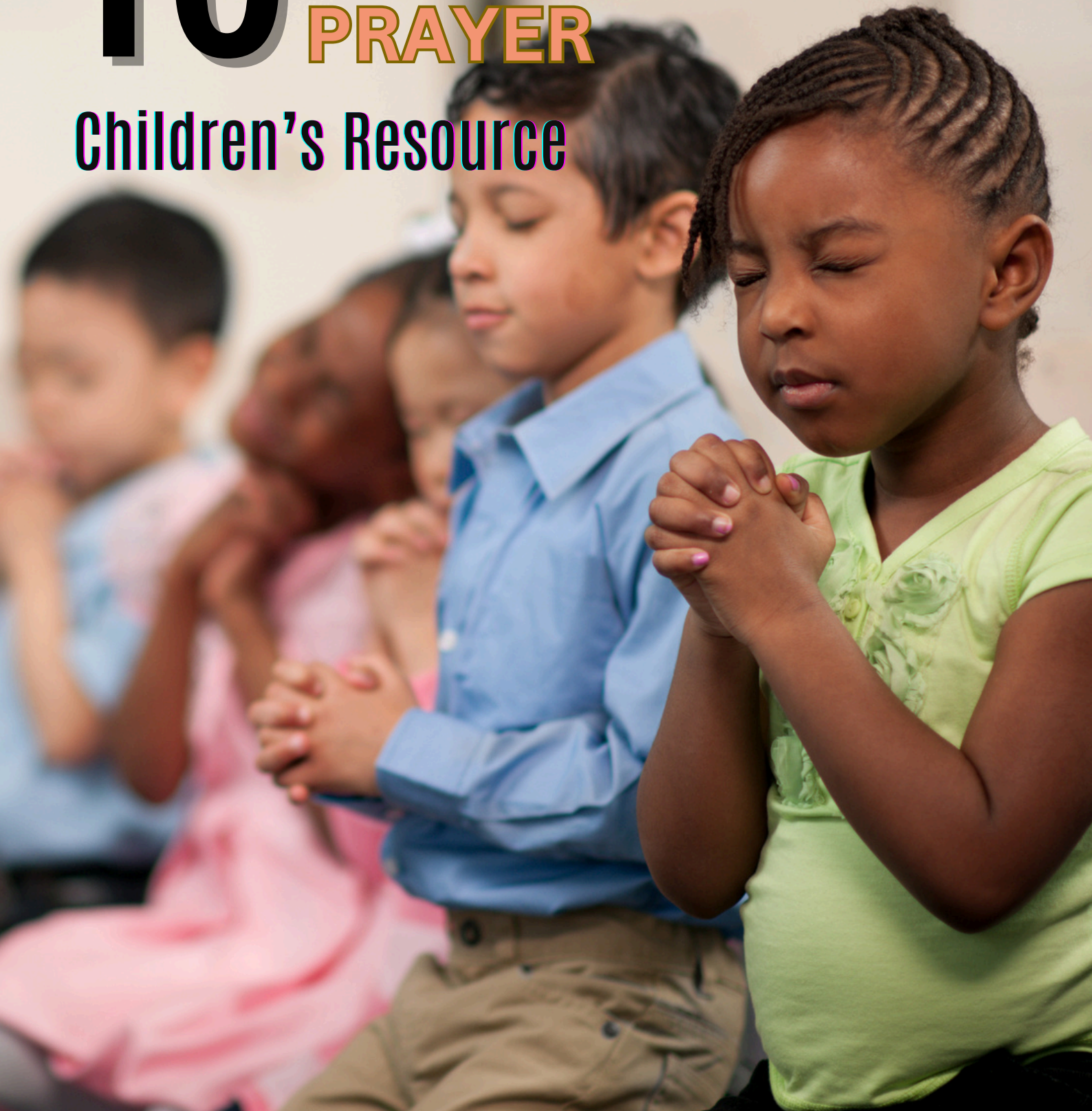


January 8 - 18, 2025

10 DAYS OF PRAYER

Children's Resource



Adventist
Children's Ministries

The Lord's Prayer

Day 1

Talking to Daddy



Daddy sat in his favorite armchair. He smiled at Katie and Kenny and held out his arms. They raced towards him, laughing with love and joy! Daddy caught them in his big arms as they climbed onto his lap. Katie and Kenny were twins, and every evening, after dinner, they had worship together. They loved this cosy time when they hugged, laughed, chatted about their day, and prayed together. Daddy was teaching them about the special prayer that Jesus taught His disciples. “

I love you, Katie! I love you, Kenny! I’m so glad I’m your Daddy!” Daddy kissed their curly heads.

“I love you, Daddy!” Katie kissed his cheek.

“I’m glad you’re my Daddy, too!” Kenny whispered into his ear.

They told daddy their exciting news! Their grades in school, and an invitation to Sammy’s party.

“What’s the saddest thing that happened today?” asked Daddy. Kenny told him about a boy who was mean to him. “Oh, Kenny, I’m so sorry that happened. What can I do to help you feel better?” Kenny wasn’t sure, but it felt good to tell Daddy about it.

Katie was sad because she had lost her favorite teddy bear. “I’ll help you look for teddy before bedtime!” Daddy comforted her.

Daddy hugged them as they prayed. “You know how we hug and talk together every day? That’s like our special time with God! He loves us and He enjoys it when we talk to Him. He comforts us when we’re sad, and He’s happy when we’re happy!” Katie and Kenny smiled. How wonderful to be loved by their Father in heaven!

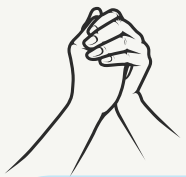
Day 1

Talking to Daddy



Let's do this!

- Make something to remind you that God loves you. He is smiling over you, and He is always with you, ready to hear your prayers!
