



**FAMILY CHRISTMAS**  
*in the* **PSALMS**

**P R A Y E R   G U I D E**

Sarah Keeling



Family Christmas in the Psalms: Family Prayer Guide

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Published in the United States by Heart Work Tees

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Dear Families,

I am so glad you are here!

Christmas is a great time for us to spend a few extra minutes a week together thinking about Jesus and praying God's Word as a family. You might not expect to see Jesus in the Psalms, but many of the verses in this "book of praises" point to our Savior.

Wouldn't it be amazing if your kids could use the Psalms to learn who God is and then offer Him prayers based on His attributes?

This might seem like an impossible, huge task, but I promise it's not! I taught our son to do this when he was seven, and I was amazed at how easy it was for him. You can do it too!

I want to encourage you! Praying the Psalms can be the sweetest time with your kids, but it most likely won't start out that way. Expect resistance, and meet it with loving firmness. I used my counselor's voice with our son, who tried really hard to get out of learning to pray the Psalms. I learned a lesson in patience and perseverance, and the reward was a hundred times worth all the drama. Our son now enjoys praying the Psalms, although he might not admit that to anyone.

This guide includes simple instructions on how to pray the Psalms and connect the Psalms with Jesus. The prayer journal pages are for you to use with your children. A creative page is provided after each prayer journal page for your children to express themselves through illustration, lettering, or another artistic activity.

Feel free to copy the journal pages if you have more than one child. There's also a bonus blank journal page for you to continue to use with your family.

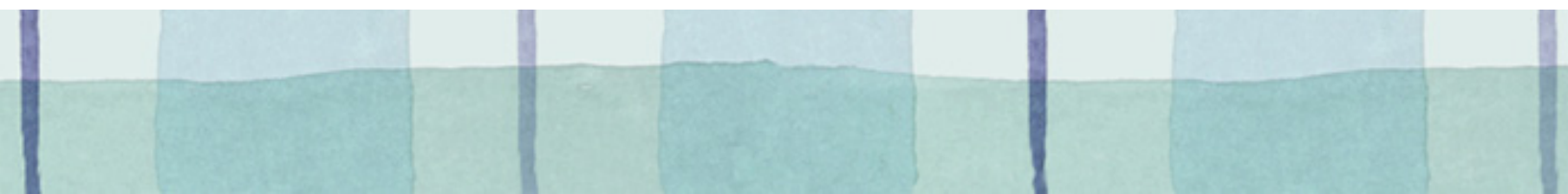
Also, be sure to check [online](#) for extra resources to go deeper with your family, such as simple family activities and short prayers on our podcast, [Hearts at Rest](#).

I'm here cheering you on! With God's help, you can do it!

Blessings,

*Sarah*

P.S. If you want more detailed instructions and more prayer journal pages, check out my book [Psalm Prayers for Kid: A 40-Day Prayer Journal](#).



# INSTRUCTIONS

Here's a super-simple, step-by-step guide to help you teach your kids to pray the attributes of God found in the Psalms.

## 1) READ TOGETHER A FEW VERSES FROM A PSALM.

You might be wondering what makes praying the Psalms special. Of course, it's great to pray *all* Scripture, but the Psalms are unique because they are the songbook of Israel. Donald S. Whitney says, "God gave the Psalms to us so that we would give the Psalms back to God."\*

Example:

Lord God, you are my hope.  
I have trusted you since I was young,  
—Psalm 71:5 (ICB)

## 2) IDENTIFY THE ATTRIBUTES OF GOD FROM THE PSALM.

An attribute of God tells us about God.

Ask, "What do these verses tell us about God?" Or, "Who do these verses say God is?"

Example:

God is my hope.  
God is trustworthy.

## 3) GIVE A SIMPLE DEFINITION OF EACH ATTRIBUTE OF GOD.

This doesn't need to be fancy or elaborative. You can use the internet to help you.



Example:

“God is our hope” means we can wait expectantly for God to do what He says He will do. Just like Rahab put the red cord out her window, waiting to be rescued when Jericho was destroyed, we can wait and trust God to help us.

(I used [Blue Letter Bible](#) for this definition. It’s super easy to navigate their website and app.)

#### **4) OFFER THE ATTRIBUTES OF GOD IN PRAISE.**

This seems obvious, but the most simple things are often the most powerful.

Example:

God, You are my hope.

God, You are trustworthy.

#### **5) ASK CHILDREN TO SHARE HOW THEY HAVE SEEN EACH ATTRIBUTE OF GOD AT WORK IN THEIR LIVES.**

They may not do this at first, and that’s OK. The more you pray, giving thanks for who God is, the easier it will be for them to do the same.

