



PRAYER GUIDE FOR FAMILIES

Perhaps one of the greatest lies the enemy tells us is that children are too young for spiritual disciplines. We think that as they get older they will learn to pray, fast, and spend time in the Word.

The reality is that if they are old enough to be tempted with sin, then they are old enough to learn (and need!) spiritual disciplines.

There are many times in a day that you can choose to develop a family prayer time - before school, during dinner, before bedtime - the important thing is that you DO choose a consistent time and prioritize it. This shows your children that prayer is important and deserves a place in our busy days.

An excellent way to help your children pray is to use the Bible as a launching point. Read a passage together as a family, then discuss what God is showing each of you through the Word. Even your toddlers can learn from the active, living Word of God! Turn what you have learned into a prayer - thanking God for showing you His truth and asking Him to show you more!

Do not be frustrated that it will take time for your children to develop a love for prayer and spending time with God. Much like you moved from discipline to delight - your children will do the same!



PRIORITIZE PRAYER IN YOUR LIFE



You are your children's primary model of Jesus. Teach them by showing them.

PUT DISTRACTIONS AWAY

Turn off and put away all devices and other distractions.



MANAGE EXPECTATIONS

Don't force them to participate, just have them be present and watching. You are not looking for perfection! You are looking to expose your children to prayer so that they can develop their own prayer life to sustain them as they grow older.



INCLUDE EVERYONE

Ask your children for their requests.

Give them direction of what to say. Ask them to pray to God directly (expect silence at first).



ENCOURAGE ACTIVE LISTENING



Allow your children to have busy hands while they listen and you pray. Let them color, use playdough, or build something related to what you are praying about.

BE CONSISTENT

Pray every day with your children.

Help them to establish their own prayer time every day