- Wrap your arms around your chest and give yourself a hug from God! You can do this any time you need to remember how much He loves you.
- Read **Psalm 23, 103, 145, 1 Corinthians 13**, and **1 John 4:7-21** and make a list of all the ways that God loves you! Cut out a large paper heart and write your list on this big heart. Keep adding new ideas! We will learn more and more about God's love throughout eternity.
- Tutorial for paper hearts <https://artfulparent.com/how-to-cut-out-hearts/>



Let's Pray



- Thank God for the amazing gift of prayer! We can talk to our loving Father any time, and He hears us and loves us.
- Thank God for His love! Pray through the alphabet, praising God for the different ways that He loves you, beginning with each letter.
- Be still and listen to God's love for you. What would He say to you today, to let you know how much He loves you?



Day 2

Our Father in Heaven



Daddy sat in his special chair with Katie and Kenny. He looked very sad. This afternoon he had forgotten to pick them up from school! Katie had cried and Kenny was sad too. Daddy had never forgotten to pick them before.

Miss Peterson, their teacher, called Daddy's cell-phone. She reminded Daddy that Katie and Kenny were waiting for him. Daddy felt so bad! He left his work as soon as he could and came to pick them up. On their way home Daddy bought them both an ice cream, to show how sorry he was. Daddy hugged Katie and Kenny close.

"I love you and I am so glad you are my special children!" A tear rolled down his cheek.

"I am so sorry that I forgot to pick you up from school today. I hope I never do that ever again!"

"We love you, Daddy!" Katie snuggled into his chest. "We know you love us and that you didn't mean to make us scared and sad."

"I love you very much but I'm just a human Daddy. I make mistakes. I need to say sorry to you and to God when I hurt you like that."

"And we'll always forgive you, Daddy!" said Kenny, "Just like God always forgives us when we say sorry."

