### Worship

1. **1 Corinthians 6:19-20** - Your body is the special place where God’s Holy Spirit lives! That's incredible! Ask God about the best way to take care of the body He’s made for you.

2. **Psalm 139:14** - Even your fingernails have been hand-crafted by God! Praise Him for a part of your body you’ve never praised Him for before!

3. **Matthew 7:9-11** - Thank God for making five healthy foods that you like to eat! Help make a meal with one of those foods today.

4. **John 4:13-14** - Drink a glass of water and thank God for providing fresh, clear water to keep your body clean and healthy.

5. **Psalm 103:3** - Praise God that He has the power to do miracles and heal all our illnesses. Pray for someone who needs healing today.

6. **James 1:17** - Thank God for providing for all of your health needs this week: air, water, food, clothes, shelter, love, peace, joy and forgiveness, etc.

7. **Psalm 150** - Praise God with your whole body today! Jump, sing, stretch, mime, clap and play a musical instrument if you have one!

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### Grace

8. **Genesis 2:7** - Take a deep breath of fresh air. Breathe out slowly, thanking God for the amazing gift of your life!

9. **1 Corinthians 6:19-20** - Pray for someone you know who is trying to stop smoking, taking drugs, or drinking alcohol. Pray that God will help them to stop hurting their bodies.

10. **1 Corinthians 10:31** - God wants to help you live a healthy life that feels good and honors Him. Ask Him to help you stop a habit that is hurting your body.

11. **Matthew 11:5** - Pray that someone who is sick and praying for a miracle will be healed. Pray that they will come to know God through this special miracle of healing.

12. **Isaiah 58:11** - Think of three things you love doing that you couldn’t do if you were ill. Praise God that you’re well enough to do them.

13. **Philippians 4:6-7** - Worry can make people sick. Tell God what you’re worried about today and ask Him to help you stop worrying.

14. **Proverbs 17:22** - Think of ten reasons to be happy today! A cheerful heart can help to heal your body! Share your happiness with someone else and help them to be happy too.

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### Healthy Bodies!

- **Psalm 103:3** - Praise God that He has the power to do miracles and heal all our illnesses. Pray for someone who needs healing today.

- **James 1:17** - Thank God for providing for all of your health needs this week: air, water, food, clothes, shelter, love, peace, joy and forgiveness, etc.

- **Psalm 150** - Praise God with your whole body today! Jump, sing, stretch, mime, clap and play a musical instrument if you have one!
Community

15 James 5:15 - Pray for each of the people in your church who are sick or disabled. Send them a message or card to cheer them up.

16 Luke 10:30-35 - Pray for the emergency health workers in your town today, including the ambulance drivers. Pray for them whenever you hear an emergency vehicle siren today.

17 Isaiah 40:30-31 - Pray for all the families who are tired because they’re looking after a sick or disabled child today. What could your family do to help a tired family you know?

18 Hebrews 6:10 - Pray for the families who are looking after an older person today. What could you do to brighten up their day?

19 James 1:5 - Pray for the scientists who are working to find cures for serious illnesses. Ask God to give them wisdom and help them to find the best ways to help sick people.

20 Psalm 30:2 - Ask God to protect your family from harm and illness today. Thank Him at the end of the day when you’re all safe and well, or pray for healing if someone is sick or hurt.

21 1 Corinthians 12:27 - A church is like a body with lots of different parts all working together in a caring community. Ask God to show you your special part to play today.

22 Philippians 4:5 - Ask God to help you use your hands to show His love to someone today. Maybe you could help make a healthy meal, or give someone a hand massage?

23 Ephesians 4:29 - Ask God to help you use your voice to tell someone about His love today.

24 Philippians 2:4 - Pray for the outreach projects that your church is doing to help other people live healthier lives, such as health checks, heart care programs and cooking classes.

25 3 John 1:2 - Pray that your friends will stay well. Share a healthy snack with a friend today, or ask them to play a lively game outdoors with you.

26 Psalm 107:19-21 - Pray for all the Christian caregivers who are looking after people who are ill, in hospitals, homes and clinics. Pray that God will help them to share His love with their patients.

