

Prayer Postures for Children

One child selects a card. The prayer leader then guides everyone into the position depicted on the card before leading the group in prayer.

Purpose:

To help children experience meaningful prayer practices by imitating various Bible characters.

Preparation:

Print these four pages and cut them into 6 cards and a cover page. Decrease the printed size if you want smaller cards. Laminate if you prefer.

- [Print on A4-size paper](#)
- [Print on Letter-size paper](#)

What to Do:

One child selects a card. The prayer leader then guides everyone into the position depicted on the card before leading the group in prayer.

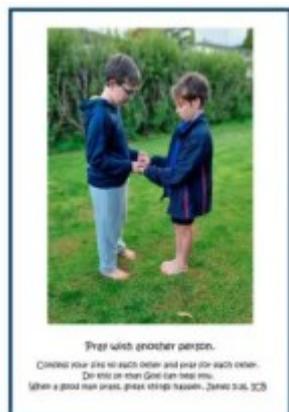
Options:

Make your own cards. Ask the children you teach to pose for photos and make your cards. Decrease the printed size if you want smaller cards. Laminate if you prefer.



Pray with hands raised.

Hear the sound of my prayer, when I cry out to you for help. I raise my hands toward your Most Holy Place.
Psalm 28:2, ICB



Pray with another person.

Confess your sins to each other and pray for each other. Do this so that God can heal you. When a good man prays, great things happen. James 5:16, ICB



Pray while lying down (like David at night).

The Lord shows his true love every day. At night I have a song, and I pray to my living God. Psalm 42:8, ICB



Pray while sitting down (like David).

Then King David went in the tent and sat in front of the Lord. David said, "Lord God, why have you made me so important to you? Why have you made my family important? 2 Samuel 7:18, ICB



Pray while on your knees (like Daniel).

When Daniel heard that the new law had been written, he went to his house. He went to his upstairs room. The windows of that room opened toward Jerusalem. Three times each day Daniel got down on his knees and prayed. He prayed and thanked God, just as he always had done. Daniel 6:10, ICB



Pray facedown on the ground (like Jehoshaphat).

Jehoshaphat bowed facedown on the ground. All the people of Judah and Jerusalem bowed down before the Lord. And they worshiped him. 2 Chronicles 20:18, ICB

“Pray in the Spirit at all times. Pray with all kinds of prayers, and ask for everything you need. To do this you must always be ready. Never give up. Always pray for all God’s people.” Ephesians 6:18, ICB