"Thank you, Kenny!" smiled Daddy. "Jesus taught His disciples how to pray to their perfectly loving Father in heaven. He is the Father who never forgets us. He's the Father who is always ready to forgive us. Remember that even though I make many mistakes as a parent, God loves you more perfectly than you can every imagine! And Jesus taught us how to pray, so we can talk to our heavenly Father at any time, about anything! That's amazing!"

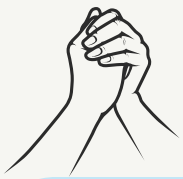
Day 2

Our Father in Heaven



Let's do this!

- How do you picture your Father in heaven when you pray to Him? We all imagine Him in different ways, and that's fine! Draw a picture of how you see God.
- God has been described as "Love – loving". "We love because He first loved us!" 1 John 4:19. Talk with your family about the times when you have experienced God's loving care.



Let's Pray

- We have an amazing Father who is also the God of the universe!
- We don't need special words to pray. God understands anything we want to tell Him. When you pray, imagine you are sitting on God's lap, and talking to Him about your day, as you would talk to the most kind and loving parent ever.
- God is the Best Parent we will ever have! Thank Him for the ways that He cares for you even better than your earthly parents!



Day 3

Hallowed be Your Name



Daddy sat in his comfy chair and held out his arms for Katie and Kenny. They ran to sit on his lap! It was a very special day because mommy and their new baby brother had just come home from the hospital! Mommy wrapped him up in a blanket and laid him gently on Daddy's chest! Daddy held him carefully. Katie let the baby hold one of her fingers in his tight little hands. Kenny gently stroked his cheek.

"He's beautiful!" said Kenny!

"What shall we call him?" asked Katie.

"Well, we called Katie after Grandma Baker," said Mommy, "because she was the kindest person we ever met! And we called Kenny after Grandpa Johnson because he was a doctor who cared for poor people who couldn't pay him back. We wanted you to be inspired by the kindness of your grandparents!"

"We thought we'd call your new brother, Kristopher, after your great-grandfather Christopher. Every week he taught English to migrant children, so they could catch up at school." said Daddy. "But we'll write his name with a 'K' to match your names!"

"All your names are special," said Mommy. "They describe our hopes that you will grow up to be kind and loving, like Jesus." Kristopher wriggled. Daddy gently stroked his head and whispered soothing words in his tiny ears.

"God has lots of very special names!" said Daddy. "Each one of them describes something wonderful about His kind and loving character! He even has a special name that was given to Him by Hagar, Abraham and Sarah's Egyptian slave. She called Him El Roi, the God who sees me."

"I love that!" Katie smiled. "El Roi! He's the God who sees us too!"

"Jesus taught us to pray 'Hallowed be Your name!'" said Daddy. "Because God's name is special and holy, and we show Him our love by speaking His name with love and wonder."

Day 3

Hallowed be Your Name



Let's do this!



Make a list of God's many different names. Discover more about His names and what they tell you about His loving character.

- If you were to give God a name that describes your experience of Him, like Hagar, what would you call Him?



- Saviour
- Redeemer
- Yahweh



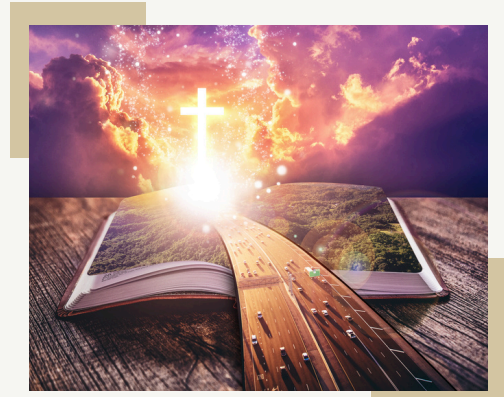
Let's Pray

- Choose one of the names of God, find out what it means and use this name to inspire a short prayer of praise.
- Choose one of your favorite names for God. Write it in the middle of a piece of paper and write short phrases of worship around His name.
- Yahweh is one of God's names. We breathe in when we say "Yah" and out when we say "Weh". Try saying "Yahweh", worshipfully, as you breathe in and out. Every breath we take praises God's holy name.



