



**Prayer Journal** Share your prayer requests with the other members of your family and then record them in a prayer journal.

One person can pray for all the requests you've listed for the day. The next time you pray together, look over the requests you listed previously and update any changes and answers. This is a good way to see how God has been active in your prayer lives.

**Conversational praying** can be a very natural way of including God in our conversations.

- Short prayers without the Amens, which focus on a common subject for a while before moving on.
- Eg Mum : "Thank you Lord that Granny is feeling better",
- Sarah "Yes, and we pray that she'd continue to feel stronger each day.",
- Jim "Help us to remember to call her each day",
- Dad : "and we ask that you would be with her"

**News Prayer** Pray together as a family after watching a news summary. This is an easy way to start praying for broader world issues, and can encourage children and young people to develop a practical concern for God's world.

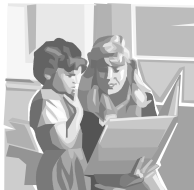


**Simple written prayers** to help your children pray. However, do encourage them to use their own words as well - God doesn't demand well constructed sentences and fine poetry!

**Story-guided devotions** You choose a Bible story or Scripture passage to read. Then you discuss and apply the theme of those verses to your lives as individuals or as a family.

**Unlimited Prayers** Pray about anything and everything. Go to God in times of stress, anger, grief, disappointment, worry, joy, anticipation, gratitude and accomplishment. This shows your children that you are confident that **GOD CARES, HEARS AND ANSWERS.**

**Topic or theme-guided devotions** You choose a topic, such as "honesty" and find a Bible story that fits that theme. You discuss the theme, then read the story to see how the story characters dealt with that theme. Try to link the characters' choices to the consequences they experienced.



**Activity-guided devotions** This is especially appropriate for young children. Choose an activity to do as a family. Find a Bible story that complements that activity. For your devotional, do the activity, tell or read the story, and discuss it. Eg. Build a city with blocks. Tell the story of Jericho, using toy figures if you want. Then talk about how God took care of Rahab. Or bake cookies shaped like stars. Then read or tell the story of the wisemen. Talk about how God led the wise men to Jesus. And talk about ways God has led your family.



# Pray for

When children are young, you talk to them about Jesus, and when they get older, you talk to Jesus about them

I want to pray **FOR** my kids.....

Prayers you can pray for your children

Use Scripture to pray:

## *2 Corinthians 6v14*

*Give them Christian spouses, and be working in those future spouses' lives even though we don't know who they are or what the future holds.*

## *1 Thessalonians 4v11-12*

*Bless them in their work, both schoolwork as children and occupations as adults.*

Pray for your kids to be Holy, Happy and Healthy.



# Pray with



I want to pray **WITH** my kids.....

- **Begin** family devotions with your children even when they are infants, if possible.
- **Adapt** your devotional times to fit your needs. Some families find breakfast to be the best time. Others have devotions after dinner. Others have it right before bedtime. Try to set a schedule and be as consistent as possible.
- If once a week is best for you – do it.



## Spontaneous Prayers

Let your children “catch” you talking to your Father. As you go through your day, speak short prayers. “Father, thank you for helping Stephen in the school play”.

**Sentence Prayers** You can help your children pray aloud by giving them a sentence to complete, such as

“God, I thank you for .....

“Jesus, forgive me for....

“Jesus, please help my friend....

“Jesus, help me be more.....

“Jesus, help me to let go of.....

“Jesus, give me the courage to.....

Jesus, one of the fears I need help with is.....

Use just one each day.



## Highs and Lows

Ask your children what their “highs” were from the day, and then ask them about their “lows” from the day. Share your highs and lows as well, and then pray for them together.