



Cultivating Prayer in the Home With Younger Children



The easiest way to cultivate prayer in your home is to build good habits—pray at set times throughout the day. One way is to say or sing a simple prayer before meals. An easy way to teach it is to sing each phrase and then they will repeat it. Here are several options to teach young children to acknowledge God as the Father who meets our needs.

(Sing to tune, “Are You Sleeping?”)

God our Father (God our Father)

Once again (once again)

We bow our heads to thank you (We bow our heads to thank you)

Amen (Amen).

God is great! God is good!

Let us thank Him for our food.

Amen. — Traditional

If you have very young children, teach them to pray one word at a time. Say a phrase and let them add a word. *Dear God, Thank you for _____ . I’m sorry I _____ . Please help _____ . Amen.*

Make a picture prayer book. Put pictures of family members and friends (print digital photos) in a small photo album or notebook. Look at the pictures at prayer time and choose one or several for prayer. Think of specific requests for each one.

Let one of the kids make a phone call to a friend or relative. After talking on the phone, ask: ***What do you like about talking to Grandma (or the person you called) on the phone? How is talking on the phone like talking to God?*** (I talk, He listens, I get to tell Him what I’m doing, I feel closer to Him when I talk to Him.) The Bible says, “Call unto me and I will answer thee.” (Jeremiah 33:3a) God wants you to talk to Him. Tell Him anything you would want to tell a friend. He wants to hear about your day and your problems. He loves you and wants you to talk to Him.

Jesus told His followers that prayer is a conversation, and He told them to find a quiet place and talk to Him (Matthew 6:5,6). Sit an empty chair across from you. Ask little ones to imagine that Jesus is sitting in a chair across from them. ***What would you say to Him?*** Jesus is our friend who wants to hear about our day, who wants to help us, who wants to comfort us, who can answer our requests. We must take the time to talk to Him.