Day 4

Your Kingdom Come



Daddy was telling Katie and Kenny a Bible story about King David. He explained that David was kind to his best friend's son, Mephibosheth, who couldn't walk. King David invited Mephibosheth to live in his palace and eat at his table (2 Samuel 9). "That was such a kind thing for King David to do!" exclaimed Kenny.

"God taught David how to be a kind king, because God is a King of kindness," said Daddy.

"I'd love to live in a kingdom where everyone was kind," said Katie.

"Well, when we know how much God loves us, we love Him, and we love other people too! Then God is our King, and we live in His kingdom right here and now!" said Mommy. "When God is the King of your heart, you are living in His kingdom wherever you are! Jesus taught His disciples to pray for God's kingdom to be lived in their lives. What an amazing prayer!"

"But some kings are mean and greedy, and they start wars to take other people's land," Katie looked sad.

"Yes, that's because they want to be king over their own lives, and they want to have power and control and land and wealth," explained Daddy. "But God is love, and He doesn't want to control us, and He isn't greedy and selfish. When God is our King we live peacefully with others, we share our things with them, and we are patient and thoughtful. It's a much happier way to live! And when we live like that, other people can see how good it is to live in God's kingdom!"

"That's amazing!" Kenny was excited! "I want to live in God's kingdom right now! It sounds like the best place to be!"

"Yes, it is, Kenny!" smiled Mommy. "And we are living in God's kingdom in our home, and in our church and in our community! Whenever we live by God's loving values, His kingdom is grown on earth. One day we will all live together in the earth made new, and we will live in God's perfect kingdom forever and ever!"

Day 4

Your Kingdom Come



Let's do this!



- Talk about how God's kingdom of love is different from earthly kingdoms.
- Make a crown out of paper or cardstock. Before you stick the ends together, lay it flat on the table and write some of God's kingdom values on the crown, such as love, peace, joy, patience, kindness, goodness, faithfulness, gentleness, and self-control (Galatians 5:22-23)
- Paper crown template : <https://superstarworksheets.com/wp-content/uploads/2024/02/KingCrownTemplate.pdf>



Let's Pray

- Invite God to be the loving King of your life.
- Ask Him to help you grow your kingdom values so that you can show others what God's kingdom is like.



Day 5

Your will be done, on earth as it is in heaven



Daddy was reading the Lord's Prayer to Katie and Kenny. Kenny was puzzled. "What does it mean about God's will being done on earth like in heaven?"

"That's a good question, Kenny," said Daddy. "Discovering how to do God's will is one of the most important things for us to learn!"

"But how can we know His will? Does He tell us what He wants us to do?" asked Katie.

"Well, sometimes when I pray, God gives me a good idea of what to do. When I prayed about marrying your Mommy, I felt a strong sense from God that it was the right thing to do! And it was!"

"Wow! God helped you to choose Mommy! That's special!" Katie gave Mommy a gentle hug because baby Kristopher was sleeping in her arms.

"Jesus came to show us what God is like, and Jesus always did God's will," explained Mommy. "Can you think of some things that Jesus did?"

"Yes! He was always kind and helpful!" exclaimed Kenny. "He made people happy! He was friends with everyone, even strangers, and lepers, and children, and people who were sad and lonely!"

"That's absolutely right, Kenny!" smiled Daddy. "It is always God's will that we are kind and welcoming to others. Whenever we do kind things, we're not only doing God's will, we're helping other people to experience God's love, too!"

"Hey! I have a great idea!" cried Katie. "It's our birthday soon! We'll be ten! Why don't we celebrate the day by doing ten kind things together, for sad and lonely people!"

Kenny agreed. "Yes! Let's do it! It will be the best birthday ever!"

"That's a beautiful way to do God's will on earth!" agreed Mommy. "You'll really be putting the Lord's Prayer into action when you do that!"

