

Battle Back-to-School Anxiety With This Powerful Prayer Resource

Preparing to start the new school year is an exciting time for kids, but it can also leave children with fear and unease. Abide, the Christian meditation and prayer app, has created “A Child’s School Prayer” daily meditation guide to provide children with God’s love and encouragement for the start of a new and productive school year.

“As a father, I know how nerve-wracking the first day of school can be, especially for kids starting a new school,” said Neil Ahlsten, co-founder of Abide. “We developed these meditations in hopes to help reduce the fear and worry about being in a new classroom with unfamiliar faces and instead, get children excited about what God has in store for them during the upcoming school year.”

The five-day guide features Scripture and prayers read by kids. The Christian meditations are designed to remind children to turn to God for help when facing challenges both in and out of the classroom.

Each five-minute guided meditation covers a new topic including anxiety, homework, bullying and praying for classmates even when it’s hard to do.

“These brief Christian meditations are designed for both parents and their children to enjoy over breakfast or on the way to the school,” said Ahlsten. “Children face many different obstacles each school day, and when we set them up for success—like starting their day with a meditation of God’s Word —we’re helping them be better equipped for any challenge they may face.”

The back-to-school meditation guide can be found on the Abide app, which is available for download on iTunes and Google Play. It is also featured in the reading plans available on YouVersion's Bible app.

With a number of public schools incorporating eastern meditation practices into their curriculum, Abide hopes this guide will help Christian parents teach their children how to calm and center themselves on God's Word, rather than self. Abide addresses this in its recent blog post on .