Praying with Elementary Age Kids

At Christ Community Church, we often use a tool called C.H.A.T. to give us an outline for prayer. This gives us a balance to our prayer time, reminds us of what it is, a "chat" with God, and uses action words! The letters in C.H.A.T. stand for:
Confess: Confess your sins. This is a good way to connect to God in prayer.
Honor: Praise God for who he is and what he has done!
Ask: Ask God for your needs because he cares for you.
Thank: Give him thanks in all things!

If you want more description about these 4 prayer focuses, we encourage you to read the book Prayer Coach - in fact, you could even read it with your elementary age kids! Take time to discuss each of these four words with your child, asking them what they think of when they hear these words.
What does it mean to confess your sins to God? Why is that important?
What are some words we can use to honor God? What are some names of God from the Bible?
What kinds of things might you ask God for? What is he doesn't answer those requests?
What are the things you could thank God for today? Why do we give thanks to God in all things? When is it hard to give thanks to God?

As you guide your child through these 4 phrases, you can use the prayer printable to help them draw or write the things they would like to pray about. Leave copies of these pages on a low table in your home with a set of crayons or markers nearby, and allow your children to respond to God in prayer throughout the day as they feel led. Encourage your kids to put their prayer responses up on a bulletin board or the refrigerator, and pray with your children!

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