Day 5

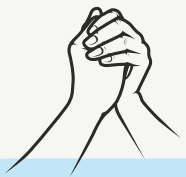
*Your will be done,
on earth as it is in heaven*



Let's do this!



- Whenever we are kind, we are doing God's will on earth as it is done in heaven. Do something kind for each person in your family. Cut paper hearts and write "Kindness was here!" on each one. Leave a kindness heart in the places where you were kind.
- Offer to help an adult in your family for 15 or 20 minutes. Listen carefully to their instructions and cheerfully do whatever they ask you to do.



Let's Pray



- Prayer is not just about talking to God. It is also about listening to God. Say the Lord's Prayer together and then spend some time in quietness, listening for what God would like you to do today.
- Throughout the day stop and pray, "Help me to know Your will and be kind to others." God will help you to make good choices.

Day 6

Give us this day our daily bread



Soon it would be Katie and Kenny's birthday! They planned ten kind things they could do for other people. Then they wrote a list of gifts they wanted for themselves. They climbed into Daddy's lap and showed him their kindness plan and their wish lists.

Daddy grinned. "Oh, what long lists! Let me see...toys, more toys, and even more toys!" He read their lists out loud. "Which of these things do you really need?" Kenny needed to have a new watch so he knew when it was time to come home for dinner. Katie needed a new bicycle because her old one was too small for her. Daddy nodded "You've both made good choices! Let's see what happens on your birthday!"

"When I was your age, my family was very poor," Mommy said. "All I had for my birthday was a warm sweater. At first I was disappointed. But it was a very cold winter, and I was very glad to have a good sweater for school, because I could play outside with my friends."

Daddy opened his Bible to the Lord's Prayer. "Jesus taught us to pray, 'Give us this day our daily bread.' God gives us all the basic things we need to keep us alive and well for one day at a time. And that's enough. He already knows everything we need and every good gift we have comes from Him, because He loves us."

"Even bicycles and watches?" asked Kenny.

"Yes, everything that we give you comes from God! He gives me the energy to work and earn money to look after you!" Daddy smiled.

"That's why we thank God for our food when we sit down to eat," said Mommy. "It reminds us that God cares for us every single day." She picked up a box. "Who wants to help me fill this box with food for the new family in our church? Their daddy doesn't have any work yet. Perhaps we'll be an answer to their prayers today!"

Day 6

Give us this day our daily bread



Let's do this!



- Create a set of placemats or cards for your dinner table. Write on them your favorite prayers of thanks for the food.
- Make a food parcel to take to a family who might need food today. Be an answer to their prayer for daily bread.



Let's Pray

- Discover different prayers of thanks for food from around the world.
- Make a list of all the things God has done today to keep you alive and healthy. Think about every minute you slept, every breath you took, and every beat of your heart. Then thank Him for everything you have listed. Each one of them is a gift of love from our Father God.



Day 7

Forgive us our sins



"Let's play hide and seek!" Kenny was excited!

"That sounds fun!" said Katie. She counted to 20 as Kenny ran and hid. Katie found him hiding under Mommy and Daddy's bed. She was so excited that she jumped on the bed. "Hey, Katie!" Kenny frowned. "Daddy told us not to jump on their bed. It belonged to our grandparents, remember."

"But it's so much fun!" squealed Katie. Kenny jumped on the bed. They laughed and bounced together. Suddenly there was a big cracking noise, and the bed sagged in the middle. "Oh no, Katie! Now what shall we do?"

Katie was scared. "Let's hide!" They crawled under Kenny's bed.

"Katie! Kenny! I'm home! Where are you?" Daddy went into his bedroom to get changed. He called again. "Katie! Kenny! Where are you?" He sounded worried. Daddy came into their room. He saw Katie's toe sticking out.

"Katie and Kenny," he said gently. "Please tell me what happened to our bed." Daddy's voice was kind.

