listen, speak, use AAC, or pass. Show the pause card or tell the safe adult when you need a break.

Offer a quiet seat, movement route, or adult scribing.

NOTICE THE ROOM • 5 MIN

Point to one ordinary colour, sound, or surface you notice. You do not have to tell us why.

Draw the detail or stretch beside the group.

READ AND RETELL • 7 MIN

What happened in the text? Point, draw, use AAC, or pass.

The adult retells the passage with pictures and repeats one phrase.

TEACH THE BIG IDEA • 5 MIN

Prayer is not a magic button or a speech contest. It can include thanks, praise, sadness, asking, care, and listening.

Use one card and a fictional example rather than personal stories.

PRAYER MENU ACTIVITY • 10 MIN

Choose one card, a drawing, a movement, or a pass. Keep your response private if you prefer.

Set the six cards on a table and let the adult model first.

DISCUSSION • 6 MIN

Answer about the passage, the room, or a fictional example.

Offer pointing, partner dictation, or a quiet parallel activity.

OPTIONAL QUIET RESPONSE • 5 MIN

Listen to a short prayer, draw, move, look around, or pass.

Stop sooner when anyone asks and return to an ordinary activity.

CLOSE AND TAKE-HOME • 4 MIN

Choose one optional family moment this week. You do not have to prove faith by finishing.

Repeat the pause signal and the local safeguarding route.

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Activities and response choices

RESPONSE CHOICES • ANY ACTIVITY

Say/point: Say one sentence, point, or use AAC.

Draw/move: Draw the response or choose a movement route.

Listen/pass: Listen while the adult reads, or pass.

Praise — notice who God is

Choose one word about God's goodness, then say, draw, or point.

PROMPT:

Example: God, thank you for your faithful love. Read Psalm 100 in full.

Thank — name a gift

Notice an ordinary gift without pretending everything is easy.

PROMPT:

Example: Thank you for the person who brought water.

Honest feeling — make room for lament

A prayer can say this is hard or ask how long. Passing is welcome.

PROMPT:

Example: God, this hurts. Please stay with us. Read Psalm 13.

Ask — request help, not control

Ask for wisdom, daily needs, or a caring next step.

PROMPT:

Example: Please help our group listen and include someone who is alone.

Care for others — intercede

Choose a broad group such as neighbours, leaders, people who are sick, or the earth.

PROMPT:

Example: Give the adults who help us patience and wisdom.

Listen / Scripture — attend, then respond

Look at a short reference, draw one image, or sit with an open question.

PROMPT:

Example: What do I notice in Matthew 6:9–13? No eyes-closed requirement.

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Discussion, optional quiet, and safeguarding

DISCUSSION

- What did Jesus say about praying to be noticed?
Point to the text, offer a short answer, draw, use AAC, or pass.
- Which kinds of words did the passage make room for?
Thanks, asking, forgiveness, daily needs, help, drawing, and silence are all welcome responses.
- What is one way to join without speaking?
Listening, drawing, moving, AAC, pointing, and passing are valid options.
- If prayer time brings up a worry, who is a safe adult who can help?
Answer privately, point to the leader, use AAC, or pass. Follow the host safeguarding pathway for concerns.

OPTIONAL QUIET

God, be near as we learn to pray and care for one another. Give the adults wisdom for the next right step. Amen.

SAFETY • ADULT RESPONSE

Stop: You do not have to keep going. We can stop, open our eyes, move, get water, or sit with a trusted grown-up.

Adapt: You can listen while I read, draw, move, keep your eyes open, use AAC, or pass.

Escalate: Contact a pediatrician, school counselor, qualified child mental-health professional, or safeguarding lead when concern persists or affects daily life. Use local emergency services for immediate danger, self-harm thoughts, serious breathing trouble, or an unsafe disclosure; in the United States, call or text 988 for a mental-health crisis.

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VERTICAL TRIM • CUT

Detachable run sheet

TIMED AGENDA • TOTAL 45 MINUTES

- 0:00–0:03 Welcome and choices (3 min)
- 0:03–0:08 Notice the room (5 min)
- 0:08–0:15 Read and retell (7 min)
- 0:15–0:20 Teach the big idea (5 min)
- 0:20–0:30 Prayer Menu activity (10 min)
- 0:30–0:36 Discussion (6 min)
- 0:36–0:41 Optional quiet response (5 min)
- 0:41–0:45 Close and take-home (4 min)

SAFEGUARDING QUICK REFERENCE

Stop: You do not have to keep going. We can stop, open our eyes, move, get water, or sit with a trusted grown-up.

Adapt: You can listen while I read, draw, move, keep your eyes open, use AAC, or pass.

Escalate: Contact a pediatrician, school counselor, qualified child mental-health professional, or safeguarding lead when concern persists or affects daily life. Use local emergency services for immediate danger, self-harm thoughts, serious breathing trouble, or an unsafe disclosure; in the United States, call or text 988 for a mental-health crisis.

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Take-home family card

Pray together: choose one

1. Praise, thank, honest feeling, ask, care for others, or listen to Scripture.
2. Try for two minutes: choose a card, then say, draw, listen, move, or pass.
3. Name one caring next step and stop whenever anyone asks.
4. No streak, score, or report-back is required. Keep private words private.
5. For a safety concern, contact the trained local safeguarding lead or emergency service.

LISTEN · DRAW · MOVE · SPEAK · AAC · PASS

SOURCE LEDGER

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| 1 · World English Bible
Public-domain wording and the reference-first Scripture policy. · Checked 2026-08-03

https://ebible.org/engwebp/copyright.htm | 2 · NAEYC Developmentally Appropriate Practice
Playful, strengths-based, culturally and ability-aware facilitation. · Checked 2026-08-03

https://www.naeyc.org/node/3807 |
| 3 · CAST UDL Guidelines 3.0
Multiple ways to engage, respond, communicate, and pass. · Checked 2026-08-03
https://udlguidelines.cast.org/ | |
| 4 · UNICEF safeguarding policy
Preventive safeguarding, safe reporting, and trained adult response. · Checked 2026-08-03
https://www.unicef.org/documents/safeguarding-policy | |
| 5 · Church of England safeguarding guidance
Partner organisations use their own trained safeguarding pathway. · Checked 2026-08-03
https://www.churchofengland.org/safeguarding | |

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