Prayers for worry and anxiety for kids

FREE PRAYER CARD

Cut out the cards. Tape one by the bed, keep one in a backpack or the car.

ANY TIME

The hand-it-over prayer

God, I'm worried about _____.
Thank You for _____.
I'm handing this to You now.
Please help me rest. Amen.

WHEN YOUR HEART IS RACING

The breathing prayer

Breathe in: "God is with me."
Breathe out: "I'm not alone."
Do it five times, slowly.

"Don't worry about anything, but in everything, through prayer and petition with thanksgiving, present your requests to God. And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus."

Philippians 4:6-7 (CSB)

Free from Carpooling with Jesus Ministries, a 501(c)(3) nonprofit. Five-minute Bible episodes for kids at carpoolingwithjesus.com.