

prayer



ACTIVITY
PRAYING WITH YOUR KIDS

**Faith at
home**

prayer



Praying with Your Kids

Purpose:

To strengthen your relationship with your kids, nurture a deep and growing faith in their hearts, and bring more peace into your home, pray with your kids. Pastor and author Will Davis Jr. says it best: “There’s something blessed about a child who the last thing they hear every night is the sound of their parents praying over them.” Start that routine in your home tonight and let it become a simple, meaningful rhythm your kids look forward to.

Advance Preparation:

Spend a few minutes reviewing and thinking through the strategy that will work best for you and your family.

Jump Start Prayers:

Helpful ways to jump start a prayer routine with your children:

- **Silent Prayers:** If you are uncomfortable praying out loud, start by holding your child’s hand or resting your hand on his or her arm while offering silent prayers.
- **Sentence Prayers:** Take turns voicing very short, one-sentence prayers like “Please heal Uncle Paul,” or “Thank you for giving Troy a new friend,” or “I’m sorry for losing my temper with everyone earlier today.”
- **High/Low Prayers:** Have the child describe a high point and low point of their day. Then hold hands and give thanks for the high and ask for help with the low.
- **Fill-in-the-Blank Prayers:** Use pre-written language to guide and focus your prayer time. Use starter lines such as “God, I love you because __,” or “God, please help __,” or “God, I’m sorry for __.”
- **Blessing Prayers:** Voice a short prayer of blessing as you gently touch your child, such as the following scripture:

*“May the LORD bless you and keep you;
the LORD make His face shine on you
and be gracious to you; the LORD turn
His face toward you and give you peace.”*

– Numbers 6:24–26

