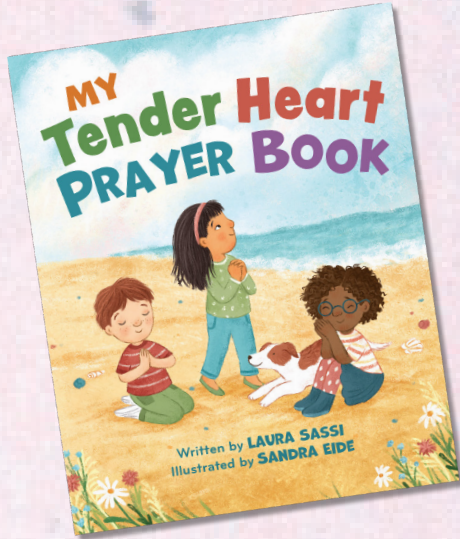


A NOTE FROM AUTHOR LAURA SASSI



Thank you for choosing **MY TENDER HEART PRAYER BOOK** as a resource for your church, school, or family. I wrote this book for children and their caregivers as a reminder that God loves us and longs to be in conversation with us through prayer as we go about our daily lives. I hope each prayer is read, prayed, enjoyed, and most importantly, that it sparks daily conversations with God.

Page after page, with delightful illustrations by Sandra Eide, you will find twenty-three simple prayers to take a young child through the day—beginning with the moment a child wakes through bedtime.

Each poetic prayer is short and easy for a young child to memorize. All are paired with a Bible verse, so that you and your little ones can connect with God through Scripture, and every one concludes with a **"Heart Moment"** opportunity for little ones to make the prayers their own by personalizing them in some way. For example, the **"Heart Moment"** that accompanies the **"Counting Wonders Prayer"** encourages little ones to step into the day and see what other of God's wonders they can discover in their own communities.

Even though the prayer book is already bursting with opportunities for rich engagement, Paraclete Press and I thought it would be fun to offer even more opportunities to plant seeds of prayer in tender hearts. With that in mind, we have created **BONUS** materials to help make prayer an integral part of your days.

These are:

- ◉ **My Tender Heart Prayer Book 30 Day Prayer Challenge**
- ◉ **"I Prayed for You" cards**
- ◉ **My Tender Heart Prayer Book Prayer Cube**
- ◉ **"Today I Prayed" drawing and reflection sheet**

Blessings to you and your children as you foster sweet conversations with God and plant seeds for lifelong faith.