27 Mark 9:41 - Praise God that even the smallest things you do for others you are doing for Him! Give someone a cool drink of water today to refresh their mind and body.

28 Proverbs 15:13 - Ask God what you can do to cheer up some of the people in your church who are sick, sad, or shut in. Maybe you can visit someone with your family, and bring a smile to their face?

Service

29 John 12:3 - Thank God for your sense of smell! Find five things that you like to smell and praise God for all the different and wonderful fragrances He has created.

30 Psalm 34:8 - Thank God for the many delicious flavors He’s created! Make a fruit salad. Eat each mouthful slowly so you can taste all the flavors God put into the fruit.
Healing Prayer Tree
Draw the outline of a tree on a large sheet of paper - just the trunk, roots and bare branches. Cut some leaf shapes from green paper. Whenever you pray for someone who is sick, write your prayer on a paper leaf and stick it onto the tree. When someone is healed, stick a brightly-colored flower on the leaf and thank God for making them better. If they sadly die, stick a white flower on the leaf and pray that God will comfort their family.

Body Praise!
Draw a large outline of yourself on a sheet of paper. In and around your outline write a sentence of praise about each main part of your body – hands, arms, feet, legs, brain, eyes, ears, nose, mouth, etc.
Good Food Prayer
Make a collage of your favorite healthy foods on a white paper plate. Cut out pictures of food from magazines or make food shapes out of craft materials. Write a prayer of thanks around the edge of the plate.

Prayer Requests

Answered Prayers

The PART Prayers
P = Praise God for His greatness
A = Ask God for help
R = Repent for your wrongdoing and ask for forgiveness
T = Thank God for His many blessings and help
1. Mark 6:31 - Think of the most peaceful place you know, and praise God for creating it.

2. Revelation 2:10 - Thank God for the people all through history who gave their lives so you could live more freely today.

3. Galatians 5:13 - Make a list of at least ten wonderful things you’re free to do and enjoy. Thank God for your freedom.

4. John 14:27 - Practice feeling peaceful, even when things are busy, noisy, or worrying. Thank God that He can help you to feel peaceful whatever is happening around you.

5. Isaiah 9:6-7 - Praise God that Jesus will come again to bring peace forever for everyone who loves and trusts Him! Imagine a heaven where there is no war or fighting or arguing!

6. Matthew 5:9 - Thank God for the people who work hard to bring peace in the world. Ask God to help them know how to stop people fighting, arguing and hurting each other.

7. John 8:36 - Write an acrostic psalm prayer about ‘Liberty’, ‘Freedom’ or ‘Peace’ where each phrase or sentence begins with a different letter of the word you have chosen.

8. 1 Peter 5:7 - Think about a fear that you have. Ask God to take care of your fear so that you don’t have to worry about it any more.

9. 1 John 2:1 - Ask God to forgive you for a time when you started an argument with someone else. Ask Him to help you stop your arguments from happening.

10. Philippians 2:1-3 - Think of some people you know who have fallen out with each other. Ask God how you can help them become friends again.

11. Psalm 68:5-6 - Pray that the children who have lost their parents during a war will be taken care of by people who can help them to learn about God’s love.

12. Ephesians 4:31-32 - Pray that the people who start arguments, fights, or wars, will be sorry for the way they have hurt others and learn to be loving and kind instead.

13. Psalm 91 - Thank God for protecting you and keeping you safe. Ask Him to protect your family in a special way today.

14. Colossians 3:16 - Thank God that you are free to go to church and worship Him without being punished! How would your family like to worship Him in a special way today?
Matthew 25:36 - Pray for the children and their families where at least one parent is in prison. How could your family help them?

Psalm 133:1 - Pray for a project in your community that helps people to understand each other and live peacefully together.

1 Corinthians 1:10 - Pray that the families and couples who are arguing and hurting each other will be helped to make peace. Pray that they will become loving and happy again.

Deuteronomy 31:8 - Pray for the policemen who work to keep your community safe and peaceful. Ask God to protect them in their work today.

