

# FAMILY DISCIPLESHIP

# PRAYER

## FAMILY DISCIPLESHIP

Family discipleship is having intentional and organic moments that teach your child how to be a follower of Jesus and make Him known. It is one of the most meaningful things parents can do with their lives. It's not about adding one more thing to your to-do list as a parent, it is THE THING. It's about reshaping your current family rhythms and everyday moments to include gospel-centered conversations and practices.

## PRAYER

Prayer is communication with God and it is essential to a Christian's relationship with Him and every Christian home.

## PERSONALLY GROW IN PRAYER

- Study the scriptures to see how and when Jesus prayed and to learn what the Bible says about prayer.
- Pray continually. (1 Thessalonians 5:16-18) This begins to happen when we posture our heart and mind towards conversation with God in all circumstances and activities of the day.
- Books for further study: Praying the Bible by Don Whitley; Prayer by Tim Keller; Prayer by Richard Foster; Fervent by Priscilla Shirer

## MODEL PRAYER

- Pray out loud when you are with your children.
- For specific times of prayer that happen regularly (ex: meals, bedtime, etc.) take the time to pray first and then let your child pray second. This will allow them to hear you pray, learn from your example, and then put it into immediate practice.
- Read scriptures with your child that talk about prayer so that their knowledge of it is based on the Word of God.

## PRACTICE PRAYER

- Give your child the opportunity to pray at meals, bedtime, and during the day when something sad, hard, or joyful happens.
- Give them a specific topic to pray about to broaden the scope of their prayers. (ex: praying for patience, confession of sin from the day, diligence in school work, kindness towards siblings, etc.)
- Spend time as a family writing out your prayers. Bringing our prayers to pen and paper is a powerful way to grow our prayer life. It allows us to look back at them and see how God has come near to us and answered them.
- Memorize prayers that are modeled in scripture. (ex: The Lord's Prayer, prayers found in the Psalms, Paul's prayers in his letters, etc.)

## RESOURCES

- Prayer Journal Pages - Visit [www.uhbc.net/kids](http://www.uhbc.net/kids) for downloads.
- Books - The Prayer Map Book (for Boys and Girls); The Power of a Praying Kid by Stormie Omartian; What Every Child Should Know About Prayer by Nancy Guthrie
- Focus on the Family Article - [www.focusonthefamily.com/parenting/teaching-kids-to-pray/](http://www.focusonthefamily.com/parenting/teaching-kids-to-pray/)