

## ***Happy is the family who understands prayer, for they know God listens***

### **Prayer is**

Prayer is communicating and building a relationship with God. There are many benefits to praying. Prayer is powerful!

### **Benefits of Family Prayer**

*“So confess your sins to one another. Pray for one another so that you might be healed. The prayer of a godly person is powerful. Things happen because of it.”* — James 5:16

**There are many spiritual and cognitive benefits of praying and understanding elements of prayer.**

- Connects children to God and helps them talk to God
- Maintains the role of parents as the spiritual leaders of their families
- Strengthens family bonds
- Focuses on God’s best for us
- Helps children see that God answers prayers
- Helps families develop grateful hearts and fear of the Lord
- Helps children learn to talk with adults
- Develops reading comprehension and vocabulary
- Develops analytical skills
- It brings your family together on a regular basis
- Gives children hope
- Help children understand that God guides them

### **Basics in praying as a family**

- Be persistent
- One method doesn’t work try another
- One method works add variety at times with a new method you think might work
- Keep a family prayer journal
- Also have an annual little journal to sum up past year and list biggest prayers for coming year.

## **A few methods to try praying together**

### **Handy Bully Buster Prayer**

Let your hand guide your prayer for protection

Thumbs up—Ask Almighty God for protection (on top when fist is made).

Pointer finger—Thank God for your good points (talents/character) and point out the problem to God.

Middle finger — Pray for wisdom to find middle ground of a safer place to go.

Ring finger of protection-Ask God for a ring of friends, to help protect one another

Little finger —A little forgiveness goes a long way, so forgive bullies.

Hold up your hand and ask God to “Stop the Bullying.” Pray for courage to wave goodbye, turn, and leave when bullies show up.

**Become RICHER acrostic from praying scriptures.**

What	How	To Pray
Read	Read a passage and note what impresses you	Thank God for the message
Insights	Consider the meaning	Pray for God's wisdom
Challenge	Challenge yourself to apply the truth	Pray about applying the words
Hope	Reflect on how the passage brings hope	Thank God for the hope you find
Evaluate	Evaluate your choices in light of God's word	Ask God to show you any changes to make
Relationships	Consider how the message helps you relate to people and God.	Ask God to share the hope found

**Sphere of Influence (Week 5 in 52 Weekly Devotions for Family Prayer)**

Let your children realize they can impact lives with filling out a US map (or use a world map if they travel a lot). They will see they can pray for people they know all over and they have people they can write to or call to share their faith.

1. Mark where you live with a black dot.
2. Mark a red dot anywhere else you have lived, and any place you have visited.
3. Mark a green dot anywhere you have relatives living.
4. Mark a blue dot anywhere you have a pen pal or e-mail friend. Include any places where friends have moved whom you can call or mail.
5. Draw lines to connect each dot to your home black dot.

As the map is covered, you'll see how far reaching your influence can be. Everywhere you go you leave an impression. Make sure the marks you leave remind others of Christ!

**Chalk Talk Praise**

Chalk up praise! Write on sidewalk praises to God and thanks for your blessings. Draw hearts and write your words inside the heart. Add a rainbow to remember God's promises.

### **Grow in Family Prayer Acrostic**

Let these ideas remind you of reasons and joys for connecting children to prayer.

#### **Gather together**

Commit and do it  
Ball method  
Walks  
POW-WOWs

#### **Rejoice with Praise**

Blow bubbles  
Journal and Ebenezer stones (stone of help 1Samuel 7).

#### **Open Hearts and Minds**

Investigate questions kids ask—why does God take so long?  
Short and long prayer waiting in Bible Nehemiah chapters 1 & 2, Abram, Jesus in John 6

#### **Weave prayer into daily life**

Prayer-Ways instead of merely doorways  
Evening call outs  
Prayer War rooms

**Engage children in prayer** in various ways. That inspires them to become prayer warriors.

- Walk from room to room to pray for God's blessings in each space and the activities that take place there.
- Pray as you go/ As you drive pray for business you pass, friends whose homes you drive by, and the town or parts of it, parks, schools, hospitals, etc. Pray for the workers, people who go to the places for shopping, help, or recreation.
- Wrap your younger child up after a bath in a towel like a stuffed burrito (or tuck them in like that) and thank God for always surrounding him or her with his love.
- Play with toy vehicles and share the great commission. Ask for God to help them share their faith wherever they go.
- Match prayers to Bible stories and activities. O a picnic chat about Jesus on the beach with his disciples and fishing for people. When there's a big prayer need look at mustard seeds, read about what Jesus said about the mustard seed and faith, and pray.
- Have a teddy bear party and pray for friends (bearing one another's problems).