Psalm 69:33 - Pray for the Christians around the world who are in prison for believing in Jesus and telling others about His love. Who could you tell about Jesus today?

James 3:17 - Ask God to help you be a peacemaker today, at home or at school. Sometimes it is best to be quiet, or walk away!

John 16:33 - Use the Internet to find out where there are wars in the world today and pray for peace in those countries. Pray for the Christians who are in these countries, too.

Psalm 41:1-3 - Pray for the soldiers around the world who are working to bring peace and safety to troubled countries. If you know a soldier, ask God to keep Him safe today.

James 3:18 - Pray for the ADRA staff who are working in countries where there are wars and violence. Pray that they will work wisely and safely.

1 Timothy 2:1-2 - Pray for the world leaders who are trying to bring about peace in their countries and in the world. Ask God to give them wisdom and love for others.

Hebrews 13:3 - Pray that the people who are involved in prison ministries, will help prisoners to learn about God’s love, and change their lives.

Isaiah 61:1 - Pray for the people who are helping others to be free from the ‘prison’ of being addicted to drugs, tobacco or alcohol.

Jeremiah 33:6 - Pray for the missionary doctors and nurses who are caring for the people who have been wounded in wars and fighting.

Philippians 4:7 - Pray a popcorn prayer about peace – where everyone can say a word or phrase on the theme of peace whenever it pops into their head during the prayer time.

Romans 12:16 - Pray that God will help you to make friends with children who are different from you, so that you can help to grow peace in the world.

Proverbs 15:1 - Pray that God will help you to say something kind and cheerful instead of getting angry and annoyed today.

Galatians 5:22 - Ask God to fill you with His Holy Spirit today so that you will help to spread peace through your love, joy and patience.
Prayer Chain
Make a paper chain by cutting narrow strips across the width of a sheet of paper. On each paper link write prayers for someone you know who is in prison; prayers for the family of a prisoner; and prayers for other people who are not free for some reason. Staple the strips to make chain links, looping strips through the links before stapling the ends together. Put the chain where it will remind you to pray for these people.

Dove Mobile
Make a mobile or collage of dove shapes. On each dove write a Bible verse about peace or a prayer for peace, inspired by the verses and prayers in this month’s calendar. Or make a dove with a pattern from www.activityvillage.co.uk/dove_of_peace_craft.htm
Christians in Prison
Find out about a Christian who is in prison for believing in Jesus, (www.opendoorsuk.org; www.releaseinternational.org) Imagine what it feels like to be in prison for being a Christian and pray that the person’s faith will be strengthened, that they will be able to be a powerful witness, and that they will soon be free again.

Prayer Requests

Answered Prayers

A Child’s Prayer for Morning

Now, before I run to play,
Let me not forget to pray
To God who kept me through the night
And waked me with the morning light.
Help me, Lord, to love you more
Than I ever loved before.

In my work and in my play
Be with me through the day.

Amen.

— Author Unknown
Matthew 18:1-4 - Praise God that anyone who becomes as humble as a little child like you will be the greatest in His kingdom!

Matthew 21:15-16 - Imagine you are a child in the temple, praising Jesus. What would you like to sing, shout and do to worship Him?

Psalm 139:13-16 - Praise God for knowing you and loving you, even before you were born! You have always been in His heart and thoughts because you are special to Him.

Ephesians 1:5 - You are a son or daughter of God! You are a royal and heavenly prince or princess! Praise God for adopting you into His family!

Isaiah 11:6 - Heaven is a place where children can lead lions and play with leopards! Praise God that He’s making heaven special for children! What would you like to do in heaven?

Matthew 18:5 - Children are so special to God that anyone who welcomes you welcomes Jesus, too! Praise God that you are so special to Him! Perhaps you can welcome a child today, too!

Matthew 6:9-13 - Thank God that He will always be your Father and you will always be His child. Fold some white paper into a booklet. Write each phrase of the Lord’s Prayer on a different page and draw pictures to match.

