

Into the DEEP For Kids

A Prayer Journal for Exploring the
Depths of the Lord's Prayer



John Allen and Madalyn Allen

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Journey
This Journal Belongs to:

Dear Parent,

As I write this letter, my heart overflows with gratitude and hope. This journal was born from my desire to create something precious for my daughter—a prayer journal that would follow the pattern Jesus taught us in the Lord’s Prayer. My goal was to give her more than a set of words to memorize; I wanted to show her how to pray deeply, meaningfully, and with her whole heart.

The Lord’s Prayer is more than a beautiful recitation; it is a guide for how we can approach God. It teaches us to adore Him, to submit to His will, to trust Him for our needs, to seek His forgiveness, and to rely on His protection. As I watched my daughter learn and grow, I realized how important it is to share this gift with other parents who long to encourage their children to go beyond memorization and truly embrace the joy of prayer.

This journal is my way of sharing that gift with you and your family. For years, I, too, recited the Lord’s Prayer without understanding the richness it offers. But as I began to pray through each part intentionally, my prayers transformed. I learned to adore God for His holiness and love. I found peace in submitting to His perfect plans. I grew in trust as I brought my needs to Him. I experienced freedom in confessing my sins and forgiving others. And I felt secure in His protection as I navigated the challenges of life.

Each part of this prayer is a treasure, a chance to connect with God in a deeper way. My hope is that this journal helps your child discover these treasures for themselves, learning not just how to say the Lord’s Prayer but how to live it out in their conversations with God.

The pages of this journal are designed to be a guide—a space for your child to reflect, write, and pray through each part of the Lord’s Prayer. They will find opportunities to adore God for who He is, surrender to His will, trust Him for their needs, seek His forgiveness, and depend on His protection.

As you guide your child through this journey, remember that prayer is about connection, not perfection. Encourage them to make it their own, weaving in what they are learning from Scripture and life. For example, if they’ve recently read how God parted the Red Sea, they might want to praise Him as the God who makes a way where there seems to be none.

It is my heartfelt prayer that this journal becomes a tool of transformation for your child, helping them draw closer to God and discover the joy of walking with Him daily. May it bring lasting change to their heart and mind and strengthen their relationship with their Heavenly Father.

With love and prayers,

Madalyn Allen

A Note to Parents

Thank you for taking the time to invest in your child's spiritual growth through the Into the Deep Prayer Journal for Kids. Teaching your child the power and beauty of prayer is one of the greatest gifts you can give them, and I am so excited to be a small part of your journey.

As your child begins to explore the Lord's Prayer, I encourage you to take some time to discuss it with them. Each section of the prayer is rich with meaning and offers an opportunity to talk about who God is, how we can trust Him, and how prayer can help us grow in faith. These conversations will not only deepen your child's understanding but also strengthen the bond you share as you grow in faith together.

If you would like, you can partner with your child by using the adult version of the Into the Deep Prayer Journal. This version mirrors the same sections found in your child's journal, allowing you to explore the Lord's Prayer alongside them. Praying together as a family can be a powerful way to model a vibrant prayer life and show your child how to make prayer a regular part of their day.

Thank you for choosing to help your child develop a relationship with God through prayer. My prayer is that this journal becomes a treasured resource for your family, one that leads to meaningful conversations, heartfelt prayers, and a deeper connection with God.



I am
God's
masterpiece!

Ephesians 2:10



Today is _____

Our Father which art in heaven, hallowed be Your name.

Who is God to you? Write words that describe who God is, like loving, powerful, or kind.

Dear God, You are.....





God, You are amazing!
You created

and

*Your kingdom come. Your will be done on earth
as it is in heaven.*

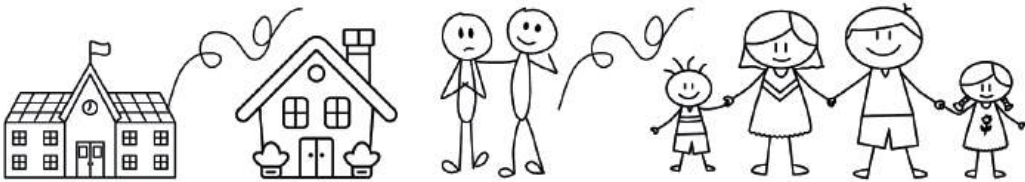
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Your will be done _____

Your will be done _____

Your will be done _____

Your will be done _____



*Give us this day
our daily bread.*



God, I pray you meet my needs today. Some of them are:

Someone else I'd like you to remember is:

Forgive us our sins as we forgive those who sin against us.

Is there something you've done that you need to say sorry to God for?



God, I'm sorry for.....

Is there someone you need to forgive?

Lead us not into temptation but deliver us from evil.

.....

I forgive.....

Protect me from....



Ask God to help you follow Him today and list anything that is scary or bad.



God loves me!

Jeremiah 31:3



Today is _____

Our Father which art in heaven, hallowed be Your name.

Who is God to you? Write words that describe who God is, like loving, powerful, or kind.

