

PRACTICING the  
HABIT of PRAYER

PREVIEW

31 DAYS  
of PRAYER and SCRIPTURE

Pieced together by: JESSICA HOLDER

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All scripture within this book is taken from the NIRV (New International Readers Version).

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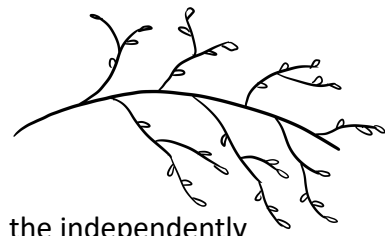
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This book is dedicated to Katie who wanted to learn how to pray.

PREVIEW

*Words to read before beginning ...*



This book contains thirty-one days of readings and prayers to gently lead the independently reading child into the habit of prayer. Each day is structured using a similar format intersecting scripture and prayer with the child's personal choice of response.

Following is an outline of the basic structure with further guidance on how to move through each day.

### **QUIETING – “Be still, and know that I am God” – Psalm 46:10**

At this time, be still and think about God – who He is, what He has done, and why He is important to you. Your thinking may start with a characteristic of God such as *loving, faithful, mighty, just, righteous*, etc. Try to take at least one minute to think about God. Then, read through the prayer Psalm as though you are speaking directly to God. Read the Psalm and highlight, underline, or circle words and phrases that stand out to you. Spending time to think about God prepares your heart and mind for prayer.

### **READING – *So faith comes from hearing the message. And the message that is heard is the message about Christ* – Romans 10:17**

The *Reading* portion will take you from the birth of Jesus to His resurrection, using selected passages from all four Gospel books – Matthew, Mark, Luke and John. Read these passages with care. It is often through God's Word that we hear God speaking to us. You are instructed to read the passage twice. The first time, read to get an understanding of the passage; the second time, read to pull out the portions that are particularly important to you. Highlight any phrases or sections that stand out to you. Take time to consider what God may be speaking to you through these important parts.

### **INTERCESSION – *First, I want you to pray for all people. Ask God to help and bless them. Give thanks for them.* – 1 Timothy 2:1**

Intercession simply means praying on behalf of others. “Others” can include family, friends, neighbours, classmates, your church, your community, your country, and people all around the world. Intercession can include praying for others to come to know God through salvation, or can focus on a situation that someone is in. At the beginning of this book, you will find pages titled “My Intercession List”. Use these pages to add people and situations to pray for on this list. Make notes or embellishments on your list as you see God answering your prayers!

**PRAISING AND THANKING – LORD, I will give thanks to you with all my heart. I will tell about all the wonderful things you have done. – Psalm 9:1**

Praising and thanking are types of prayer and can be done in a variety of ways. You may like to speak, sing, listen to, or write your praise and thanksgiving. At the end of this book there are selected hymns and a Psalm that focus on praising and thanksgiving. You can use these to sing or to read aloud. As well, a page titled “My Thankful Journal” is found near the beginning of this book if you would like to make a list of your praise and thanksgiving. Naming your praise and thanksgiving leads to a heart of contentment. Other ways that you can practice praise and thanksgiving include listening to a worship song, playing a praise song on an instrument, or drawing your praise in a sketch book.

**CLOSING – I have hidden your Word in my heart so that I won't sin against you. – Psalm 119:11**

At this time, quiet yourself again and meditate on the closing scripture blessing. Meditate is a fancy word for thinking about a thought or idea for a longer period of time. The scripture blessing changes every five days, so you will have five times to meditate on it and to hide it in your heart to keep.

**LISTENING – God has breathed life into all Scripture. It is useful for teaching us what is true. It is useful for correcting our mistakes. It is useful for making our lives whole again. It is useful for training us to do what is right. – 2 Timothy 3:16**

At the end of some of the books, a “Listening Box” is provided to record words or pictures of what God has been speaking to you during your scripture reading and prayer time. This is an opportunity to more permanently keep the truths that the Holy Spirit is speaking to your heart mind.

*I am the vine. You are the branches. If you remain joined to me, and I to you, you will bear a lot of fruit.” ~ John 15:5*





# MY THANKFUL JOURNAL

PREVIEW



*Give thanks to the Lord, because He is good. His faithful love continues forever.*

*~ Psalm 107:1*

**QUIETING**

*Quiet your heart and mind. Thank God for His presence.  
Take a moment to think about God and who He is and what He means to you.*

***Psalm 5:1-3***

Lord, listen to my words.  
Pay attention when I mourn.

My King and my God,  
hear me when I cry for help.  
I pray to you.

Lord, in the morning you hear my voice.  
In the morning I pray to you.  
I wait for you in hope.

*Reread the Psalm prayer and underline or highlight a phrase that stands out to you.*

**READING*****Matthew 1:18-25***

This is how the birth of Jesus the Messiah came about. His mother Mary and Joseph had promised to get married. But before they started to live together, it became clear that she was going to have a baby. She became pregnant by the power of the Holy Spirit. Her husband Joseph was faithful to the law. But he did not want to put her to shame in public. So he planned to divorce her quietly. But as Joseph was thinking about this, an angel of the Lord appeared to him in a dream. The angel said, "Joseph, son of David, don't be afraid to take Mary home as your wife. The baby inside her is from the Holy Spirit. She is going to have a son. You must give him the name Jesus. That's because he will save his people from their sins." All this took place to bring about what the Lord had said would happen. He had said through the prophet, "The virgin is going to have a baby. She will give birth to a son. And he will be called Immanuel." The name Immanuel means "God with us." Joseph woke up. He did what the angel of the Lord commanded him to do. He took Mary home as his wife. But he did not sleep with her until she gave birth to a son. And Joseph gave him the name Jesus.

Reread the passage from the gospel of Matthew and pray that God would speak to your heart as you read it again. Underline or highlight any phrases or sections that stand out to you.

## INTERCESSION

Ask God to help you to think of someone or something that He would have you to pray for. Record this person, situation or event on your Intercession List at the front of this book.

Take some time to pray, or intercede, for the request that you listed today.

Other prayer areas to consider:

- Wisdom for parents
- Good relationship with siblings

## PRAISING AND THANKING

Take time to praise God in the way that you see best. Sing or listen to a praise song, read a praise or thanksgiving Psalm, play a song on a musical instrument, write some praise words in a praise journal, or add to a thankful journal. There is a place to start a Thankful Journal near the front of this book.

## CLOSING

Numbers 24-26 {revised to read as first person}

May the Lord bless me  
and take good care of me  
May the Lord smile on me  
and be gracious to me.  
May the Lord look on me with favor  
and give me peace.

## LISTENING

What has God spoken to you during your prayer time today? In the box, write some words or sketch a picture to help you remember what God is saying to you.