Matthew 19:13-14 - Jesus loved to welcome the children and bless them. Imagine you’re sitting on His lap and ask Jesus to bless you. What do you think He would say to bless you today?

Proverbs 20:11 - Even as a child you show you love God by the things you do and say. Ask Him to help you do and say good and loving things today.

Matthew 18:10 - Children’s angels are special! They’re always so close to God that they can see His face! Thank God that He’s given you an angel, who is so close to Him, to care for you.

Matthew 18:12-14 - Jesus loves you so much that He will do anything to make sure you are safe and saved. Thank Him for His care and forgiveness.

Luke 2:52 - When Jesus was a child He became wiser as He grew older. He also learned how to be even more helpful and polite. Ask Him to help you become more wise, polite and helpful.

Matthew 7:9-11 - God loves to give you great gifts! Ask Him for something good that you need. Thank Him for the good gifts He’s already given you, too!

1 John 3:1 - God calls you His child so that He can give you as much love as possible! Make a list of all the things He does to show His love for you, and thank Him for His amazing love.

All God’s Children!
Genesis 2:18 - Pray for a child you know who may be lonely and invite them to play with you.

2 Timothy 1:5 - Thank God for your loving relatives who have helped you to learn about God as a child. Thank them for teaching you about Jesus, too.

Proverbs 1:8-9 - Thank God that your parents love you enough to teach you and guide you. Thank God that your parents also help you to follow Jesus.

Luke 8:54-56 - Jesus loved to heal sick children and make them better again. Pray that God will heal a child you know who is sick today.

Proverbs 24:21-22 - Ask God to help you choose your friends wisely. Good friends encourage you to do good things, and they stop you from doing stupid things that might hurt you or others.

1 John 4:11-12 - Pray that God will protect and care for all the lonely, sad, frightened and hungry children in the world today, and send people to love and help them.

1 Thessalonians 5:11 - Ask God to help you say something kind and encouraging to every child in your church today.

Psalm 127:3 - Children are a gift from God to their parents! Thank God for your parents, too, and ask God what you can do to be a special gift to them today.

Psalm 133:1 - If you have a brother or sister, thank God for them today and do something special to help them.

1 Timothy 4:12 - Don’t let anyone look down on you because you’re only a child. Ask God to help you do great things for Him, and be a good example, even though you are small and young.

1 Samuel 3:10 - Samuel listened to God, obeyed Him and became a great leader. Ask God to help you listen to what He wants you to do, too.

Matthew 10:42 - Ask God to help you do something kind for another child. When you help another child you’re doing something special for God, too.

John 6:1-13 - A little boy shared his lunch with Jesus and 5000 people were fed! Ask God to bless whatever you do for Him today so that lots of people will feel His love.

Psalm 78:4 - Pray for a younger child in your church or family. Take the time to read or tell them your favorite story about Jesus, or play a Bible game with them, or make a Bible craft together.

Romans 10:17 - Pray for all the children who may be at church camps or Vacation Bible Schools this week. Pray that they’ll come to know Jesus better and learn to trust Him more.

1 Corinthians 13:4 - Pray for all the teachers, parents, babysitters and caregivers who are looking after children today. Pray that God will give them love, patience and lots of fun ideas!

Genesis 24:17-20 - Make a list of all the children in the Bible who were kind, obedient and unselfish, such as Miriam, Rebekah, Samuel, and Isaac. Ask God to help you be kind today.
Jesus Loves the Children of the World!

My Thoughts & Feelings

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The Lord’s Prayer with Actions!
Learn the Lord’s Prayer and make up some actions for the different phrases. Start the prayer by giving yourself a hug from God when you say ‘Our Father’. Remember that whenever you pray to God, He is always ready and waiting to give you a big hug!

Prayer Requests

Answered Prayers

We can pray to God anytime because God is paying close attention to us all the time.

— Marlene Halpin
John 3:16 - Praise God for sending Jesus to save us, so that we can live forever! How can you share this good news with a friend?

Psalm 19:1-4 - Pray that people will come to know God by looking at the amazing sky, the wonderful earth, and everything that God has created so perfectly.