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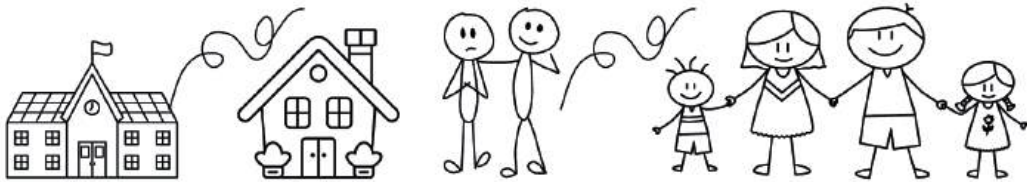
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I forgive.....

Lead us not into temptation but deliver us from evil.

Protect me from....



Ask God to help you follow Him today and list anything that is scary or bad.



I am
fearfully and
wonderfully
made



Psalm 139:14

Today is _____

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Who is God to you? Write words that describe who God is, like loving, powerful, or kind.

Dear God, You are.....





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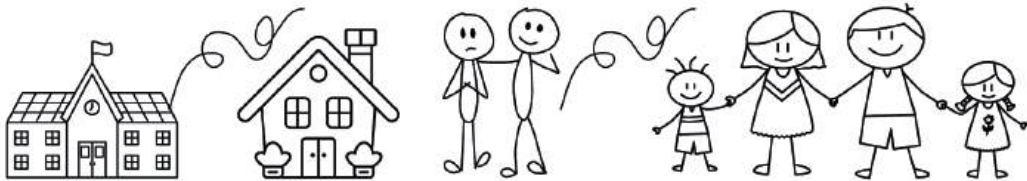
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I forgive.....

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Protect me from....



Ask God to help you follow Him today and list anything that is scary or bad.



God hears my prayers!

1 John 5:14



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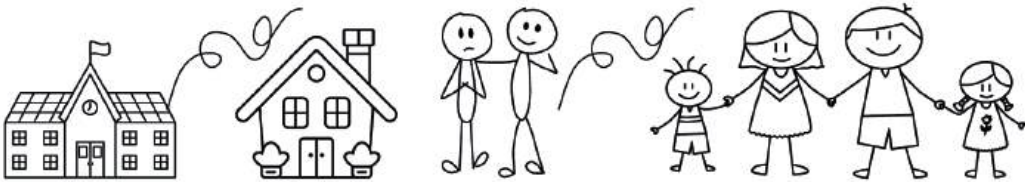
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I forgive.....

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Protect me from....



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I am a child of God

John 1:12



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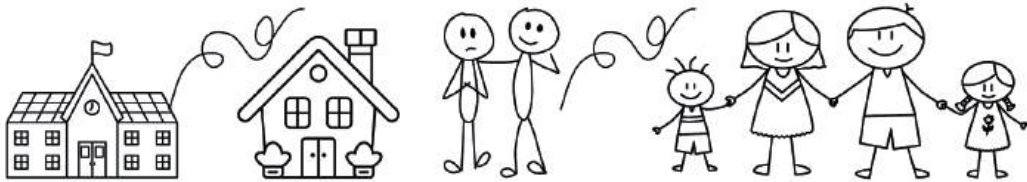
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Is there someone you need to forgive?



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I forgive.....

Lead us not into temptation but deliver us from evil.

Protect me from....



Ask God to help you follow Him today and list anything that is scary or bad.



I am never
alone. God is
always with
me!



Matthew 28:20

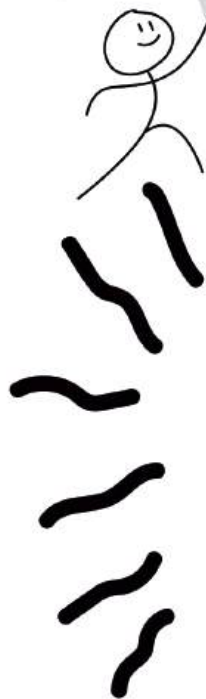
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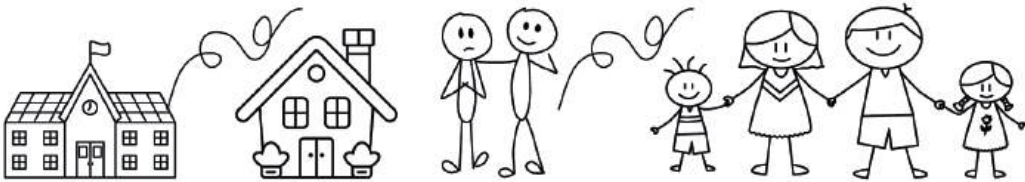
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I forgive.....

Lead us not into temptation but deliver us from evil.

Protect me from....



Ask God to help you follow Him today and list anything that is scary or bad.



God has
great plans
for my life!

Jeremiah 29:11



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Dear God, You are.....