Katie crept out. A tear rolled down her cheek. "I'm sorry, Daddy," she sniffed. "We were playing hide and seek. We got excited and bounced on your bed. We didn't know it would break."

"Come here," said Daddy with a kind smile. "Thank you for being honest, Katie. I'm sorry you disobeyed. I don't want you to be afraid of telling me when something has gone wrong. We will always forgive you! Come and help me fix the bed. I'll fetch my tools."

That evening the twins climbed into Daddy's lap. "You know, our Father in heaven is always ready to forgive us when we disobey Him," explained Daddy. "He doesn't want us to run and hide! He wants us to come close to Him and feel forgiven and loved! We can always tell Him what we've done wrong and ask for forgiveness. He is more than happy to wipe away all our mistakes forever!"

"That's wonderful!" said Kenny. "I'm glad our Father in heaven is so kind and forgiving!"



Day 7

Forgive us our sins



Let's do this!



- Blow some bubbles. Watch them pop. Can you find them again? Can you return them to the pot of bubble mixture? No! they are gone forever, just like our forgiven sins!
- Sprinkle a tray with fine sand. Write something you have done wrong in the sand. Shake the tray gently as you pray for forgiveness and watch your mistakes disappear forever.



Let's Pray



- Find white clay or play dough, or make a stiff dough from flour, salt, and water. Make a shape that reminds you of something you have done wrong. Hold it as you pray for forgiveness. Then shape the dough into a white heart. God has forgiven you and made your heart clean again!



Day 8

As we forgive others



Katie and Kenny ran to Daddy. Katie was crying and Kenny looked sad too. "Oh dear! Whatever happened at school today?" Daddy hugged them.

"Let's get some ice cream and talk about it."

Katie took a huge mouthful of ice cream. It was so cold it hurt! "Katie, slow down!" laughed Daddy! "Are you starving?"

"I am!" said Katie. "Peter got so upset he threw my lunch on the floor!" She took a smaller spoon of ice cream. "I wasn't annoying him. I was just the nearest person. Miss Peterson gave me her apple to eat."

"Oh, Katie! I'm sorry your lunch was spoiled!" Daddy comforted her.

"Mommy's made your favorite dish for dinner! And what about you, Kenny? What's making you so sad?"

"Peter tripped me up! I fell over and cut my knee!"

"Oh Kenny! I'm sorry you were hurt!"

"Daddy, why is Peter being mean?" asked Katie. "He was our friend!"

"Peter is going through a sad time," explained Daddy. "His daddy is working overseas, and he misses him. And his grandmother, who was helping his mommy, is in the hospital."

"But he still shouldn't hurt us!" cried Kenny.

"I know," said Daddy. "But when we understand how sad he is, then we can forgive him, and find ways to comfort him. Jesus prayed for us to forgive others, as our Father in heaven forgives us."

"You mean we should forgive Peter?" said Katie.

"Forgiving people doesn't always mean we have to be friends with them. It's best to stay away from people when we don't feel safe," said Daddy. "But I'll call his mommy and see how we can help. Let's invite him for ice-cream after school tomorrow."

"I didn't know Peter was so sad," said Kenny quietly. "Let's pray that God will help us to forgive him and be kind to him."

Day 8

As we forgive others



Let's do this!



- Think of someone who has hurt you. Maybe you could also think of a way to be kind to them.
- Put an edible treat in a paper bag with "Forgiveness" written on it. Sit in a circle. Give this gift of "Forgiveness" to the person on your left. Ask them to take out the treat and give a piece to you. Then ask them to pass the gift to the next person and receive a piece of treat from them. Repeat this activity, so that every person receives the gift of "forgiveness" and gives a piece back to the giver. Discuss how this illustrates forgiveness.



Let's Pray

- Pray for the people who have hurt you. Pray that God will bless them, as Jesus taught us to do.
- Remember that God loves the other person as much as He loves you!



