



Parent Prayer Guide

KISWAHILI VERSION ➡

A simple framework for praying with your child, with sample prayers, weekly focus ideas, and a monthly rhythm.

The Four-Part Prayer

- **Praise** — Tell God who He is and thank Him for His goodness.
- **Thanks** — Thank God for specific blessings today.
- **Sorry** — Confess wrong attitudes or actions and receive His forgiveness in Christ.
- **Please** — Ask God for help, wisdom, and strength for specific needs.

Sample One-Minute Prayers

- “Father, You are good and loving. Thank You for our family. We are sorry for unkind words today. Please help us speak with gentleness. Amen.”
- “Lord Jesus, You are our Shepherd. Thank You for guiding us. Forgive us when we worry. Please give us peace tonight. Amen.”
- “Holy Spirit, thank You for Your presence. Help us love our classmates and be brave to do what is right. Amen.”

Weekly Prayer Focus

- **Week 1:** Family & Home
- **Week 2:** School & Friends
- **Week 3:** Church & Leaders
- **Week 4:** Nation & World Needs

28 Day Monthly Prayer Rhythm

Day	Focus
Day 1	Thanksgiving
Day 2	Parents
Day 3	Siblings
Day 4	Grandparents
Day 5	Teachers
Day 6	Friends
Day 7	Neighbors
Day 8	Pastors/Leaders

Day 9	Missionaries
Day 10	The Sick
Day 11	Safety/Travel
Day 12	Work/Provision
Day 13	School
Day 14	Kindness & Forgiveness
Day 15	Courage
Day 16	Wisdom
Day 17	Truthfulness
Day 18	Purity
Day 19	Self-control
Day 20	Joy
Day 21	Peace
Day 22	Patience
Day 23	Justice & Mercy
Day 24	The Poor
Day 25	The Nation
Day 26	The World
Day 27	Creation Care
Day 28	Personal Needs



Mwongozo wa Maombi ya Wazazi

Mfumo rahisi wa kuomba pamoja na mtoto wako, ukiwa na mifano ya sala, mawazo ya mwelekeo wa kila wiki, na mpangilio wa mwezi.

Sala ya Sehemu Nne

- **Sifa** — Mwambie Mungu Yeye ni nani na mshukuru kwa wema Wake.
- **Shukrani** — Mshukuru Mungu kwa baraka za leo kwa uwazi.
- **Samahani** — Kiri mawazo au matendo mabaya na ukubali msamaha Wake katika Kristo.
- **Tafadhali** — Muombe Mungu msaada, hekima, na nguvu kwa mahitaji mahususi.

Mifano ya Sala za Dakika Moja

- “Baba, Wewe ni mwema na mwenye upendo. Asante kwa familia yetu. Tunasikitika kwa maneno yasiyo ya upole leo. Tafadhali tusaide kuzungumza kwa upole. Amina.”
- “Bwana Yesu, Wewe ni Mchungaji wetu. Asante kwa kutuongoza. Tusamehe tunapohangaika. Tafadhali tupe amani usiku wa leo. Amina.”
- “Roho Mtakatifu, asante kwa uwepo Wako. Tusaide kuwapenda wenzetu darasani na kuwa na ujasiri kufanya lililo sawa. Amina.”

Mwelekeo wa Maombi ya Kila Wiki

- **Wiki 1:** Familia & Nyumbani
- **Wiki 2:** Shule & Marafiki
- **Wiki 3:** Kanisa & Viongozi
- **Wiki 4:** Taifa & Mahitaji ya Dunia

Mpangilio wa Mwezi wa Siku 28

Siku	Mwelekeo
Siku 1	Shukrani
Siku 2	Wazazi
Siku 3	Ndugu
Siku 4	Wazee/Wajomba
Siku 5	Walimu
Siku 6	Marafiki
Siku 7	Majirani
Siku 8	Mitungi/Viongozi
Siku 9	Wamisionari

Siku 10	Wagonjwa
Siku 11	Usalama/Safari
Siku 12	Kazi/Maendeleo
Siku 13	Shule
Siku 14	Upendo & Msamaha
Siku 15	Ujasiri
Siku 16	Hekima
Siku 17	Ukweli
Siku 18	Usafi wa moyo
Siku 19	Kujizuia
Siku 20	Furaha
Siku 21	Amani
Siku 22	Subira
Siku 23	Haki & Rehema
Siku 24	Wenye uhitaji
Siku 25	Taifa
Siku 26	Dunia
Siku 27	Utunzaji wa uumbaji
Siku 28	Mahitaji Binafsi