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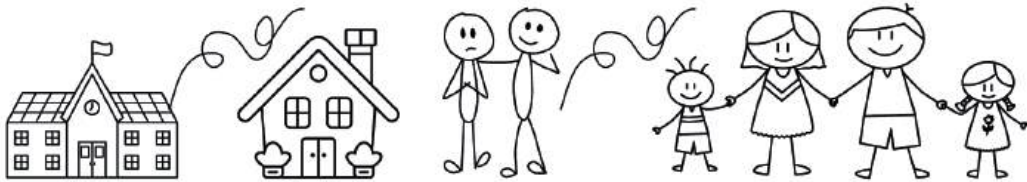
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I forgive.....

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Protect me from....



Ask God to help you follow Him today and list anything that is scary or bad.



I am chosen
and dearly
loved by
God!



Colossians 3:12

Today is _____

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Who is God to you? Write words that describe who God is, like loving, powerful, or kind.

Dear God, You are.....





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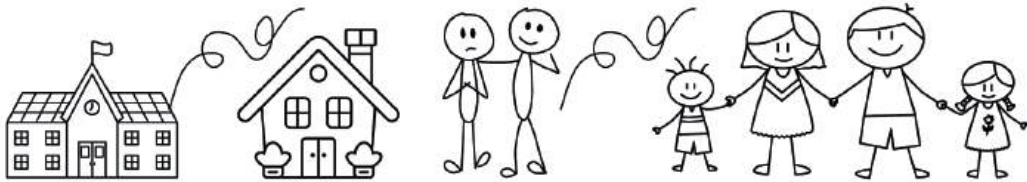
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I forgive.....

Protect me from....



Ask God to help you follow Him today and list anything that is scary or bad.



I don't need
to be afraid.
God is
my helper!



Hebrews 13:6

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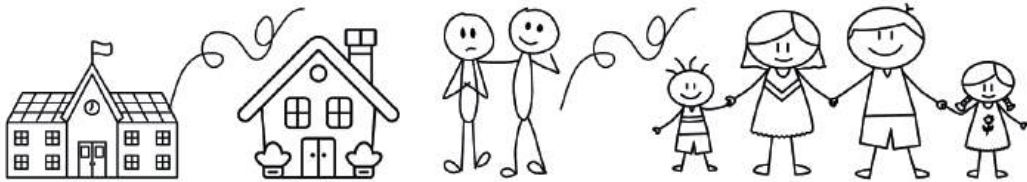
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Protect me from....



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I can do
all things
through
Christ!



Philippians 4:13

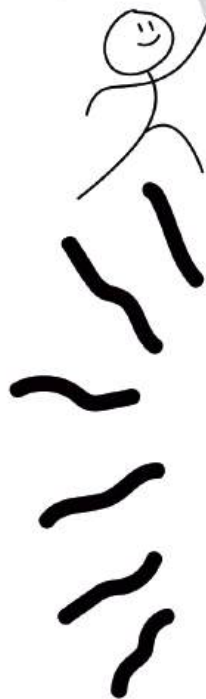
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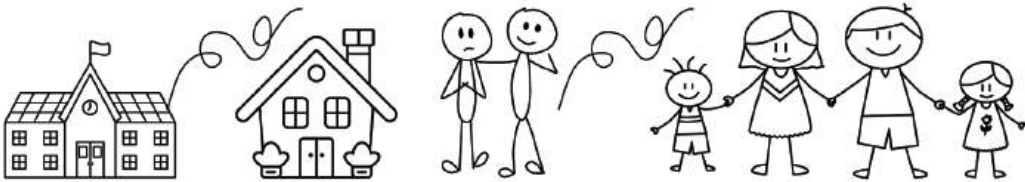
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I forgive.....

Lead us not into temptation but deliver us from evil.

Protect me from....



Ask God to help you follow Him today and list anything that is scary or bad.



The Lord is
my Shepherd.
He takes
care of me!



Psalm 23:1

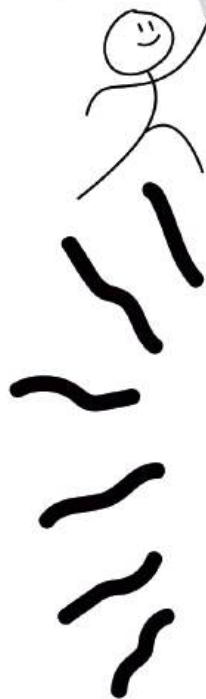
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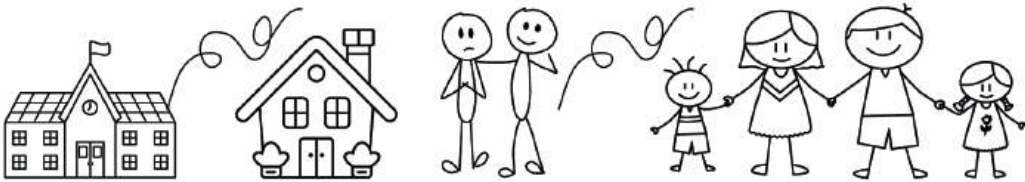
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Is there someone you need to forgive?



.....

I forgive.....

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Protect me from....



Ask God to help you follow Him today and list anything that is scary or bad.



I am a new
creation
in Christ!