1 Chronicles 16:9 - Praise God for something special He has done in your life! Who will you tell about the special things that God has done for you?

Luke 1:1-4 - Thank God that the disciples told other people the stories of Jesus, and wrote them down, so that we can read their stories today and come to love Jesus more.

1 Corinthians 2:9 - Thank God for planning a future for us in heaven that is so wonderful we can’t begin to imagine it! Ask someone what they think heaven will be like.

Romans 15:7 - Thank God for the good news that Jesus knows what it’s like to be human and to be tempted. He’s always ready to accept us even when we’ve made mistakes.

1 John 1:9 - Praise God that we know He’ll forgive us and take away all our sins. Pray that other people will understand God’s forgiveness too.

Ephesians 2:8-9 - Thank God for His special gift of saving us. We don’t have to work hard to earn it or pay for it! Pray that many people will accept His gift today.

Matthew 28:18-20 - Thank God that we don’t have to be afraid about telling other people about Jesus because He’ll always be with us, and He’ll always help us.

2 Peter 3:9 - Praise God that He is waiting as long as possible before Jesus comes again so that as many people as possible can be saved!

Mark 2:27 - Thank God for His gift of the Sabbath so we can take a break from work and school. Who could you tell about God’s special gift of the Sabbath and what it means to you?

John 14:2 - Thank God that He wants us to live with Him forever! Draw a picture of yourself in heaven or write a story about heaven today. Show your picture or story to someone.

1 Corinthians 9:22-23 - Praise God that He uses so many different ways to help people learn about Him and come to know Him, because He knows that we’re all different. Ask several people at church today how they came to know Jesus.
**Community**

**John 13:35** - Ask God to help you do something loving and kind today. People will know you love God when they see you caring for others and they may want to know God, too.

**Acts 2:38-41** - Pray for a witnessing project that your church is doing, and ask if you can help. You could always pray for the people who are learning more about Jesus.

**1 Peter 3:15** - Ask God to help you know how to tell others about the wonderful difference He makes in your life. He’ll give you the best words to say to your friends.

**Luke 10:2** - Jesus told us to pray for more workers so that as many people as possible can be saved for heaven. Pray that more people will want to tell others about Jesus.

**Colossians 4:2-4** - Pray for a church worker or volunteer who is telling others about Jesus. Send them a card to let them know you prayed for them.

**John 20:31** - Pray for all the people writing and printing books to help people learn more about God. Which book has helped you learn about God’s love and who could you share it with?

**1 John 5:14-15** - Walk along a street near you and pray that the people who live in the street will learn about Jesus and choose to accept Him as their Savior.

**Acts 16:33** - Are there any children in your church whose parents don’t believe in Jesus yet? If so, pray that they will also come to believe in Him so that the whole family can worship God together.

**Romans 10:17** - Pray for the people in your community who are just beginning to believe in God. Pray that they will begin reading their Bibles so that their faith will grow.

**Luke 8:39** - Pray that God will help you know what to do or say so that someone in your family, who doesn’t believe in Jesus yet, will be encouraged to believe in Him.

**Matthew 5:14-16** - As a Christian you are like a light in the world that helps other people to see what God is like. Pray that people will see more of God today, because of you.

**Luke 15:7** - There is a special party in heaven every time someone chooses to follow Jesus! Praise God for someone you know who has decided to follow Jesus.

**1 John 5:14-15** - Walk along a street near you and pray that the people who live in the street will learn about Jesus and choose to accept Him as their Savior.

**Colossians 2:12** - Pray for the Christians who live where no one else believes in Jesus. Pray that the people around them will see their love and want to learn more about their faith.

**Philippians 4:3** - Pray for the children who have lost a loved one. Pray that they will have peace in their hearts.

**Romans 10:17** - Pray for the people who are just beginning to believe in God. Pray that they will begin reading their Bibles so that their faith will grow.

**Luke 15:7** - There is a special party in heaven every time someone chooses to follow Jesus! Praise God for someone you know who has decided to follow Jesus.

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