



## 22 Ways to Pray as a Family

Teaching your children to pray is one of the greatest opportunities you have to disciple your children. But, sometimes you might feel like a spiritual chaperone when it comes to teaching your children to pray. Instead of worrying about “getting prayer right,” start with simple family activities that can help your family prayer life grow. It’s actually easier to engage your kids and pray as a family than you might think.

The best thing to do is simply begin praying with your children and letting your love and excitement for Christ shine through you as you do. As you make prayer time a new rhythm within your family, you will witness each member grow in their relationship with Jesus. Start now by praying and visualizing your family moving beyond routine prayers to experiencing the power of prayer in new, exciting ways.

To jumpstart your prayer time, here are 22 ways your family can pray together.

## **1. Family Prayer Whiteboard**

Use a large whiteboard to create a family prayer board. Hang it up in the kitchen or family room where it can be seen often. Allow family members to add prayer requests any time during the week. Set a designated time every week like Sunday after dinner to pray. Celebrate your answered prayers and then discuss and pray through the requests.

## **2. Prayer Web - God's Attributes**

In the center of a piece of paper write the statement "God is . . ." Then think of different characteristics of God. Draw a line from the middle statement and write or draw a picture of that attribute. As you think about the different characteristics of God, pray through any prayer requests that come to mind. Draw a line from that attribute and write your prayer request. When you're done, you'll have a prayer web that you can add to each time you pray and do this activity as a family.

What are some attributes of God? [Click here for a great bible study.](#)

## **3. Google Map Prayers**

The Google Map application available on the web and smartphones is a fun way to explore the world. Look up the satellite view of your church, your kids' school, your house or any other location. Take turns exploring and praying for each location.

#### **4. Pray for Missionaries**

Missionaries will often post regular updates on their website or facebook page. Locate one or a few missionaries your family can pray for regularly. Review their updates and needs. Pray together for the prayer requests you discover.

#### **5. Hand Stack**

Your family is like a team, and here's a fun way to pray together. Have one person place their hand in the middle, then have everyone else in the family place one hand on top to create a "stack" of hands.

The person whose hand is at the base of the stack goes first, praying a single sentence prayer as they pull their hand out and place it on top of the "hand stack." Then, the next person, whose hand is now on the bottom, prays as they pull their hand out and place it on top of the stack. When you sense it is time to stop, the adult (whose hand is on the bottom) raises up the pile of hands. That's the signal for everyone to say "Amen!" and high five the person next to them.

#### **6. Ball Toss Prayer**

Find a ball and stand in a circle as a family. The person holding the ball offers a prayer then tosses it to someone else, who prays, and tosses to someone else. Continue until everyone has had the ball and offered a prayer.

## 7. Head-to-Toe Prayer

One tangible way to pray is to relate prayer topics to different parts of your body. Here's an example:

**Head** - Pray that you would have the "mind of Christ" (1 Corinthians 2:16). Pray that you would consider others, think pure thoughts, and not be anxious or afraid. You can also confess ways you may have not had the mind of Christ.

**Ears** - Pray that you would hear God's voice above all others and that you would listen to the needs of others.

**Eyes** - Pray that you would seek God. Ask God to give you the eyes to see other people who may need to know they are known and loved by God.

**Mouth** - Pray that you would have the strength to courageously speak God's Word to those who need to hear it.

**Hands** - Pray for the ways you can serve people. Ask God to give you opportunities to serve neighbors and friends.

**Tummy** - Thank God for all He provides, including our food!

**Feet** - Pray that you would always walk in God's paths and follow Him. Confess ways that you might have strayed from God's path.

## **8. Center of Attention**

Choose a specific day of the week to pray for one person in your family. For example, on Mondays you might pray for Dad; on Tuesdays, for Mom; on Wednesdays, eldest child, etc.

## **9. Timed Prayer Challenge**

Set a timer for a minute or two, then pray for one particular person. Keep count to see how many different blessings you can pray over that person before the timer beeps.

## **10. Prayer Deck**

Print out photos or write the names of someone you pray for regularly on cards. Create a prayer deck with cards that you can hand out to each member of the family. Take turns praying for the people featured on the cards you receive.

## **11. ABC Prayers**

Take turns offering a prayer about something starting with each letter of the alphabet.

## **12. News Headline Prayer**

Visit a news website and let each member of the family choose a story to pray about. Discuss the story and the need and pray together.

### **13. Hand Squeeze Prayer**

This is a classic prayer time, but why not try it as a family. Gather as a group in a circle. Hold hands and close your eyes. Choose someone to say a prayer. When they are done, they squeeze the hand of the person next to them and you go all the way around.

### **14. Flashlight Prayer**

In a dark room, give everyone a flashlight. With each prayer that is offered, turn on the flashlight. Give thanks and celebrate, and then turn it off again. Repeat giving each person an opportunity to pray.

### **15. Parachute Prayer**

Have the family gather around a large sheet and hold the edges. Begin taking turns praying, and each time a prayer is offered, raise the sheet high thanking Jesus, then lower it slowly.

### **16. Candle Prayer**

Candlelight can create a worshipful prayer time. Talk about Jesus being the light of the world. Host a special time of prayer by lighting a candle for prayer that is offered. This can be done as thanksgiving or as prayers for others' needs.

### **18. Neighborhood Prayer Walk**

Go on a prayer walk around your neighborhood and spend time praying for your neighbors.

## **18. Hand Prayer**

Use fingers to remind your children of people to pray for:

1. Thumb - those closest to you (family and friends)
2. Pointer - those who lead and guide you (teachers, pastors, police, coaches)
3. Middle - those in authority (city, nation and world leaders)
4. Ring - this weakest finger reminds us of those who are sick, lonely or sad
5. Pinky - this smallest finger reminds us to pray for ourselves last

## **19. Family Worship Time**

Host a family worship time by playing your favorite worship songs. Spend time worshipping, and focus your hearts and minds on Jesus. Then, spend time thanking God and praying for one another.

## **20. Share the moment with Jesus**

"Share the moment" prayers help kids remember that Jesus is with them every minute of the day. Before you experience something as a family, take a moment to invite Jesus to share the experience with you. For example, at the top of the water slide, you might pray: "Be with us, Lord, and share this fun slide right along with us. We're so grateful that You created this for us to enjoy!"

## **21. Prayer Journal**

Give each child a journal and invite your children to begin drawing and writing their prayers to God. Encourage them to write letters to God or provide prompts for them to write about. Here are a few prompts you can use:

Lord, I thank you for . . .

Lord, forgive me for . . .

Lord, help my friend . . .

Lord, help me be more . . .

Lord, help me to let go of . . .

Lord, give me the courage to . . .

Lord, one of the fears I need help with is . . .

## **22. Highs and Lows**

Ask your children what their “highs” were from the day, and then ask them about their “lows” from the day. Share your highs and lows as well, and then pray for each of them together.