



PRAYER GUIDE FOR FAMILIES

PRAYER WEEK

Leading our families as Christian parents can sometimes seem daunting and we may not always know how to bring more spiritual moments into our family life. Fortunately, the scriptures give us some guidelines and practical handles to be more spiritual as a family without being harsh or religious.

Look For Opportunities in Everyday Life

The Israelites were instructed to use any opportunity to share a spiritual lesson with their children, including at mealtimes, when travelling together (e.g. in the car on the way to school), at bedtime, or in the mornings. You could start with a simple prayer for the day at breakfast to remind our children that God is with us every minute of the day.

Deuteronomy 6:4–9 (NIV)

Hear, O Israel: The Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your strength. These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. Tie them as symbols on your hands and bind them on your foreheads. Write them on the doorframes of your houses and on your gates.

Tell Your Children How God Has Helped You

Sometimes our children don't grow in faith as much as we want them to, because we never share with them our own stories of faith. We reserve those conversations for our spouse or our peers, but children are hugely impacted by an authentic journey of faith. If we share how God has answered prayers, given us peace when we are stressed, and helped us with wisdom for a decision, then our children will learn to trust God for the same things too.

Psalms 145:3–4 (NIV)

Great is the Lord and most worthy of praise; his greatness no one can fathom. One generation commends your works to another; they tell of your mighty acts.

Teach Your Children Bible Verses

The scriptures describe what God is like and help us to understand his ways. When we learn the scriptures, we become mature in our faith. The same is true for our children. When our children get to see the value of the scriptures, they will also seek the scriptures for themselves in due time.

Ephesians 6:4 (NIV)

Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord.

Reflection

Sit down together for a family devotion time this week. You could add it on at the end of a dinner so it is more natural than a special occasion. That will also make it easier to repeat regularly.

- Give each family member a chance to share about how God has been with them today. Even if they don't have something to share, it will help them to think about that tomorrow.
- Share your own story of something God has helped you with that you are grateful for.
- Take a simple verse of scripture. (For example, Philippians 4:13)
 - Ask each family member what they are facing right now that they find challenging.
 - Pray for each other to experience God's strength in these areas.