“He has told you, O man, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?”  
Micah 6:8

Stand Up for Justice

HEAD-TO-TOE PRAYER

Head-to-toe prayers are an easy way to teach children how to pray about the injustice we see in the world. Here are some ideas to guide you:

- **Head**: Pray we would have the “mind of Christ” (1 Corinthians 2: 16) and always consider others, think pure thoughts, and not be anxious or afraid.

- **Eyes**: Pray that we would always be looking to God for the answers, and eyes that do not ignore injustice.

- **Mouth**: Pray we can bravely speak up about injustice and tell people about Jesus and His love for us!

- **Ears**: Pray that we would hear God’s voice above all others and focus on what He says is right!

- **Hands**: Asking God to show us ways we can serve and help people.

- **Tummy**: Thank God for all He provides for us, including our food! Pray for ways we can help others who have less than us.

- **Knees**: Remember that we need to be on our knees asking God for His wisdom about what to do, and saying sorry for the times we haven’t done this.

- **Toes**: Pray we would always walk in God’s paths and follow Him. Confess ways we might have strayed from God’s path and tried to do justice our own way.