

My Prayer Journal for Kids

A Printable Journal for Ages 5 to 10

A gentle place to talk with God, write, and draw.

This journal belongs to: _____

A little guide for you

Choose a prompt. Write a word, a sentence, or ask a grown-up to help you. Use the big space to draw. You can pray quietly or say your prayer out loud. There is no wrong way to begin.

01 Thank You, God

What is one thing that made you smile today? Tell God thank you.

Draw your happy moment here

02 Someone I Love

Who would you like God to care for today? You can say their name.

Draw the person or people you are praying for

Talk with God

You can tell God how you feel. He listens to every prayer.

03 How I Feel

What feeling is in your heart today? You can choose a word or tell God about it.

Draw a face or colours to show how you feel

04 Help Me, God

Is there something tricky or worrying you? You can ask God to help you.

Draw what you would like help with

Growing in Kindness

Small words and kind actions can be part of our prayers.

05 Help Me Be Brave

When might you need courage? Ask God to stay close and help you.

Draw yourself being brave

06 Help Me Be Kind

Who could you encourage or help? Ask God to show you one kind thing to do.

Draw your kind idea

A Prayer for Tomorrow

You can always talk to God about the day ahead.

07 Thank You for Loving Me

What would you like to thank God for before you go to sleep?

Draw something you are thankful for

08 God, Please Be with Me

What is one thing you are looking forward to tomorrow? Ask God to be with you.

Draw or write about tomorrow

A note for grown-ups

Praying together can be a calm moment of connection. Let your child choose what to share, listen without pressure, and reassure them that they can bring every feeling and question to God.

Scripture note: This journal includes no Bible quotations. If you add a verse, check its wording and reference in your preferred Bible translation and read it in context.