



Cultivating Prayer in the Home With Older Children



Some ideas to get you started:

Start a prayer journal (a simple spiral notebook is just fine) as a way to remember God's faithfulness to hear and answer prayer. Draw a vertical line down the middle of the page and on one side write, *Date Asked* and on the other side, *Date Answered*. Once a day, pull out the journal and write down your family's prayer requests. Say a simple prayer asking God for His help. Update the journal as you see God answer. If you continue praying and recording, you will have an amazing record of God's power and care for you!

When you see or hear of a need, **STOP and pray immediately**. If you hear or see an ambulance or fire truck, say a quick prayer for the person who needs help. (Example: God, help the paramedics know what to do. Help this person have peace and comfort.)

As you are riding in the car, **play "prayer categories."** Let someone pick a letter of the alphabet. Take turns naming one thing you are thankful for starting with that letter. Keep going until no one can think of anything else (G – God, grapes, girls, giraffes, etc). Let another person pick a letter and start again naming things that you are thankful for that begin with that letter. End the game by arriving at your destination or saying, "Wow, God made a lot of things to be thankful for. Thank You, God."

Write each letter of PRAY on a card with its meaning:

P raise - say or write words of praise to God.

R epent - tell God you are sorry for your sin and want forgiveness

A sk - ask God for anything you need

Y ield - say yes to God's will and plan

Go through the steps together and pray each part aloud. For example: in the Praise section, ask each person to think and then say something good about God. (God is kind. God is loving. God is wise. God is strong.) During the Repent section, give each person a chance to confess privately or aloud. Keep the cards on hand as a guide for prayers.





Learn the Lord's Prayer (Matthew 6:9-13) together. Write each phrase from the Lord's Prayer at the top of a piece of paper and invite the kids to illustrate them. When finished, let each one read the phrase and show their picture. Post the pictures in order in a prominent spot and say the prayer together once a day for the rest of the week.

