

Philippians 4:6-7

6 Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. 7 Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

Ideas for Prayer

Kids

Dear God, thank you that Your peace guards my heart and mind. Help me remember that today when I start to feel worried, afraid, or angry. Help me bring your peace everywhere I go. Thank you for always listening to me and thank you for being the Prince of Peace. **Amen.**

Teens

Lord, thank you for being my source for peace. I ask for Your peace in my mind, my heart, and my life. Bring peace into my family—help us listen, understand, and love each other. Bring peace to my school—keep it safe and let us treat each other with kindness and respect. Bring peace to our world—let me be a light to those who are hurting and afraid. Help me bring Your peace wherever I find myself today. Thank you for loving me and being the Prince of Peace. **Amen.**

Adults

Lord, I come to You asking for Your peace. Please bring peace into my home—peace in our conversations, peace in our decisions, and peace in the way we treat each other. Help me be patient, gentle and wise so I help create a calm and loving home. Lord, bring peace to my community. Where there is conflict, bring compassion. Where there is fear, bring peace. Where there is division, bring unity. Use me as a light—to encourage, to serve, and to spread your love. Thank You for being the Prince of Peace. **Amen.**

Praying as a Family

Set aside time to talk about prayer as a family.

- Did you know you can talk to God about anything?
- Did you know He wants to hear from you all of the time? God loves you and wants to hear from you.

Make time to pray for each other.

- Have each person share their prayer request(s). A prayer request is something we ask God for His help with.
- What is something in your life that you need God's help with? Nothing is too big, nothing is too small to ask for God's help with.
- Pray for each request. One person can pray or you can each pray for one another.

Model prayer.

- Start praying out loud before meals, at bedtime, during the car ride to school.
- If you are unsure what to say, you can always start by thanking God for all He has already given you.

Peace with Others

How can you bring peace to the people around you?

- Think of some ways you can share God's love and peace to others. Think about your neighbors, your co-workers, and your friends.
- In your relationships that are challenging, pray and ask God to show you how to live in a peaceful way towards them.

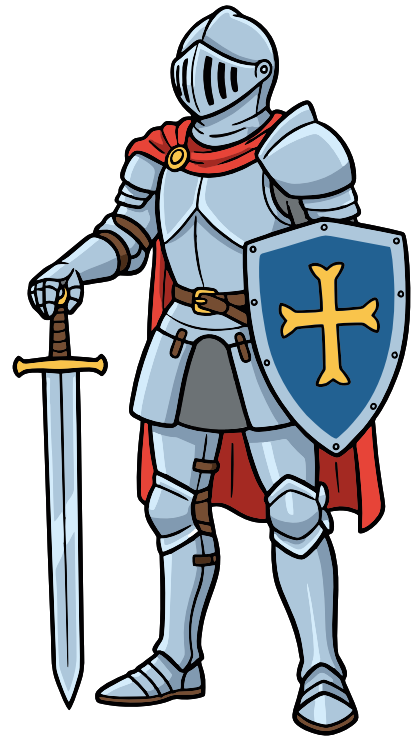
Peace in Our Hearts

**Take time to reflect
and hear from God.**

- Find a place away from others and sit for 2 minutes in the quiet with God.
- Just focus on Him and make space to **listen**. What is He bringing to your mind?
- Practice listening to God throughout this week.

Philippians 4:6-7

6 Don't worry about anything; instead, **pray** about everything. Tell God what you need, and thank him for all he has done. 7 Then you will experience God's **peace**, which exceeds anything we can understand. His peace will **guard** your hearts and minds as you live in Christ Jesus.



Dear God,

Thank you that your peace guards my heart and mind. Help me remember that today when I start to feel worried, afraid, or angry. Help me bring your peace everywhere I go. Thank you for always listening to me and thank you for being the Prince of Peace. **Amen.**