Day 9

*Lead us not into temptation,
but deliver us from evil*



Kenny was playing football on his own. Suddenly Peter ran and kicked Peter's ball into the bushes! Last night everyone had prayed for Peter. Kenny wanted to be kind to him. But Peter was annoying him again. Kenny prayed. "Please God, help me be kind to Peter. Help me to love him and not hurt him." By the time Kenny found his football, Katie was talking to Peter. She remembered what Jesus said about being kind to those who hurt you. "Hey Peter! I brought some cookies to share with you! I thought you might be hungry." Peter hesitated. He remembered how mean he was to Katie and Kenny yesterday. He didn't want to hurt them. He was just mixed up and sad inside. And he was really hungry because mommy didn't have time to make breakfast. "Thanks, Katie!" Peter took a cookie. He ate it quickly and Katie offered him another. "Katie and Kenny, I'm sorry I was mean to you yesterday. Please forgive me," he said shyly.

"Of course we will!" said Katie. We're sorry that your daddy had to go away and your grandma is sick. We care about you! Daddy sometimes takes us for ice cream after school. Would you like to join us today?"

Peter smiled. "Yes, please!"

Kenny smiled too. God had helped them to be kind to Peter and resist the temptation of being mean. "Hey Peter! Come and play football! It's much better with two of us!" Katie and Kenny were happy that Peter joined them for ice-cream. Daddy had helped Peter's mom fix her car. And Mommy had packed a box of food for them.

That evening Katie and Kenny sat on Daddy's lap for worship. He read them the story of Jesus being tempted by Satan. Each time Jesus resisted Satan's temptation by putting God first and quoting scripture. Then Daddy said, "I'm so proud of you both for resisting the temptation to be mean to Peter, and for asking God to help you be kind. That's just what Jesus meant when He taught us how to pray!"

Day 9

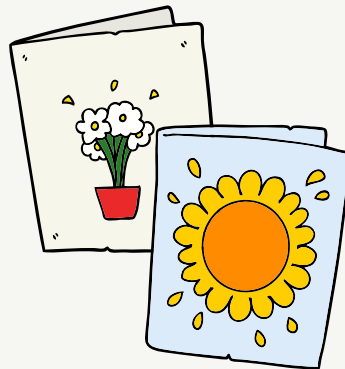
*Lead us not into temptation,
but deliver us from evil*



Let's do this!



- What are you tempted to do. Choose a “resisting temptation” Bible verse to help you be strong with God.
- Write your “resisting temptation” Bible verse on a small card and decorate it. Keep it as a special prayer reminder.



Let's Pray

- Draw around the hand of an adult.
- Write your temptations on the hand. Imagine it is the hand of God. You can put all your temptations into His hands and ask Him to help you resist them.
- Remember you can pray at any time. Imagine you are holding God's hand and He's lovingly helping you to make a good choice.

Day 10

My prayer too!



Katie and Kenny loved Friday nights! They always had a special worship time together. Katie and Kenny took turns making a special dessert with Mommy. Katie and Kenny usually decorated the table, sometimes with flowers from the yard, or with things they had made at school. Friday nights were filled with laughter, hugs, sharing good news, comforting sadness, and spending time together with God. Daddy was busy...There was a long string trailing through the rooms and into the yard. Katie and Kenny were excited and curious! After dinner they gathered for worship. "We've been exploring different parts Jesus' special prayer. So now we're going on a treasure hunt to find them all!"

Katie and Kenny loved Daddy's treasure hunts! Daddy gave them the string and told them to follow it. It led them to his chair where he gave them a big hug! "Just imagine this is a hug from your Father in heaven!" Then they found a poster with a big heart. "Write your favorite names for God to remember His name is holy," said Mommy. The string led them to a crown, then to a Bible with a heart on the cover to remind them of God's loving will for us. They followed the trail to the kitchen and found a loaf of bread, and then to a bucket in the garden, where they washed muddy stones and talked about forgiveness. They passed some tempting cookies with a sign "Save these for Sabbath lunch!"

