

7 Days of Simple Prayer

A gentle daily prayer habit
for you and your child



HOW TO USE THIS MINI-GUIDE

Prayer with children doesn't have to be long or complicated. This mini-guide gives you one simple prayer for each day, so you can build a peaceful habit together, one gentle moment at a time.

How to use it:

- Choose one prayer each day for 7 days in a row, or at your own pace.
- Read the prayer slowly with your child, or let them repeat it after you.
- Use the "Parent tip" to open a short and gentle conversation.
- If you miss a day, simply continue when you can – there is no guilt here.

Even a very short prayer can become a beautiful moment of connection. God loves hearing simple, honest words from you and your child.

DAY 1 — THANKFULNESS

Dear God, thank You for this day, for my family,
and for all the good things You give us. Help me
notice small blessings and remember to say
thank You. Amen.



Parent tip:

Ask your child, “What is one thing you are thankful for today?” Share one of your own, and, if you want, write them down together.

DAY 2 — LOVE

Dear God, thank You for loving me every single day, no matter what I do. Help me show that same love to the people around me today.
Amen.



Parent tip:

Give your child a hug during this prayer. You can say, "This is a little picture of how God loves us — always."

DAY 3 — COURAGE

Dear God, when I feel scared or unsure, help me remember that You are with me. Please give me courage to do what is right today.

Amen.



Parent tip:

Ask your child, “Is there anything that feels a little scary today?” Listen calmly, then remind them that God is with them wherever they go.

DAY 4 — HELP & GUIDANCE

Dear God, please help me today. Show me what is right, guide my steps, and help me make wise choices. Amen.



Parent tip:

Use this prayer in the morning before school, an activity, or an outing. You can ask, “What is one thing you want God to help you with today?”

DAY 5 — KINDNESS & COMPASSION

Dear God, help me be kind to my family, my friends, and the people around me today. Please give me a gentle heart that cares for others. Amen.



Parent tip:

After the prayer, ask, “How can we show kindness today?” Choose one simple action together, like helping, encouraging, or sharing.

DAY 6 — FORGIVENESS

Dear God, help me forgive when someone hurts me, and help me say sorry when I do something wrong. Please make my heart soft and teach me to live in peace with others. Amen.



Parent tip:

This prayer works well after conflict or tension. Keep the conversation gentle and simple, without turning it into a lecture.

DAY 7 — JOY & PEACE

Dear God, thank You for joy, peace, and all the good things You give us. Please fill my heart and our home with Your calm and happiness today.
Amen.



Parent tip:

End the week by asking, “What brought you joy this week?” or “When did you feel peaceful this week?” Share your own answer too.

7-DAY PRAYER TRACKER

Use this page to keep track of your week of simple prayer together.

☐ Day 1 — Thankfulness
One thing we prayed for today:

☐ Day 2 — Love
One thing we prayed for today:

☐ Day 3 — Courage
One thing we prayed for today:

☐ Day 4 — Help & Guidance
One thing we prayed for today:

☐ Day 5 — Kindness & Compassion
One thing we prayed for today:

☐ Day 6 — Forgiveness
One thing we prayed for today:

☐ Day 7 — Joy & Peace
One thing we prayed for today:

Our favorite prayer this week was:

YOU'VE JUST BUILT A BEAUTIFUL HABIT.

One simple prayer at a time, you've created gentle moments of faith and connection in your home. That matters more than you know.

Feel free to use this mini-guide again — during school time, holidays, or whenever your family needs a peaceful reset.

Ready to go further?



Discover our Bible time packs for children ages 2–12, with simple stories, activities, and tools to help your kids grow in their faith — one week at a time.

DISCOVER OUR PACKS