2 Corinthians 5:17



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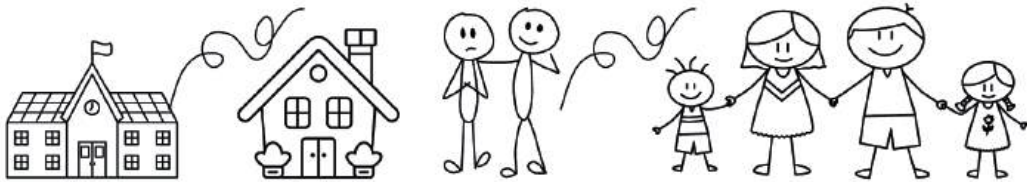
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I forgive.....

Lead us not into temptation but deliver us from evil.

Protect me from....



Ask God to help you follow Him today and list anything that is scary or bad.



Nothing can
separate me
from God's
love!



Romans 8:38-39

Today is _____

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Who is God to you? Write words that describe who God is, like loving, powerful, or kind.

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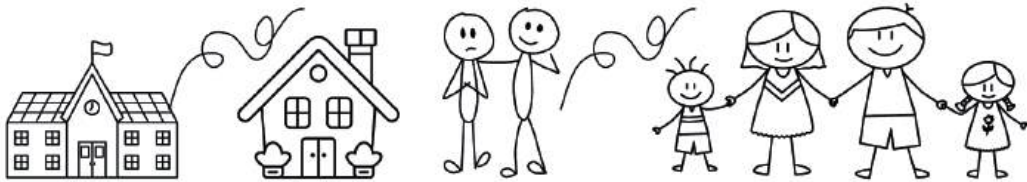
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Is there someone you need to forgive?

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I forgive.....

Protect me from....



Ask God to help you follow Him today and list anything that is scary or bad.



I am a light
in the
world.

Matthew 5:14



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Who is God to you? Write words that describe who God is, like loving, powerful, or kind.

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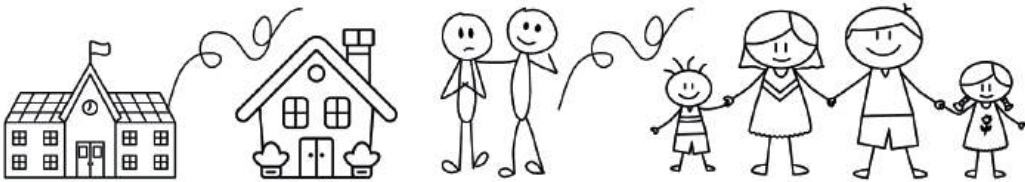
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God knows
me by name
and calls me
His own!



Isaiah 43:1

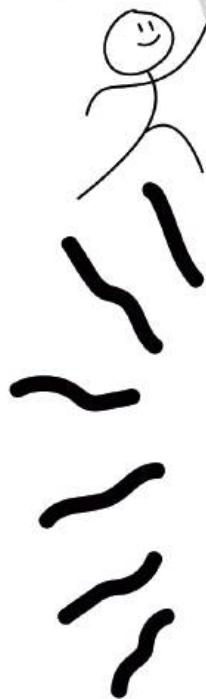
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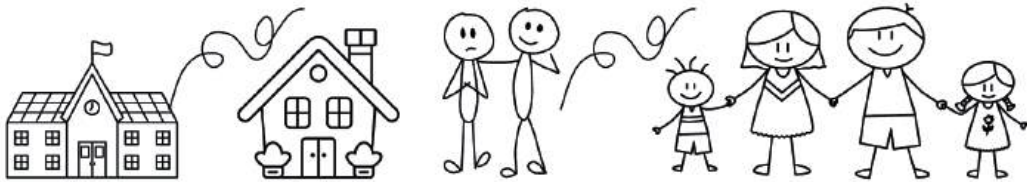
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I forgive.....

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Protect me from....



Ask God to help you follow Him today and list anything that is scary or bad.



The Holy
Spirit helps
me in
prayer.



Romans 8:26

Today is _____

Our Father which art in heaven, hallowed be Your name.

Who is God to you? Write words that describe who God is, like loving, powerful, or kind.

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God, You are amazing!
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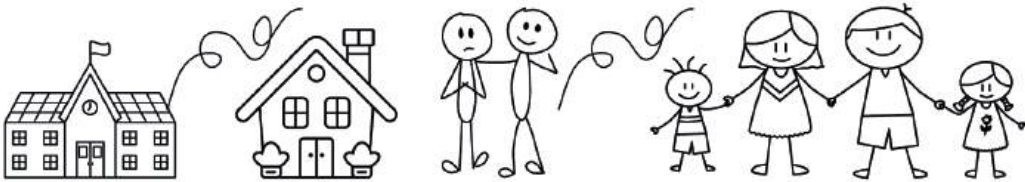
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God is my
refuge and
strength!

