

*“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.

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