

Prayer Guides for Body, Mind, & Soul

Bonus Content: Ray of Sunshine Prayers



M I C A H M A D D O X . C O M

Originally from ***Calming Your Anxious Child: A Biblical Game Plan for Parenting Through Big Emotions***



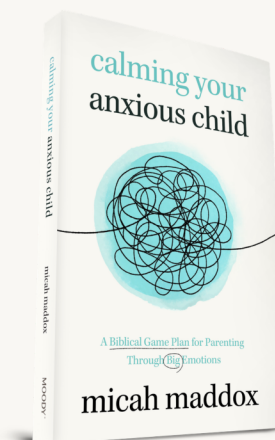
Hey friend! I'm so glad you are taking this step to pray with your child! Print these cards front and back on card stock and cut each set to use however you prefer. Take it a step further and laminate them for long term use. These calming prayer cards are most beneficial when you choose a time of day to use them regularly. Make it routine and a special time to talk to your child about what today's prayer is all about.

We cannot change our children's hearts and minds,
but our prayers hold the power to move the heart of God.

Love & Blessings,
Micah
micahmaddox.com



Navigate fear and
anxiety with peace





Prayers for the
BODY



Sunday
Brain



Monday
Eyes



Tuesday
Ears



Wednesday
Mouth



Thursday
Heart



Friday
Hands



Saturday
Feet



Pray anytime,
anywhere.



God, please help my child's brain to function in the way you created it. Please heal the pathways that struggle to connect and rewire the parts that need support. Give me wisdom to see how I can best support and guide them. In Jesus' name, amen.



God, please help my child's eyes. Protect them from seeing things that would lead them to sin and pain. Help them use their eyes to look for you in all things. Please make yourself known to them so they can see your goodness. In Jesus' name, amen.



God, please help my child's ears to hear exactly what you want them to hear. When they struggle to listen, open their ears to my voice and to the voice of the other adults in their life who love and lead them. Give them ears to hear your voice and listen more than they speak. In Jesus' name, amen.



God, please help my child to control their mouth. Give them wisdom to be quiet when it is time and to speak up when necessary. Give them boldness to speak truth. When they don't know what to do help them to lift their voice in prayer to You. In Jesus' name, amen.



God, please work in my child's heart. I pray they will develop a personal heart relationship with You. Help them to have motives that honor You. Guide and protect their heart as they face this world today. In Jesus' name, amen.



God, please help my child to use their hands to love others well. Please help them to control their impulses of aggression, anger, or fear. Give them a desire to want to serve others. In Jesus' name, amen.



God, please help my child to go where you want them to go. Guide their steps. When they get off track please pull them back to You. Help me to see where I need to step in and where I need to step back. In Jesus' name, amen.



Prayers for
the MIND



Sunday
True



Monday
Pure



Tuesday
Lovely



Wednesday
Good



Thursday
Excellent



Friday
Praise



Saturday
Thanks



Pray anytime,
anywhere.



God, please help my child believe what is true. Help me as I present the truth of Your Word to them. Open their minds to the way You can help them. When I am not with them, give them wisdom to discern what is true. In Jesus' name, amen.



God, please help my child to focus their thoughts on things that are pure. Guard their minds from ungodliness and sin. When impurity is presented to them, help them to turn away and turn to You. In Jesus' name, amen.



God, please help my child to think on things that are lovely. In a world where hate is present and wickedness is all around them, give them tangible experiences that help them to see and experience godly love in action. In Jesus' name, amen.



God, please help my child to focus on good things. Rumors, lies, and unkindness will always be accessible. Help them to be the one who stands up for good. When they have the choice, give them strength to make the right choice. In Jesus' name, amen.



God, please help my child's thoughts to be excellent. I know they are capable of so much. Please help them to use their knowledge and wisdom in a way that honors you. In Jesus' name, amen.



God, please help my child to praise you. When everyone around them is complaining or being disagreeable, help them to see the good in You. Help them to lift You high even when no one around them understands. In Jesus' name, amen.



God, please help my child to have a heart filled with gratitude. Help them to see your blessings in their life. Give them a heart, mind, and mouth that overflows with thanksgiving. In Jesus' name, amen.



Prayers for
the SOUL



Sunday
Full Armor of God



Monday
Belt of Truth



Tuesday
Breastplate of
Righteousness



Wednesday
Shoes of Peace



Thursday
Shield of Faith



Friday
Helmet of Salvation



Saturday
Sword of the Spirit



Pray anytime,
anywhere.



God, please help my child
put on the full armor of
God. Protect them from
the external and internal
triggers that threaten to
take their heart's focus off
of You. Give them
awareness of the strength
and power of Your armor.
In Jesus' name, amen.



God, please help my child
put on the belt of truth.
When lies of the enemy
come at them with beauty
and promises that are
false and shallow, fill their
souls with Your truth.
Remind them of Your Word
when wickedness is all
around them. In Jesus'
name, amen.