Psalm 46:1



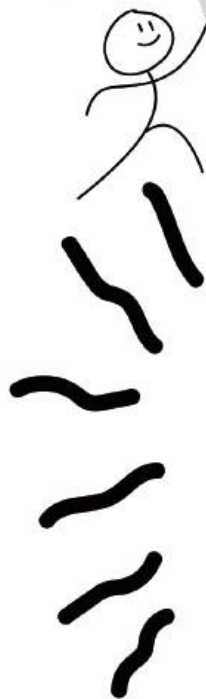
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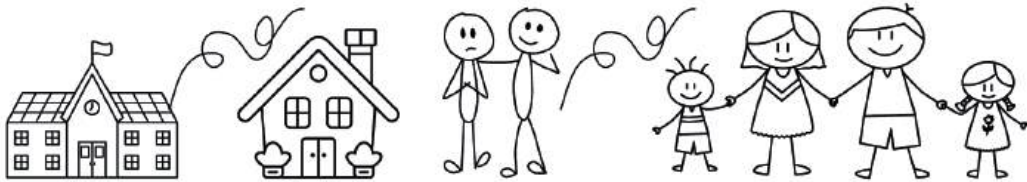
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Protect me from....



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I am loved
because
God first
loved me.



1 John 4:19

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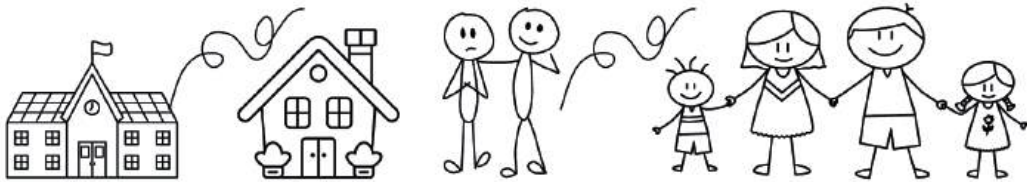
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Someone else I'd like you to remember is:

Forgive us our sins as we forgive those who sin against us.

Is there something you've done that you need to say sorry to God for?



God, I'm sorry for....

Is there someone you need to forgive?



.....

I forgive.....

Lead us not into temptation but deliver us from evil.

Protect me from....



Ask God to help you follow Him today and list anything that is scary or bad.



God
delights
in me!

Zephaniah 3:17



Today is _____

Our Father which art in heaven, hallowed be Your name.

Who is God to you? Write words that describe who God is, like loving, powerful, or kind.

Dear God, You are.....





God, You are amazing!
You created

and

*Your kingdom come. Your will be done on earth
as it is in heaven.*

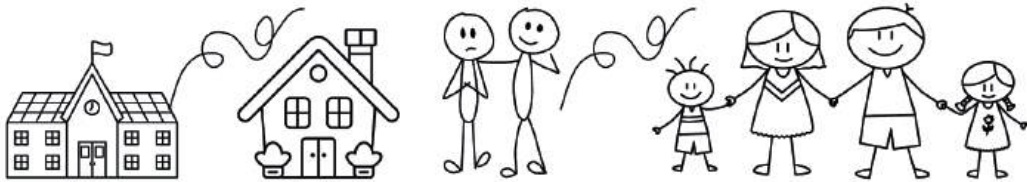
Where or how do you want God's will done today?

Your will be done _____

Your will be done _____

Your will be done _____

Your will be done _____



*Give us this day
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I forgive.....

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Protect me from....



Ask God to help you follow Him today and list anything that is scary or bad.



God's love
for me
never
fails.



Lamentations 3:22

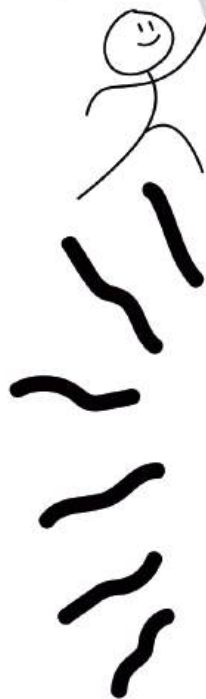
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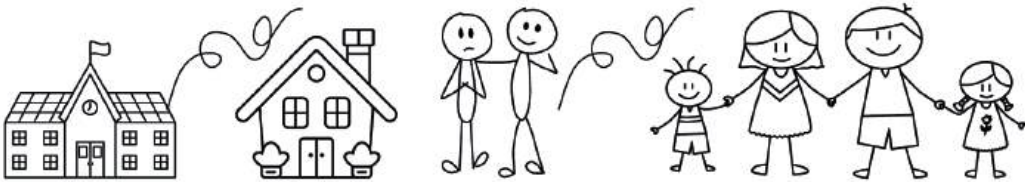
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.....

I forgive.....

Lead us not into temptation but deliver us from evil.

Protect me from....



Ask God to help you follow Him today and list anything that is scary or bad.



I am created
in God's
image!

Genesis 1:27



Today is _____

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Who is God to you? Write words that describe who God is, like loving, powerful, or kind.

