

Prayers
for
DIFFICULT
TIMES
for Kids

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WHEN I'M ANXIOUS

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

PHILIPPIANS 4:6

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Being anxious gives you an opportunity to lean in closer to God. Your heavenly Father is right there by your side. Trust Him. Tell Him everything that's weighing you down. Don't forget that God loves you more than anything.

The Old Testament prophet Jeremiah said that God is our "refuge in time of distress" (16:19). God did not make you to be worried and go through every hour troubled by anxiety. Just look to His Word! Jeremiah also said, "LORD, you understand; remember me and care for me" (15:15).

Your awesome Creator, your mighty Protector, wants you to live right in the center of His glorious hope. Psalm 42:5 says, “Put your hope in God.” When you start to feel waves of anxiety crash over your heart, remember God’s promise that Jesus is your peace (Ephesians 2:14). Give God your fears, and don’t forget that He loves you!

Father God, please hear me. Hear me because I'm anxious and I don't know what to do. Help me lean in and grow close to You now. I feel weird because all I can think about is the stress. I know You're there. Please help me conquer these feelings.



God, You made me. Please keep guiding me down the path of Your will for my life. Please remind me how important I am to You. I know that Your Word reminds me to rest in the peace of Jesus, and that's exactly what I want to do. Show me how to let go of my anxious thoughts.

Lord, all I want to do is live a life that brings You glory. You are worth everything to me, and I don't want to let my anxiety stand in the way of Your love. Teach me all about Your plans for my life.

I DON'T FEEL GOOD

But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness."

2 CORINTHIANS 12:9

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Days come when you don't feel good. Maybe it's because you're sick, or maybe you feel run down and just need a good nap. Sometimes you may not feel good because you're sad. Perhaps you've felt like God is far away and can't hear your prayers.

The apostle Paul experienced all of these emotions. He was really sad, but at his lowest he discovered that God's grace was all he needed. He went on to say that the Lord's power is made strong in our weakness. Hebrews 4:16 says, "Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need."

Focus on the facts. Jesus loves you, and He has not left you alone. Lift up your heart to Him, and keep praying. Don't stop. He hears every word. Feel Him hold you close. He is mercy and grace, and He thinks you're wonderful!

Please help me know You are near, Father God. Remind me that I matter to You, no matter what I'm feeling. No matter what the enemy tries to throw at me, You are almighty, and You care for me. Thank You for loving me through the hard times. Thank You for being my shield.



Jesus, thank You for coming down from heaven to rescue me. Show me how to wait on You and listen for Your voice. Speak to me. Tell me everything You have planned for me, and give me the strength to do Your will.

Lord, Your ways are perfect.
Guide me down the right path.
Lead me by Your mercy and grace.
When the day feels too hard to
handle, remind me that
You are bigger than my struggles.
Jesus, please keep my eyes on
You. Show me how much You
love me. I love You, Jesus!

SOMEONE I KNOW IS SICK

*Surely he took up our pain
and bore our suffering.*

ISAIAH 53:4

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When someone close to you is sick, you want them to feel better, but your worries might grow if they don't get better right away. God, however, is with you, and He is with your friend who doesn't feel good. In His Word, God reminds you that Jesus takes up your sickness and your pain.

Use times of sickness to pray for your friend and get closer to God. Be an encouragement and listen for God to show you ways to be a blessing. Just letting your friend know you're praying for them will lift their spirits.

Jesus cared about His friends when they were sick, too. The Bible mentions that Jesus went into his disciple Peter's house and healed Peter's mother-in-law, who was really sick with a bad fever. Matthew 8:15 says, "He touched her hand and the fever left her." Jesus is the Great Healer, and He will take care of you and your friends, too.

Lord, I pray that You will help my friend feel better. I pray that You will use me to make them smile during this time of hurting. Thank You for showing me in Your Word that You heal and that You care about everything that bothers us.



God, I want to be honest and tell You that sometimes I don't understand things. I don't know why my friend is sick, but I praise You for loving us. I praise You for all the blessings You shower over us. I pray for my friend and ask that You would bless them and help them feel better soon.

I hope my friend feels better. I don't feel good when I think about how they hurt inside. Please watch over them and let them know You're there with them. Jesus, I pray that You would lead me closer to You as I pray for my sick friend.

WHAT'S GOING ON?

For God is not a God of disorder but of peace.

1 CORINTHIANS 14:33

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God is in control! Even though life seems confusing, trust that He is holding you safe in His mighty arms. Don't feel weird—just cry out to Him, and tell Him everything you have to say. God is there to hear every one of your prayers. God knows that you're confused. He is not going to love you any less or leave you because you doubt.

God is there to protect you from the things that are making you sad. Proverbs 30:5 says, “Every word of God is flawless; he is a shield to those who take refuge in him.” Keep reading your Bible! Let His words fill your heart.

God made you, and that means you are important. Listen to Him show you the way. He cares about you so much more than you’ll ever know. Believe that He doesn’t want you to spend all your time feeling frustrated. Use this time to rely on your Creator. He loves you!

