

Simple Guided Prayer Prompts for Any Age

Sometimes when we pray distractions come and it's hard to stay on track. At other times we just end up with 'shopping list' prayers. Here are some simple tools to guide the direction and focus of the prayer.

THE 'ACTS' ACROSTIC

- A** Adoration
- C** Confession
- T** Thanksgiving
- S** Supplication

Adoration

This means praise. We begin our prayer by praising God for who he is. We can praise him for his character i.e. a loving God, a holy God, merciful, just and full of compassion. Use a Psalm to help them find the words and thoughts to express. (**some suggestions: Psalms 96, 98, 100, 103, 145**)

Confession

This is saying sorry for when we have not lived as we should. *'If we confess our sins to him, he is faithful and just to forgive us and cleanse us from every wrong.'* (**1 John 1:9**) We need to admit our sin to God who will forgive us and help us begin again.

Thanksgiving

Say thank you to God for what he's done for us, and all that he continues to do in our lives. (**1 Thess 5:18**)

Supplication

This is an old word that means 'a humble request for help'. Ask God to help in difficult situations or times of need. We can ask him to work in someone else's life, or pray for the big problems of the world. Nothing is too big or too difficult for him. (**Philippians 4:6-7**)

THE 'PRAY' ACROSTIC

- P** Praise
- R** Repent
- A** Ask for someone else
- Y** Your own needs

A similar prayer pattern and guide to the ACTS acrostic, but it may be easier to understand and implement for children and young teens.

A similar prayer pattern and guide to the ACTS acrostic, but it may be easier to understand and implement for young teens.

THE PRAYER HAND

Pray for others by using your hand as a memory prompt or template for prayer.

1st finger

This is your index finger or 'pointing' finger. Pray for people who help you grow as a Christian, who point the way to be more like Jesus i.e. small group leader, youth pastor, and church minister. (**Col 4: 2-4**)

2nd finger

This is your strongest finger. Pray for people with power and responsibility i.e. government and civic leaders. (**1 Tim 2: 2**)

3rd finger

This is commonly known as the ring finger. Pray for those you love and who are close to you such as family and friends.

4th finger

This is your little finger. Pray for those who are weak or helpless, or who are old and infirm. Pray for those who you know who are sick. (**James 5:13-15**)

Thumb

Pray for those who are furthest away from you. Pray for the church around the world, for missionaries and for Christians who are persecuted for their faith. (**Ephesians 6:18**)

Whole hand

Finally, pray for yourself. Admit the things you know you have done wrong (**1 John 1:9**) and receive God's peace and forgiveness. Offer your hands to serve God through your life, at home, school or work.

THE LORDS PRAYER

These are the words Jesus gave as a model prayer to his disciples. It includes praise, praying for God's will to be done, confessing sins and asking for forgiveness, help to forgive others, asking for daily help and provision and strength to overcome temptation.

Perhaps it's the most obvious place to start, but it's also the easiest prayer to repeat without thinking about its meaning.

Use the extra prayer prompts on your own or with a family or group to pause and pray deeper about each petition. You might want to use this as a simple seven day guide to journey through the prayer in the coming week and beyond.

For deeper study, refer to Luther's Small Catechism section on the Lord's Prayer. The Catechism was written for parents to use in their home to teach the chief parts of faith. <http://catechism.cph.org/en/lords-prayer.html>

A sample guide follows below for you to amend or add to. It includes something to think and pray about and something to do.

Matthew 6: 9-13 (Jesus said) Pray like this,

Our Father in heaven, may your name be honored

How does it feel to be able to call God your Father? Tell him how you feel.

How can I honor God's name today?

May your Kingdom come soon

How does your community need to change to be more like what God wants? Pray it happens soon.

What can I do today to help bring God's kingdom to my community?

May your will be done here on earth, just as it is in heaven.

What can you pray for today for God's will to be done on earth? Check out the news and pray.

What is God asking me to do today?

Give us our food for today

God provides for our day to day needs and gives ways for us to take care of ourselves. Thank him.

What do I need to do to trust God today?

and forgive us our sins

Why is it important to ask for God's forgiveness every day? **(1 John 1: 9)** *Go on then, Ask!*

just as we have forgiven those who have sinned against us

Why is it important to forgive others who have hurt us? **(Matthew 6: 14-15)**

Is there anyone I need to forgive today?

And don't let us yield to temptation but deliver us from the evil one.

God helps us recognize temptation and gives the strength to overcome it. **(1 Corinthians 10: 13)** Ask him to help you do the right thing today?

I will try to stay away from anything which tempts me to do wrong.