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and

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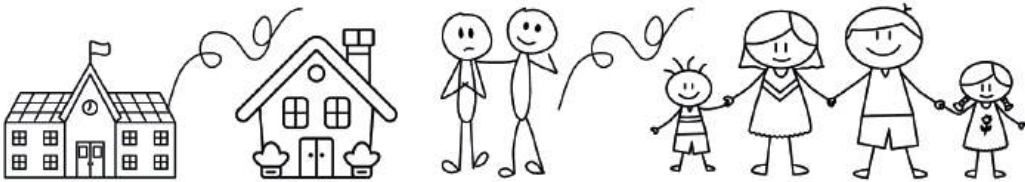
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Is there someone you need to forgive?

Lead us not into temptation but deliver us from evil.

.....

I forgive.....

Protect me from....



Ask God to help you follow Him today and list anything that is scary or bad.



The Lord
is my
strength and
my shield



Psalm 28:7

Today is _____

Our Father which art in heaven, hallowed be Your name.

Who is God to you? Write words that describe who God is, like loving, powerful, or kind.

Dear God, You are.....





God, You are amazing!
You created

and

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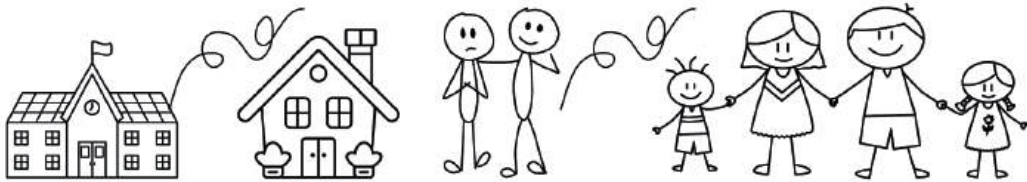
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Lead us not into temptation but deliver us from evil.

.....

I forgive.....

Protect me from....



Ask God to help you follow Him today and list anything that is scary or bad.



I am called
by God to
do good
works!



Titus 2:14

Today is _____

Our Father which art in heaven, hallowed be Your name.

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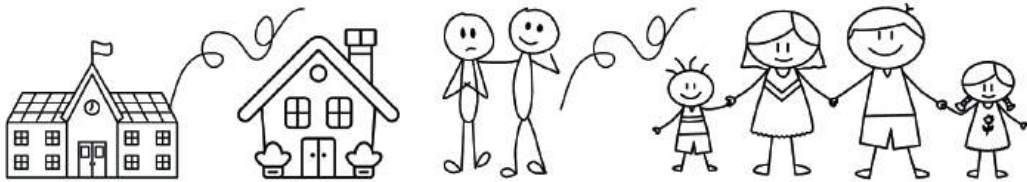
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God, I'm sorry for.....

Is there someone you need to forgive?

.....

I forgive.....

Lead us not into temptation but deliver us from evil.

Protect me from....



Ask God to help you follow Him today and list anything that is scary or bad.



God

surrounds
me with
favor!



Psalm 5:12

Today is _____

Our Father which art in heaven, hallowed be Your name.

Who is God to you? Write words that describe who God is, like loving, powerful, or kind.

Dear God, You are.....





God, You are amazing!
You created

and

*Your kingdom come. Your will be done on earth
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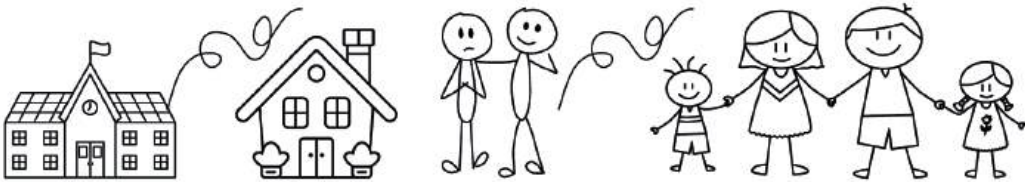
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Lead us not into temptation but deliver us from evil.

.....

I forgive.....

Protect me from....



Ask God to help you follow Him today and list anything that is scary or bad.



I am a
friend of
Jesus!

John 15:15



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Who is God to you? Write words that describe who God is, like loving, powerful, or kind.

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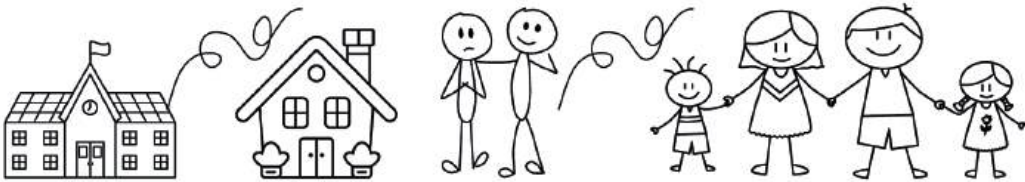
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Protect me from....



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The joy of
the Lord
is my
strength!



