

prayer



**TALK WITH
GOD AT HOME**

**Faith at
home**

Talk With God at Home

Becoming intentional about family prayer time is one of the most powerful things we can do together as families. This guide is designed to help you build simple, consistent rhythms of prayer in your home. Whether you're new to praying together or just looking for fresh ideas, these tools will help you start meaningful conversations with God right where you are.

Why Pray at Home?

Creating a habit of praying together at home makes it much more likely you will:

- **Grow in your connection to an all-powerful God**
- **Build a life-long, thriving marriage**
- **Increase marital trust, respect and intimacy**
- **Strengthen the relationship with your children and teens**
- **Nurture strong faith in the hearts of your children and teens**
- **Reduce the level of tension in your home**

Prayer is simply a conversation with God. It is a way we communicate, worship, praise, and know our Heavenly Father. It is our dependence on the One who holds all things together

Individual prayer is powerful, but Scripture tells us there is a supernatural dynamic when we pray with others.

7-5-2 Prayer at Home

Commit to prayer at home as a habit using the 7-5-2 plan.

- 7 - Pray seven days a week individually for your family (spouse, future spouse, children, grandchildren, parents, siblings, etc.)**
- 5 - Pray five times a week with your family**
- 2 - Pray at least two times a week with your spouse**

Consider choosing a time and place for prayer to help you follow through and stay committed to your individual, family, and couple prayer time.

Jump-Start Prayers

Helpful ways to jump-start a prayer routine in your home:

Silent Prayers:

The easiest way to start a family prayer time is by praying together silently. Agree on a prayer list, join hands, and begin praying. As you become more comfortable with this process, try other prayer strategies.

High/Low Prayers:

Have each person quickly share the high point and low point of their day. Hold hands, give thanks for the highs, and ask God for help with the lows.

Prayer Prompts:

Encourage each person in the family to finish the following sentences:

- **God, I love and thank You because...**
- **God, I am sorry for...**
- **God, please help...**
- **Lord, I trust You with...**

Prayer Reminder Tools

Ideas to make your prayer routine easier and more meaningful:

Prayer Board:

Place a dry-erase board in a high-traffic area of your home to keep a list of your family's prayer needs and praises.

Prayer Journal:

Purchase a journal for your family to start recording prayers. Consider a section for answered prayers to keep as a reminder of God's goodness.

Prayer Card Basket:

Rather than throwing away Christmas cards, birth and wedding announcements, etc., place them in a basket. Choose times to pick a card and pray for that person or family.

Family Routine

Incorporate prayer into your family culture of everyday life:

Meal Time:

Take some time to share prayer requests during your meal. After everyone has finished eating, spend time praying over the requests.

Bedtime:

The first person to go to bed alerts everyone else that it is time for family prayer.

On the Go:

Use drive time and walks as intentional prayer time. Encourage everyone to share any requests, concerns or praises. Take time to pray together for things that were shared.

What to Say

There is not a right or wrong way to pray. Prayer is talking with our Heavenly Father. Choose what fits best

prayer



for you and your family. Consider using an acrostic like **PART** as shown below, to help you and your family be more intentional as you pray:

Praise: Start off your prayer by praising God. For example, *“God, You are all-powerful and all-knowing. Even when I am anxious, I know I can trust in You.”* (Psalm 135:3) Praise the Lord, for the Lord is good...

Admit: Admit your sins and recent transgressions to God and ask for His forgiveness. *“I’m sorry I lied about cleaning my room today. Please forgive me and help me to do better next time.”*

(1 John 1:9) If we confess our sins, he is faithful and just and will forgive us...

Request: This is the section where you ask God for the things that are on your heart. *“Please, Lord, help keep my father safe as he is traveling, and bring him home soon.”*

(Philippians 4:6-7) By prayer and petition... present your requests to God...

Thanksgiving: At the end of your prayer, thank God for the good things He has done in your life. *“Thank You, God, for Your everlasting love. Thank You for healing my dog’s hurt leg and for helping my friend find her lost jacket at school.”*

(1 Thessalonians 5:18) Give thanks in all circumstances...

Additional Resources:

The Daniel Prayer by Anne Graham Lotz

The Battle Plan for Prayer by Stephen and Alex Kendrick

The Circle Maker by Mark Batterson

Fervent by Priscilla Shirer

A Praying Life by Paul E. Miller

