


FAITHFUL
KIDS

Teach Me to Cast My Cares

GUIDED PRAYERS FOR ANXIOUS KIDS



Artwork by

Robert Havell, Jr. after John James Audubon, *The Birds of America*, 19th century. Background adapted.

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Teach Me to Cast My Cares
Guided Prayers for Anxious Kids

Dear parent,

There is nothing like watching your sweet, precious child struggle with worry. What should be the most worry-free time of their life is marred by anxiety: anxiety about friends, weather, school, bad dreams, or the news. And while we can't "fix" our kids or save them from their testimony, we can usher them to the throne of grace, introducing them to the sovereignty of God.

In this card set I've written the prayers I personally use with my own children in times of anxiety. Like all of our card sets for kids, we design them to be used daily at bedtime or around the dinner table or in the car—wherever you spend the most time. I encourage having your kids repeat them with or after you; speaking the words of God aloud aligns our hearts with our minds and bodies—all at once.

May this card set lead your little one (and you!) to greater trust in the heart of God.

How to Use These Cards

Store the cards in a convenient place—a nightstand or dresser—where you'll be reminded to use a card each night. You could even let your kids choose one for you! If you're just starting out, tell your child it's time to pray, encourage closing their eyes (for focus and respect), and read the prayer on the card. As you get more confident, ask your child what's on their heart before you pray: Are they worried? Are they sad? Are they grateful for something? Use the card as inspiration but integrate your child's response into your prayer. For example:

"Lord, thank you for [my child]. May she grow in wisdom and stature and favor with God and man (Luke 2:52). Lord, she is worried about school tomorrow. Please encourage her heart with your love. Remind her that you will never leave her or forsake her. In Jesus's name, Amen."

Remember: Your confidence will grow with practice! Your willingness to grow a spiritual discipline of prayer teaches your child to do the same. And if you ever feel like you don't have the words, remember the promise of Romans 8:26: *"Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words."*

-P/M



We can confidently say, “The Lord is my helper; I will not fear; what can man do to me?”

HEBREWS 13:6

WHEN YOU ARE ANXIOUS ABOUT SCHOOL

“We can confidently say, ‘The Lord is my helper; I will not fear; what can man do to me?’”

- HEBREWS 13:6

Lord, sometimes going to school makes me nervous. I worry about what others think about me or if I will get a good grade. Thank You that no matter what I face, You are my Helper. I don't need to be afraid. I can be confident You will support and defend me. Nothing anyone says to me has the ability to change who I am. I am loved by You no matter what! Remind me today that I am Your child. You are my helper and my defense. Amen.



Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

PHILIPPIANS 4:6-7

WHEN YOU ARE ANXIOUS ABOUT FRIENDS

“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”

-PHILIPPIANS 4:6-7

Lord, when I am worried about whether my friends will be there for me, I remember that You are closer than a brother. You will never leave me! When I'm anxious over how to handle a friendship problem, You've said I can give all my thoughts and concerns to You. When I put them in Your hands, You put peace into mine. Please guard my heart and mind with Your peace. Amen.