Finally, they found a key tied to the string, and a real treasure chest! When they opened the box they found two beautiful prayer journals, with things to color, and write!

Mommy taught them some beautiful actions for the Lord's Prayer that she learnt as a child! Then they all had a big hug!

"I'm so glad that Jesus gave us a special prayer!" said Kenny.

"Me too!" said Katie. "And thank you Mommy and Daddy for making a special way for us to learn it."

Day 10

My prayer too!



Let's do this!



- Find objects in your home that illustrate the phrases of the Lord's Prayer, like the ones Katie and Kenny found. Arrange them in order and say the prayer together.
- Draw pictures to illustrate each phrase of the Lord's Prayer.
- Write each phrase on a paper footprint, make a trail, and walk along it. Repeat the walk several times, turning some footprints over each time, to hide the words as you memorize them.



Let's Pray



- Make up some actions for The Lord's Prayer – actions help our brains to remember better.
- Choose a familiar tune and turn the Lord's Prayer into a beautiful song.
- Use the different themes of the Lord's Prayer and write your own version that expresses similar thoughts in your own words.





The Lord's Prayer

(with hand motions)



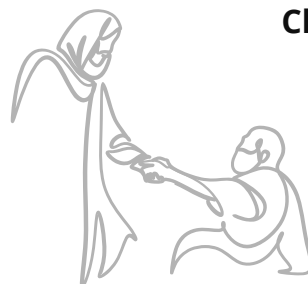
Use the actions described below as you say the words of the Lord's Prayer.

- **Our** (point both hands to the chest)
- **Father** (hug own body)
- **Who art in heaven** (raise both hands upwards)
- **Hallowed be thy name** (place hands together in prayer)
- **Thy kingdom come** ('pull' heaven down out of the sky to your chest with both hands)
- **Thy will be done** (with elbows into your side, touch your shoulders with both hands at the same time – left hand to left shoulder, right to right – then lower both hands down, as if offering them, stopping when your hands at a 90 degree angle out in front of the body)
- **On earth** (spread hands down towards ground and around, indicating the earth)
- **As it is in heaven** (spread hands up and around to indicate heaven)
- **Give us this day** (start with hands out in a receiving position, then draw them inwards and close the hands at the same time)
- **Our daily bread** (using left hand as a piece of bread, use right index and middle fingers together to perform the action of spreading butter back and forth across the left hand)
- **And forgive us our trespasses** (use both hands in a motion of flinging something away)
- **As we** (point to self with both hands)
- **Forgive those** (repeat forgiving action above)
- **Who trespass against us** (clench both fists, and bang the right one down on top of the left one, as if hammering it once)
- **And lead us not into temptation** (Keeping fists closed, cross wrists as if they are tied together)
- **But deliver us from evil** (pull wrists apart as if being suddenly freed)
- **For Thine is the Kingdom** (place both hands on your head, with fingers pointing upwards, to make a crown)
- **The Power** (use both hands to show biceps in a power action)
- **And the Glory** (lift arms together over head, and bring them down and out to each side to form a glorious circle)
- **Forever and ever** (arms move in two steps out to each side, simultaneously, as if drawing a rounded sort of M-shape)
- **Amen** (hands come together in prayer)

Karen Holford

TED Children's Ministries

Karen Holford is the Children's Ministries Director for the Trans-European Division. She loves to pray and to help other people experience how much God loves them!



Click the link below for the hand motions



[Youtube](#)




Fill in the blanks

The Lord's Prayer



Matthew 6:9-14 (KJV)

Our  _____ who art in  _____

Hallowed be thy name


Thy  _____ come

Thy will be  _____



On  _____ as it is in  _____

Give us this day



Our daily  _____

and  _____ us our trespasses

As we forgive those who trespass us

And  _____ us not into  _____

but  _____ us from evil

for Thine is the  _____ and the  _____

and the  _____ .

Forever and ever. Amen

