

One-Minute
Prayers[®]
for Girls



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What Is Prayer?

You need special skills to play on a soccer team or dance in a ballet or perform in a band concert. But did you know you don't need any special skills to pray? It's true! You don't need to know the Bible backward and forward. You don't have to have a big vocabulary. You don't need to be good at speaking in front of a group. All you need is a desire to connect with God.

If you can have a conversation with a brother or a sister or a parent or a friend, you can have a conversation with God. And that is what prayer is all about—having a conversation with God. Did you know that talking to God is actually easier than talking to people? When you're talking to Him, He never interrupts you or takes your words the wrong way or misunderstands you. God knows you so well, He understands what you want to tell Him—even when you might not totally understand it yourself!

Prayer is simple. But prayer is also powerful. Having a conversation with God about the things that matter most in your life—your friends, your family, your future, your faith—can change you and everything around you in amazing and exciting ways.

Ready to make prayer a part of your life? Let's dig in and get that conversation going and start connecting with God!



Prayers About
God and Me

Simple



*LORD my God, I called to you for help,
and you healed me.*

PSALM 30:2

Dear God...

What would happen if I were to take a test on everything I could ever possibly know? Every math problem ever created. Every science question in the world. Every language spoken on the planet. Every spelling word—ever. I'm freaking out just thinking about it. There's no way I would pass. There's no way anyone would pass—even the smartest person in the world!

Thankfully, prayer isn't like that. It might seem complicated, like there's a definite right and wrong way to pray, but it's actually very simple. And I will never fail when I pray. The main thing I need to remember is this: I talk to You, God, and You hear me. Then You answer, and I listen for Your response. That's it! Conversation between You and me. Easy. Uncomplicated. Simple. Thank You for that.

Amen.



Today

*Do not worry about tomorrow,
for tomorrow will worry about itself.*

MATTHEW 6:34

Dear God...

What do You have planned for me today? Who are the people I'm going to talk to and spend time with? What will they teach me, and what will I share with them? What things are going to happen, and how am I going to react to those things? Help me to react to people and situations in a good way. If I don't know what to say or how to respond, remind me to turn to You for help.

I want to focus on living each day in the best way I can. Sometimes I spend too much time looking ahead. I think things will be better when I'm older or in a different situation. But You have amazing plans for my life right now—on this very day.

Amen.

Unsure



*I will instruct you and teach you in the
way you should go;
I will counsel you with my
loving eye on you.*

PSALM 32:8

Dear God...

Who should I eat lunch with? Which gymnastics level is going to be the right one for me? Should I sign up for just one week of summer camp, or would I be okay being away from home for two or more weeks?

Sometimes I feel so unsure of what to do. I like making decisions for myself, but it can be easier if someone else makes them for me. Yet I know it's important for me to learn to make good choices on my own. I'm glad I don't really have to make these choices by myself. Lord, You are always there to hold my hand and guide me in every decision. In the moments when I am undecided and unsure, I can always seek Your guidance and Your truth.

Amen.



Wise

*The LORD gives wisdom;
from his mouth come knowledge
and understanding.*

PROVERBS 2:6

Dear God...

Sometimes I wish I could know how something will turn out in the end. If I had known I would get the role I wanted in the play, auditioning would have been a breeze. If I had known the new girl next door would end up as my best friend, I wouldn't have been so nervous to talk to her. And if I had known I was going to break my leg, I probably wouldn't have played soccer that day!

Only You know what's going to happen though, Lord. And maybe that's a good thing. You want me to try new things and to talk to new people. I can trust You because You love me and You are wise. Your love and wisdom can get me through anything—even if it isn't what I was expecting.

Amen.

Pray



*Pray in the Spirit on all occasions
with all kinds of prayers and requests.*

EPHESIANS 6:18

Dear God...

I know there is no one right way to pray, but as I get older and talk to You more and more, I'm figuring out the ways I prefer to pray. I know that You want my prayers to be specific with plenty of details. You want to know what's really going on in my heart. And You want me to share everything with You—things about my friends and my life and my feelings.

I used to think of prayer as just a wish list for myself and other people. I know it's fine to ask You for things, but there's also way more to it than that. When I approach You in prayer, it's like approaching my very best friend. I'm ready to share, and I'm prepared to listen.

Amen.



Listen

*Consider carefully what you hear...
With the measure you use, it will be
measured to you—and even more.*

MARK 4:24

Dear God...

Talking to anyone can be scary. I don't want to say something I don't mean or have my words come out wrong. This can happen even when I'm praying—especially when I have to pray out loud. Suddenly I find myself thinking only about the words I'm saying, and I forget I'm saying them to You.

During moments when I'm too focused on my own words, help me to stop and listen. Quiet my mind and my heart. Shift my focus to Your awesomeness. Encourage me to just relax and spend time in Your presence, hanging out with You. It's not about my words. It's about You and Your Word.

Amen.