



40 PRAYERS FOR 40 DAYS

A LENTEN PRAYER GUIDE FOR KIDS

DAY 1

Lord, help me
be more like you
today in my
thoughts, actions,
and words.

Philippians 4:4-9

DAY 2

Lord, help me to
quiet my mind
so I can hear your
voice clearly.

Proverbs 3:5

DAY 3

Lord, make me
someone who works
for peace, even
when others don't.

James 3:17

DAY 4

Lord, open my eyes
to my sin and give
me a repentant
heart.

2 Corinthians 7:9-10

DAY 5

Lord, you tell me to
love you and love
others. Help me to
do both well today.

Matthew 22:36-40

DAY 6

Lord, your creation
shouts your name.
Make me aware of
you all day long.

Isaiah 44:23

DAY 7

Lord, your grace covers me. Help me to draw near to you and offer that same grace to others.

Matthew 7:2-5

DAY 8

Lord, help me to be
more compassionate
towards others and
to see them through
your eyes.

Colossians 3:12

DAY 9

Lord, be with people
who are hurting today.
Heal their hearts and
be close to them.

Lamentations 3:22-23

DAY 10

Lord, help me to do
what is right,
especially when it
is hard to make
that choice.

. Proverbs 14:15

DAY 11

Lord, open my
heart to the needs
of others. I want to
be merciful.

Luke 6:36

DAY 12

Give me patience.
Lord, your timing is
perfect, not mine.
Show me how to
wait on you.

Galatians 6:9

DAY 13

Help me pray with
my whole heart
and mind – with
my full attention.

. Jeremiah 29:13

DAY 14

Lord, make me a truth-teller. In You there is no deceit or darkness, only light and truth.

Psalm 86:11

DAY 15

Lord, You have not
given me a spirit of
fear. Help me to
live bravely for you.

2 Timothy 1:7

DAY 16

When I am not close
to you, Lord, it is
because I have
turned from you.
Help me to draw
close to You.

Romans 8:38-39

DAY 17

I want to be kind.
Father, help me to
choose kindness,
even when others
are not kind to me.

Ephesians 4:32

DAY 18

Lord, thank you for
dying on the cross
for my sins so that I
can have eternal life.

1 Peter 2:24

DAY 19

Father please
forgive me for

Help me to sin
no more.

1 John 1:9

DAY 20

Lord, today I am grateful to you for these three things.

1) _____

2) _____

3) _____

1 Thessalonians 5:18

DAY 21

Fill me with
courage and
strength. I want to
stand as a person
of noble character.

Joshua 1:9

DAY 22

Make me a person
who runs with
perseverance and
does not give up.

Isaiah 40:31

DAY 23

Lord, I pray for the
pastors, teachers, and
Christian leaders in
our world.

Strengthen them.
I specifically want to
pray for

1 Timothy 2:1-2

DAY 24

Lord, your truth
sets me free. Help
me run in the path
of your commands.

John 8:32

DAY 25

Lord, You tell me to
be trustworthy in
both the little and
big things. I want to
be a person worthy
of trust.

Luke 16:10

DAY 26

Lord, help me to
choose good friends,
It matters. And help
me to be a friend
who encourages
others towards good.

Proverbs 13:20

DAY 27

You have given
me specific gifts
and talents. Help
me to use them
for your glory.

1 Peter 4:10

DAY 28

Lord, let everything
I do be done in love
– that is the most
important part of
anything I do.

1 Corinthians 13:1

DAY 29

Lord, I pray that I
would not be
enticed to do wrong
by those not
following your ways.

Proverbs 1:10

DAY 30

Lord, you tell me
that when I keep
your decrees my
life will go well.

Keep me on a
straight path.

Deuteronomy 4:40

DAY 31

Lord, you are
pleased with a
humble and
contrite spirit.
Clothe me in
humility.

Psalms 51:17

DAY 32

Lord, You say that a good name is better than riches. Help me to value a good reputation and to make decisions accordingly.

Proverbs 22:1

DAY 33

Lord, I know that
there are spiritual
battles I do not see.
Equip me.

2 Corinthians 10:4

DAY 34

Lord, You say that it is
good when brothers
and sisters live
together in unity.
Help me to help create
peace in our home.

Matthew 12:25

DAY 35

Lord you tell me to honor my mother and father. I pray that I would be respectful, considerate, and honoring.

Ephesians 6:1-3

DAY 36

I pray that I will
hate what is evil
and cling to what is
good in the world.

Romans 12:9

DAY 37

Lord, you tell me to
hold onto you in
difficult times. Help
me to turn to you
when times get tough
and remember you
are my anchor.

Proverbs 10:25

DAY 38

Lord, you have rules
in place for us to follow.
Help me to listen to you, and
follow the rules you set forth.
Help me to see the benefits
of these rules, especially
when I do not understand.

Proverbs 14:14

DAY 39

Lord, You warn us to be careful who we speak to. Help me to know who to go to for advice, and who it is I need to learn from.

Proverbs 23:9

DAY 40

Lord, you tell us to be slow to anger. Help us to be calm when our first instinct is to get mad. Help us remember that once words are out, they can not be taken back.

Proverbs 15:18

Some prayers are from *kristagilbert.com*