

Praying With Your Kids

Purpose

To make it easy to launch the habit of praying with your kids

Advance Preparation

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

Impact

Praying with your child will strengthen your relationship with them, nurture strong faith within them and reduce the level of tension in your home. As pastor and author Will Davis Jr. put it “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 the routine in your home tonight.

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)