They may need directed questions to help them see how they have experienced God.

Examples:

What are you waiting for God to do in your life?

Is there anything you need help with?

How has God helped you wait for Him?

How has God been trustworthy this week?

#### **6) SHOW THEM HOW TO TURN THAT GRATITUDE INTO A PRAYER OF THANKS.**

Start with thanking God for who He is, and then add how you have experienced that attribute of God in your life.



Example:

God, thank You that You are my hope, and I can wait expectantly for You.  
Thank You for helping me trust You when my family was sick.

### **7) OFFER THEM AN OPPORTUNITY TO PRAY THEIR THANKS.**

It's totally OK if your kids aren't able to do this exactly like the example. They will have their own versions. After we first taught our son this prayer method, he usually thanked God for his chickens. Little by little, he began to add in the attributes of God. Now, it's easier for him to make the connections between the attributes of God and his own life.

### **8) ASK REQUESTS USING THE ATTRIBUTES OF GOD**

Read the verses, use the verses to pray for yourself, and then pray for others.

You can also use the previous questions to help your kids identify what specifically they want to ask God.

Example:

God, please help me have hope in You.

God, please help me wait for You to help me be more patient.

God, please help my brother trust You when he's scared at night.

If your kids write things unrelated to the verses, that's OK! Remember, this is practice, and the Holy Spirit is at work.

### **9) CONFESS SINS USING THE VERSES.**

First, pray these verses together:

"Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting."

—Psalm 139:23-24 (NIV)

Ask God to reveal their sin to them, and offer an example of your own sin. *Gulp!* I know this is humbling, but modeling repentance is the best way to teach it to our kids.



Questions to think about:

What do you need to confess?

Does anything in the Bible verses show you something you need to confess?

Examples:

God, please forgive me for not trusting You when I'm scared.

God, please forgive me for not having hope in You.

It's totally OK if your kids are convicted about other things too!

### **10) CONNECT THE VERSES TO JESUS.**

Reread the verses and think about how these verses connect to Jesus.

Examples:

Jesus is our hope because He is our Savior. He is the think that we have been waiting for.

Jesus is trustworthy. He always did what He said He would do.

Questions to ask your kids:

What do you think it means to hope in Jesus?

\*This is a great opportunity to share your salvation story with your kids. Or, you could simply share how you find hope in Jesus.



# WEEK ONE - HOPE

Lord God, you are my hope.  
I have trusted you since I was young,

Psalm 71:5 (ICB)

## PRAISE

God, you are:

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## THANKS

God, thank you for:

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## REQUEST

God, I pray for:

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## CONFESS

God, please reveal my sin to me.  
Please forgive me for:

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**GET CREATIVE**

# WEEK TWO - FAITH

But I trust in you, Lord;  
I say, "You are my God."  
My times are in your hands;

Psalm 31:14-15a (NIV)

## PRAISE

God, you are:

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## THANKS

God, thank you for:

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## REQUEST

God, I pray for:

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## CONFESS

God, please reveal my sin to me.  
Please forgive me for:

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**GET CREATIVE**

# WEEK THREE - JOY

You make known to me the path of life;  
you will fill me with joy in your presence,  
with eternal pleasures at your right hand.

Psalm 16:11 (NIV)

## PRAISE

God, you are:

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## THANKS

God, thank you for:

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## REQUEST

God, I pray for:

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## CONFESS

God, please reveal my sin to me.  
Please forgive me for:

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**GET CREATIVE**

# WEEK FOUR - PEACE

The LORD gives his people strength.  
The LORD blesses them with peace.

Psalm 29.11 (NLT)

## PRAISE

God, you are:

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## THANKS

God, thank you for:

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## REQUEST

God, I pray for:

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## CONFESS

God, please reveal my sin to me.  
Please forgive me for:

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**GET CREATIVE**

# WEEK FIVE - LIGHT

You, LORD, keep my lamp burning;  
my God turns my darkness into light.

Psalm 18:28 (NIV)

## PRAISE

God, you are:

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## THANKS

God, thank you for:

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## REQUEST

God, I pray for:

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## CONFESS

God, please reveal my sin to me.  
Please forgive me for:

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**GET CREATIVE**

# VERSE

## PRAISE

God, you are:

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## THANKS

God, thank you for:

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## REQUEST

God, I pray for:

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## CONFESS

God, please reveal my sin to me.  
Please forgive me for:

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**GET CREATIVE**