God, I don't understand why some things happen the way they do. I know that You have good plans for me. I know You are the author of peace. Please fill my life with hope and love. Help me know that You are here guiding me through these confusing times.



Teach me Your plans for my life. Please give me strength to do Your will. I get confused because sometimes my days don't go like I think they should. Sometimes my heart is heavy because I feel like I'm doing everything right but things still go wrong. Be my guide. Take my hand, and show me where to go. Give me faith to follow You.

Lord, please just help me take a deep breath and rely on You for everything. I'm giving You all the confusing parts of my life and trusting that You will use them to draw me closer to Your loving heart.

MY FRIEND IS GOING THROUGH HARD TIMES

*No one should seek their own good,
but the good of others.*

1 CORINTHIANS 10:24



Maybe you have a friend who's going through a hard time but you don't know how to help. Maybe you don't have the right words to say. Just being there for your friend who's hurting is enough. Just letting them know you care will help them know that God cares for them, too.

Remind your friend to read the Bible. Remind them that God is a promise keeper and that He fills your friend's heart with His love. You can even read the same passage as your friend and share all the ways God speaks to you about His Word. Encourage your friend who is hurting with the truth that God's love is never ending.

Even though the enemy seeks to steal your friend's hope, tell them the truth. Tell them that God's desire is to shower them with grace. Tell them that Jesus is their Living Water and that He is enough to get through every hard time.

I'm sad to see my friend hurting. I wish there was a way I could make their trouble go away, but I am relying on You, God, to help them. Fill their heart with Your hope. Tell them that everything will be okay. I pray that You will be their strength.



I know what it's like to carry the heavy weight of sadness. Please lift that burden off my friend today. Thank You, Lord, for walking by their side and holding their hand. You are a wonderful God who cares. I lift my friend up to You and pray that You will take away all the things that are causing them pain.

Lord, I'm asking that You will help my friend deal with all the things that are hurting them. I praise You for caring about all of us. Have mercy on my friend. Please let them know that You are taking care of all their burdens.

BEING AFRAID

*“The Lord is my helper; I will not be afraid.
What can mere mortals do to me?”*

HEBREWS 13:6

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Jesus told His friends not to be afraid. He told them to get courage from Him and not fear the things in life that seemed too big and scary to overcome (Matthew 14:27).

With Jesus, this kind of fearless living is for you, too! Hear His sweet voice comfort your nervous heart as He says you are worth more than anything, and because of that, He will take care of you (Matthew 10:31). Follow Him. When His friends were afraid to leave everything behind, Jesus said not to worry because He was with them (Luke 5:10).

Jesus is stronger and bigger than anything in your life that would cause you to worry. He is smarter and mightier than any force that might get in your way of following Him. He loves you and wants you to be free from fear. Trust His promise to always take care of you. Lord, thank You for making me.

Help me to rely on Your Word that says You will always be there for me. Help me hear Jesus tell me not to be afraid. I want to put down my fears and reach out with empty hands and grab hold of Jesus.



Sometimes it seems hard not to worry, but I know that being afraid means I'm not trusting You. Forgive me, Jesus. Give me the courage and strength to keep my eyes on You and follow You wherever You lead me. Your ways are the only ones I want to walk in today.

God, I'm sorry that most days when something stressful happens, my first reaction is to be afraid. After spending time in Your Word, I see that this isn't what You desire. I'm slowly understanding that You have given me a spirit of life. Help me grow into the courageous person You see and made me to be.

FEELING UNSAFE

*God is our refuge and strength,
an ever-present help in trouble.*

PSALM 46:1



There are a lot of things you see and hear on TV, radio, and the Internet. Things like war and terrorism, crime and violence. Although these are very serious topics, they don't have to scare you, because you have the God of angel armies defending you (Psalm 89)! Stay rooted in God's Word, and listen to His voice.

You have been saved by the blood of Jesus, so there is nothing for you to worry about. He is with you all day, every day. He will protect you, and He will never leave you alone. The enemy wants you to focus on all the stressful things of the world. He wants you to feel unsafe. But hear Jesus call your name and say, “Don’t be afraid.”

This new day that the Lord has given is for trusting Him and all His promises. Follow Him, and know that He is with you always!

Lord, it's scary sometimes to hear about all the bad things that are happening in the world. Please keep me and my family safe. I'm so thankful for the Bible that reminds me You are the God of angel armies. There's nothing that can stop Your love for me.



God, most days it seems that I see something on the news that makes me nervous. I see things that are disturbing, and it makes me start to wonder about my safety. Thank You for promising to never leave me. Thank You for being almighty and more powerful than any of the bad stuff in the world.

Lord Jesus, I praise You. I'm so thankful that You saved me. I'm thinking about how powerful You are and how You conquered death once and for all. I know there's nothing You can't do. Keep my heart filled with Your peace during these difficult times.

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