Nehemiah 8:10

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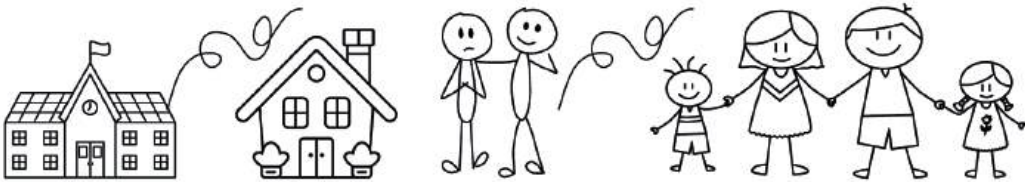
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I forgive.....

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Protect me from....



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God is
working all
things
together for
my good!

Romans 8:28

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Who is God to you? Write words that describe who God is, like loving, powerful, or kind.

Dear God, You are.....





God, You are amazing!
You created

and

*Your kingdom come. Your will be done on earth
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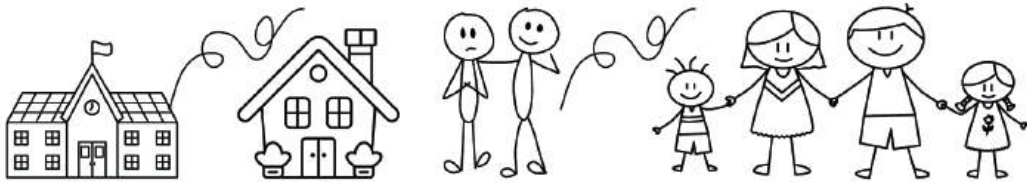
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I forgive.....

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Protect me from....



Ask God to help you follow Him today and list anything that is scary or bad.



I am part
of God's
royal family!

1 Peter 2:9



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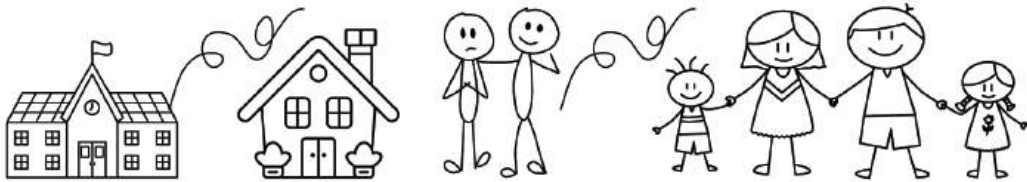
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I forgive.....

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Protect me from....



Ask God to help you follow Him today and list anything that is scary or bad.



God's word
is a lamp
to guide
my steps!



Psalm 119:105

Today is _____

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Who is God to you? Write words that describe who God is, like loving, powerful, or kind.

Dear God, You are.....





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You created

and

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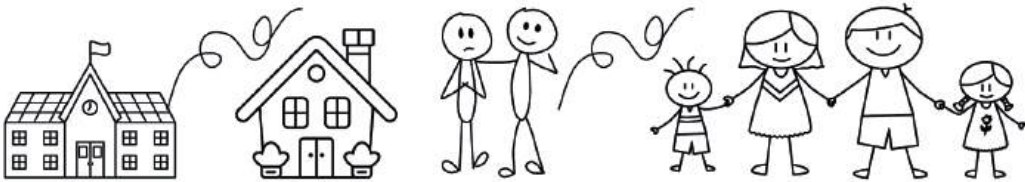
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.....

I forgive.....

Lead us not into temptation but deliver us from evil.

Protect me from....



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Almost
Time for a
new journal!



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Who is God to you? Write words that describe who God is, like loving, powerful, or kind.

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God, You are amazing!
You created

and

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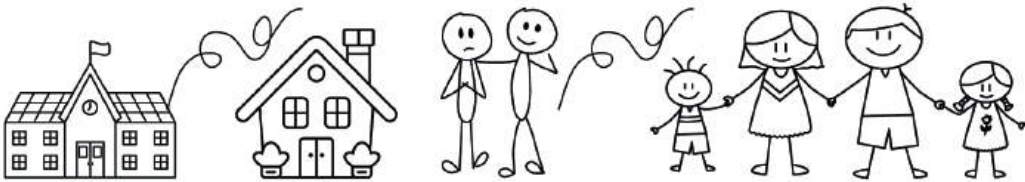
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Is there someone you need to forgive?



.....

I forgive.....

Lead us not into temptation but deliver us from evil.

Protect me from....



Ask God to help you follow Him today and list anything that is scary or bad.



I am blessed
because my
hope is in
the Lord!



Jeremiah 17:7

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Who is God to you? Write words that describe who God is, like loving, powerful, or kind.

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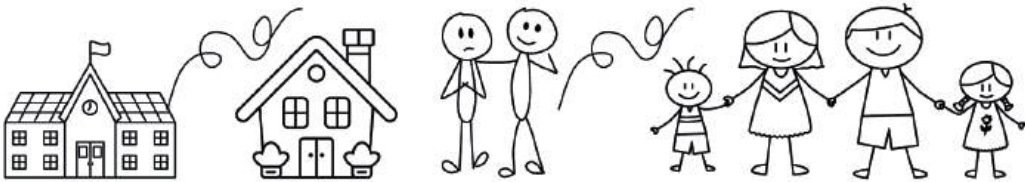
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.....