<p>1 Pray the WAKE UP PRAYER. Tell Jesus something special about today. Then ask Jesus to bless the whole day.</p>	<p>2 JUMP AND PRAY! With each jump, thank God for all your many body parts that help you move and play!</p>	<p>3 Pray the PRAYER FOR SPECIAL HELPERS. Thank Jesus for YOUR special helpers, then make them thank you cards.</p>	<p>4 PRAY ON YOUR KNEES. This helps us quiet our bodies so we can focus. Thank God for being near us always.</p>	<p>5 PRAY FOR FRIENDS. Write your friends' names on slips of paper and put them in a jar. Pull the names 1 by 1. Pray for each friend.</p>
<p>6 Pray the BREAKFAST PRAYER, but add in the foods YOU like to eat! Pray for those who don't have enough to eat.</p>	<p>7 Pray the COUNTING WONDERS PRAYER. Then go outside and find more of God's wonders. Thank Him for each one.</p>	<p>8 SING A PRAYER! Sing your favorite prayers today. Or take a prayer from the book and make it a song!</p>	<p>9 I'M SORRY, GOD... Take a moment today, to confess to God the wrong things you have done. Then, rejoice, in His forgiveness.</p>	<p>10 Pray the GETTING DRESSED PRAYER but describe YOUR clothes instead. Then names ways you can wear KINDNESS today.</p>
<p>11 PRAY in the CAR! As you ride today, pray for your driver, your car mates and for those you pass along the way.</p>	<p>12 HOLD HANDS and PRAY! Hold hands in a circle, then take turns praying aloud for the people whose hands you hold.</p>	<p>13 Pray the SHARING PRAYER. Then name three ways you can share today. Ask Jesus to help you be sharing and caring today.</p>	<p>14 Pray the LUNCH TIME PRAYER. Tell Jesus about your morning. Thank Him for caring for you all day.</p>	<p>15 MAKE A PRAYER CHAIN! Cut paper into strips. Each time you pray today, curl and tape a strip into a loop to create a chain!</p>
<p>16 FEELING SAD? Pray the FEELING SAD PRAYER. Tell God (and someone you love) how you are feeling. Let their love fill you up.</p>	<p>17 PRAY A BIBLE BLESSING. Pick one of God's blessings like Numbers 6:24-26, then pray it, using your name instead.</p>	<p>18 PRAY IN BED. Snuggle up with a stuffy, then pray the BEDTIME PRAYER. Thank God for being with you when you sleep.</p>	<p>19 DRAW AND PRAY. Pick someone special. Then draw their picture and pray for them! Let them know you prayed for them.</p>	<p>20 PRAY IN THE TUB. Pray the BATH TIME PRAYER, then ask Jesus to make your insides clean, too, through His forgiveness.</p>
<p>21 ECHO PRAY. Pick a prayer from the book or your own. Have one person pray it a line at a time, letting others repeat each line.</p>	<p>22 WHISPER PRAY. Did you know God can hear even the quietest prayers? Bow your head and <i>whisper</i> pray to Him today.</p>	<p>23 BOUNCE AND PRAY! Bounce (or roll) a ball with a buddy. With each bounce, thank God for the ways He has blessed you.</p>	<p>24 PRAY FOR THE SICK. Think of those you know who are not feeling well. Ask Jesus to be with them and heal them.</p>	<p>25 HUG AND PRAY! Hug someone today. Then, pray for them. Or maybe you need the hug! Let your hugger pray for you.</p>
<p>26 Pray the CHILDREN OF THE WORLD PRAYER. Using a map or globe, point to places. Pray for the kids who live near those places.</p>	<p>27 PRAY IN CHURCH. During the service, when the leader is praying, pause from what you are doing to listen and pray too.</p>	<p>28 THANK GOD WITH YOUR TOES! Do this one barefoot. As you pinch or tickle each toe, thank Jesus for ten special people.</p>	<p>29 PRAY WITH A FLASHLIGHT! Jesus is the light of the world. Thank Him for that. Then ask Him how YOU can shine for Him.</p>	<p>30 LONG-DISTANCE PRAY. Did you know you can pray with someone even if you are far apart? Do that today with someone faraway.</p>



"I PRAYED FOR YOU" CARDS

Cut these cards apart and put them in your pocket. Give them to people you pray for!

I PRAYED FOR YOU

Name _____ Date _____

I'm learning to pray with **MY Tender Heart PRAYER BOOK**

I PRAYED FOR YOU

Name _____ Date _____

I'm learning to pray with **MY Tender Heart PRAYER BOOK**

I PRAYED FOR YOU

Name _____ Date _____

I'm learning to pray with **MY Tender Heart PRAYER BOOK**

I PRAYED FOR YOU

Name _____ Date _____

I'm learning to pray with **MY Tender Heart PRAYER BOOK**

I PRAYED FOR YOU

Name _____ Date _____

I'm learning to pray with **MY Tender Heart PRAYER BOOK**

I PRAYED FOR YOU

Name _____ Date _____

I'm learning to pray with **MY Tender Heart PRAYER BOOK**



Pick a favorite prayer from **MY TENDER HEART PRAYER BOOK**.

Tell why it is your favorite, then pray it!

HOLD HANDS AND PRAY!

Hold hands in a circle, then take turns praying aloud for the people whose hands you hold.

WHISPER PRAY.

Did you know God can hear even the quietest prayers? Bow your head and whisper pray to Him right now.

JUMP AND PRAY!

With each jump, thank God for all your many body parts that help you move and play!

DRAW AND PRAY.

Pick someone special. Then draw their picture and pray for them! Let them know you prayed for them.

SING A PRAYER!

God loves when we lift our voices to him by singing. Sing a prayer you know or take a prayer from the book and make it a song!

INSTRUCTIONS:

To make your own My Tender Heart prayer cube, color the template, then cut it and fold together, taping with clear tape to make a cube.

To pray, take turns rolling the cube. See what side lands face up. Then pray according to what that side says.

TODAY, I PRAYED

Draw and color a picture of something or someone you prayed for today, and then write about it.



TODAY, I PRAYED... _____

