



MORNING PRAYER

Good morning, Father King.

Thanks for a brand new day! Help me be a princess in action. Help me to listen to you. Amen.



BEDTIME PRAYER

Lord Jesus, thanks for being with me always. Help me sleep peacefully. Bless my family and friends. Amen.



MEALTIME PRAYER

Father King, thanks for food and for the people who grew it and prepared it. You created

wonderful foods. Help me choose to eat foods that are good for my body, so I will grow strong, healthy, and beautiful. Amen.



SCRIPTURE PRAYER

LORD, you have seen what is in my heart. You know all about me.

You are all around me. You are behind me and in front of me. You hold me in your power.

How you made me is amazing and wonderful. I praise you for that.

See if there's anything in my life you don't like. Help me live in the way that is always right.

Psalm 139:1, 5, 14, 24 NIRV



The One Year® My Princess Devotions by Karen Whiting (karenwhiting.com)

ISBN 978-1-4143-6905-1 • \$14.99

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Prayer Cards

Cut the cards and use them each day. Encourage your child to make prayer a habit. Try these ideas:

- Put a magnet on the back of the meal prayer card and place it on the refrigerator.
- Have your child repeat the words, echoing a phrase at a time, until she knows the prayer by heart and can say it with you.
- Ask your child if she wants to add to her prayer time. Remind her she can thank God for her family and the world he made. She can tell God she is sorry if she hurt anyone or disobeyed her parents, and she can ask for God's help.
- Encourage your child to add her own words and make up prayers too.
- Laminate the cards to make them last longer, or cover them with clear packing tape.
- Choose to kneel, bow your heads, fold your hands, or hold hands when you pray. God listens to all our prayers.

Girls, have fun praying. Here are some ideas just for you:

- Make your own prayer cards. Ask an adult to help you write the words you want to say to God. You can tell him anything and he will always listen.
- Celebrate answered prayer by thanking God for the answer.
- Make prayer part of your daily life. Stop and thank God anytime you hear good news or see something pretty. Pause and ask God's help when you hear a siren or hear news that someone is hurt or sick. When you disobeyed and are sorry, you can pray for God's forgiveness.
- Pray for God to keep you safe when you buckle up to go somewhere. Thank God when you arrive home safely.
- Pack prayer cards in your suitcase when you go on a trip.
- Remember to pray if you have trouble sleeping.



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