I forgive.....

Protect me from....



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God renews
my strength
when I trust
in Him!



Isaiah 40:31

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You created

and

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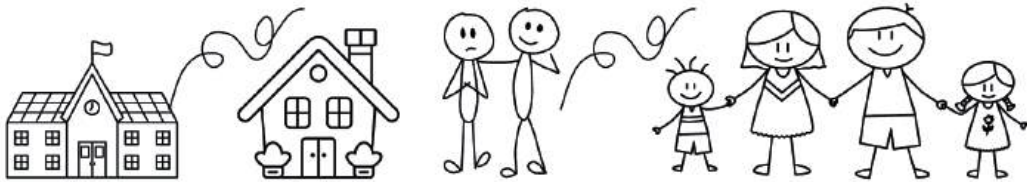
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Is there someone you need to forgive?

Lead us not into temptation but deliver us from evil.

.....

I forgive.....

Protect me from....



Ask God to help you follow Him today and list anything that is scary or bad.



I am set
apart for
God's special
purposes!



2 Timothy 2:21

Today is _____

Our Father which art in heaven, hallowed be Your name.

Who is God to you? Write words that describe who God is, like loving, powerful, or kind.

Dear God, You are.....





God, You are amazing!
You created

and

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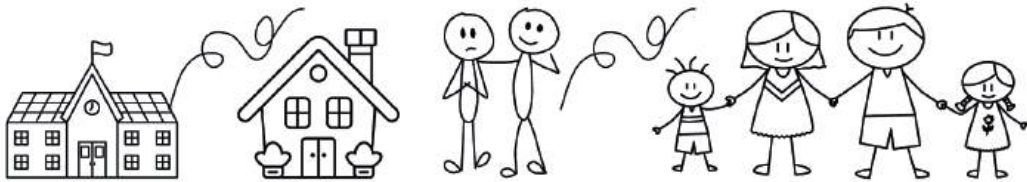
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Lead us not into temptation but deliver us from evil.

.....

I forgive.....

Protect me from....



Ask God to help you follow Him today and list anything that is scary or bad.



The Lord
watches
over me and
keeps
me safe!

Psalm 121:7-8

Today is _____

Our Father which art in heaven, hallowed be Your name.

Who is God to you? Write words that describe who God is, like loving, powerful, or kind.

Dear God, You are.....





God, You are amazing!
You created

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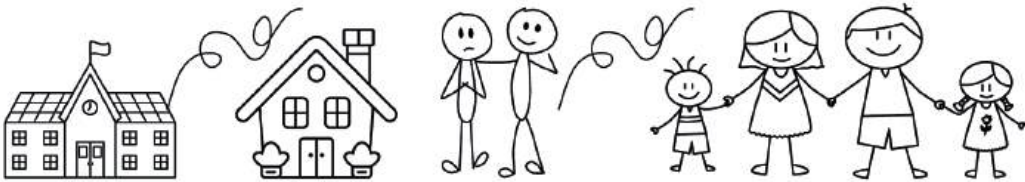
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.....

I forgive.....

Lead us not into temptation but deliver us from evil.

Protect me from....



Ask God to help you follow Him today and list anything that is scary or bad.



I am
forgiven and
loved by
God!



Colossians 1:13-14

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Who is God to you? Write words that describe who God is, like loving, powerful, or kind.

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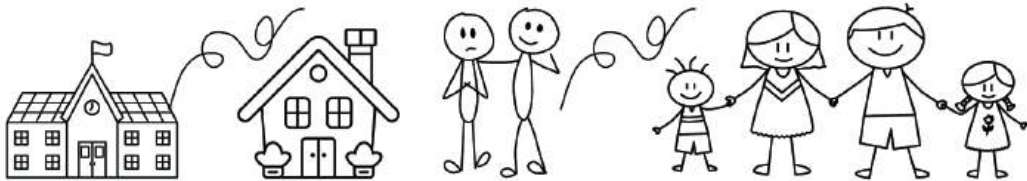
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I forgive.....

Lead us not into temptation but deliver us from evil.

Protect me from....



Ask God to help you follow Him today and list anything that is scary or bad.



God listens
when I call
out to Him!

Psalm 34:17



Today is _____

Our Father which art in heaven, hallowed be Your name.

Who is God to you? Write words that describe who God is, like loving, powerful, or kind.

Dear God, You are.....





God, You are amazing!
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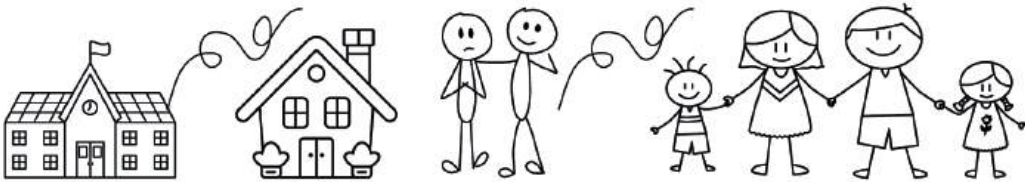
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