God, please help my child
wear the breastplate of
righteousness with honor
and dignity. Protect their
heart from attacks that
would cause them to feel
swayed to bow to false
idols or ideas that are
contrary to Your Word. In
Jesus' name, amen.



God, please help my child
walk with the shoes of the
gospel of peace. Fill their
path with purpose. When
the road ahead tries to
steal their peace, give
them boldness to walk in
faith and pursue peace
over the problems they
see. In Jesus' name, amen.



God, please help my child
hold firm the shield of faith.
Defend them when they
are attacked by other
people or by their own
thoughts. Shield them
from the fiery darts of the
enemy that try to make
them believe something
contrary to Your Word. In
Jesus' name, amen.



God, please help my child
live daily in the confident
helmet of Your salvation.
Remind them how much
You love them. Let them
understand what Jesus
did when He died, was
buried, and rose again.
Protect their minds from
the doubts and fears the
enemy presents. In Jesus'
name, amen.



God, please help my child
hold the sword of the Spirit.
Help them commit Your
Word to memory. Give
them confidence in the
power of Your Word. Help
them to respond to
attacks from the enemy
with the sword. Help me
lead by example so they
know what to do when
they are surrounded. In
Jesus' name, amen.

Hey friend! On the next few pages, you will find one of my favorite resources! My son, Ray, has written a few prayers in my book *Calming Your Anxious Child: A Biblical Game Plan for Parenting Through Big Emotions* for children who might struggle with anxious thoughts or big feelings. Take each of these prayers and help your child pray them for themselves. Ray hasn't always been able to pray easily, but once he learned how to pray, God truly transformed his mind and life. Now he knows where his help and hope come from. There is help and hope for your child too! If you enjoy these prayers, tag us in your photo or reach out through a DM on Instagram. We can't wait to hear from you!

Love & Blessings, Ray & Micah
micahmaddox.com
Instagram: @mrsmicah



M I C A H M A D D O X . C O M

Ray of Sunshine Prayers

1

Dear God, thank You for all of my blessings. I know that You are more powerful than anyone on earth. Please help me to stop in rough times and take a deep breath. Help me to stop and think when I am getting upset and about to react to my feelings. Help me to know that You are God and that You can help me even when it seems impossible. In Jesus' name, amen.



Ray of Sunshine Prayers

2

Dear Jesus, Help me to know that You are God and You are with me always. I know I can trust You even when I am overwhelmed. I pray today that I will remember that You see me, hear me, are with me, and love me. These four things I pray. In Jesus' name, amen.



Ray of Sunshine Prayers

3

Heavenly Father, Lord sometimes things seem scary. Please help me to know I am safe even when things are tough. When I can't see You, please help me to know You are still there. Help me to remember You are omnipotent, omniscient, and omnipresent. In Your One and Holy Name, amen.



Ray of Sunshine Prayers

4

Dear Lord, I need You today. Help me to use my body to honor You. Help me to not hit or push. Help me to be kind even when it is hard because I know that You are with me in everything. You are with me in the good and the bad. In Jesus' name, amen.



Ray of Sunshine Prayers

5

Dear Jesus, I need You today. Help me to focus on what is true. I need You to help me focus on You because You are the Lord of Lords. You are the King of Kings. You are the Prince of Peace. I need that peace today. In Jesus' name, amen.



Ray of Sunshine Prayers

6

Lord, thank You for everything You have done for me. Thank You for my mom. Thank You for my dad. Thank You for my sisters and brother. Thank You for clothes on my back. Thank You for shoes on my feet. I want to say thank You for everything. Great are You, Lord! In Jesus' name, amen.



Ray of Sunshine Prayers

7

Lord, Help me today. I know the devil wants me to think that You don't love me or really care about me. But Your Word says, "For God so loved the world that He gave His only begotten Son that whosoever believeth in Him should not perish but have everlasting life." In Jesus' name, amen.



Ray of Sunshine Prayers

8

Dear God, thank You for my life. You created the whole world and I am so blessed that I have You in my life. Thank You for sending Your own Son to die on the cross to save us from our sins. And Lord, thank You for giving us a choice to follow You. Help those who don't know You to know You. In Jesus' name, amen.



Ray of Sunshine Prayers

9

Lord, I have been through some rough times, but You brought me out of those rough times. Your mercy never fails me. Thank You for everything, Lord. All my days I will follow You. No turning back.
In Jesus' name, amen.



Ray of Sunshine Prayers

10

Dear heavenly Father, help me to realize I am in control of my emotions. I need to rely on You. Sometimes I rely on myself and react in a bad way. But I need You to help me react in a good way. Remind me that I don't always have to get my way. In Jesus' name, amen.



Ray of Sunshine Prayers

11

Dear Jesus, help me to remember that I am smart and I can make good choices. That I am loved by You. That I am wanted. That I am Your child. You Lord are the King of the whole world. When I feel like nobody likes me or like I can't do anything right, help me to rely on You. In Jesus' name, amen.

