



Young Children, Children, & Teens

Praying Together

Best Use

To create powerful prayer opportunities with your preschoolers, children, and teens at key moments in your family's life.

Value

Modeling a life steeped in prayer, and involving your children in conversation with God, shows the importance of bringing our thanks, requests, celebrations, and defeats to God; helps your children develop a pattern of prayer in their own faith lives.

Advance Preparation

- If your children/teens are older, involve them in conversation about prayer to prepare them for the new "praying together" routines.
- Adjust your expectations, especially as you first begin praying together. Prayers do not need to be wordy or eloquent; simple, heartfelt conversation with God is a most effective form of prayer.
- It's never too early or too late to begin praying together, so start a "praying together" routine today!

Jumpstart a "praying together" routine during family moments; add your own ideas for special times in the life of your family!

Meal Time—Capture moments while eating together.

- Briefly give thanks for the food before you eat, then wait until everyone has eaten to have an extended family time of prayer.

Bed Time—Pray to end the day together.

- The first person in the family to go to bed (usually the youngest) alerts everyone else that it is time for the end of day prayer together.

Wake Up—Start the day off on the right foot.

- Before the first person heads out the door, pray together about upcoming activities of the day.

Drive Time—Invite God into your day while in the car.

- As you start the engine, pause for a brief prayer together asking God to go with you and invite everyone to pray a one sentence prayer for any concern.

Special Occasions—Involve God in big moments of life.

- Anniversaries, birthdays, first day of school, first date, school test, job interview, or trip to camp can trigger special occasion prayers—especially with teens who encounter many "firsts" to lift before the Lord together.

Walks—Talk to God in His creation.

- Taking a walk together is the ideal time to pray—or pause at the end to pray about matters that came up during your walk.

Mirror Prayers—Leave messages for your child.

- Using a dry erase marker, write prayer concerns or Scripture on the child's bathroom mirror to encourage them to pause and pray after brushing teeth.



For more @home resources, visit: growfaithathome.org