

TEACHING PRAYERS OF PEACE TO CHILDREN

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Our children have big feelings and worries, just like we do. They might feel anxious about schoolwork, friendships, or even bullying. When worries pile up, they can affect kids in many ways—emotionally, physically, and socially. In those moments, they need extra comfort and encouragement. We can help them find peace by reminding them that God is always with them. Through prayer, they can experience **shalom**, the peace of God.



Breath Prayers: When kids feel anxious, taking a deep breath and saying a short prayer can help. Breath prayers are simple, repeatable phrases that kids can whisper anytime.

Try this with your child:

- As you breathe in, pray: “When I am afraid...”
- As you breathe out, pray: “I will trust in you.”

Here are a few Bible verses that work beautifully as breath prayers:

- “I give you peace, so don't be worried or afraid” (John 14:27).
- “God, here I am” (Isaiah 6:8).
- “Trust in the Lord with all your heart” (Proverbs 3:5-6).

Alphabet Adoration Prayer: This fun prayer helps kids focus on God's amazing qualities while making prayer interactive. Encourage your child to think of a name or characteristic of God for each alphabet letter.

For example:

- A – Amazing, Awesome
- B – Beautiful, Brilliant
- C – Creative, Compassionate

Some letters will be easy, while others may take a little imagination—but that's part of the fun! This type of prayer reminds kids of who God is and all the wonderful things he has done.

Confession Prayer: Sometimes, kids feel the burden of their sins. They can't stop thinking about something they did or said that hurt someone. It's even worse if it's an unconfessed sin. They need to know that God's love is constant, and he is always ready to forgive.

Here's a simple prayer to share: *“Dear God, You are so loving. I confess that I have made mistakes. Please forgive me and help me do better. Thank you for your love and grace. Amen.”*

God promises to forgive when we turn to him ([Romans 10:9-10](#); [1 John 1:9](#)). Let your child know that nothing can separate them from God's love!

Thanksgiving Prayers: When kids feel worried, focusing on gratitude can help. Encourage them to talk to God about their concerns and thank him for their blessings. At bedtime, ask your child: *What are three*

things you're thankful for today? Ending the day with gratitude helps kids feel safe, loved, and at peace.

Philippians 4:6 reminds us: "Don't worry about anything but pray about everything. With thankful hearts, offer up your prayers and requests to God." Philippians 4:7 shows what will happen next: "Then, because you belong to Christ Jesus, God will bless you with peace that no one can completely understand. And this peace will control the way you think and feel."

When we teach our kids to pray, we give them a way to talk to God and feel his peace. Even in scary or stressful times, they can remember that God is always with them and loves them no matter what.

Would you like to explore prayer even more as a family? Check out our ebook [Faith Practices for Families: Prayer](#). It gives parents great tools to guide their families with strong prayer habits.

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