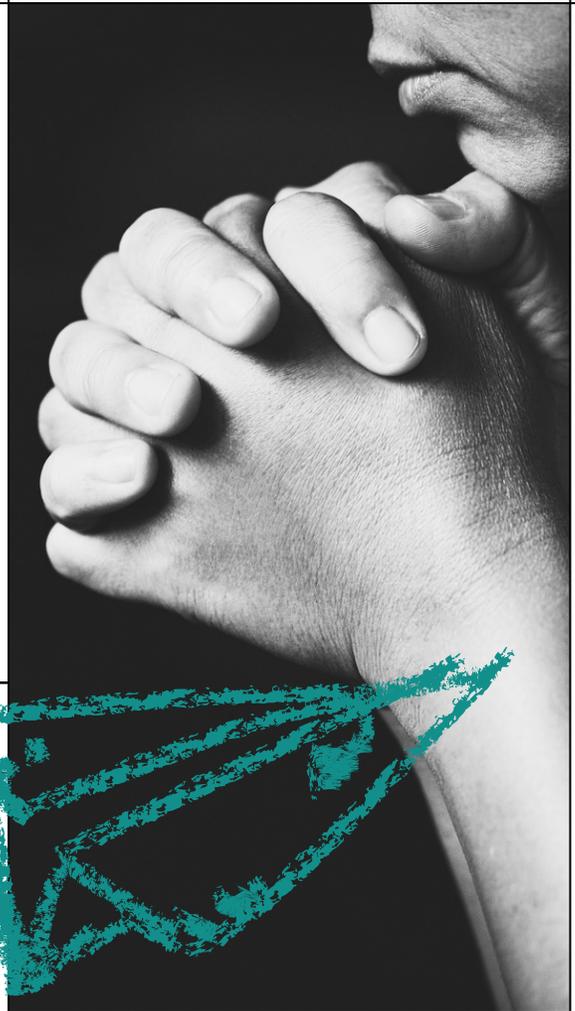


# FAMILY PRAYER GUIDE

northlake  home



ESTABLISHING A RHYTHM OF

# PRAYER

IN YOUR HOME



Praying with your kids does not need to be hard. Start to see it as simply using key moments in your daily rhythm to stop and intentionally acknowledge God.

If we model coming to God in everything, even the little things that seem insignificant, we are teaching our kids big truths about God's character.

He loves us, He cares about us, He has what we need, He loves to help us, He is always with us, He is worthy of our attention and affection.

## **3 TIMES IN YOUR DAY THAT CAN PROMPT YOU TO PRAY WITH YOUR KIDS:**

- When we are happy, go to God with praise and give thanks.
- When we have sinned, go to God with repentant humility and give thanks.
- When you need help, ask God to intervene and give thanks.



**P** PAUSE TO SEEK WHAT GOD WANTS TO TELL YOU

**R** REFLECT ON GOD'S WORD AND REJOICE BY GIVING THANKS

**A** ASK GOD TO HELP US AND OTHERS

**Y** YIELD YOUR OWN WAY AND SAY YES TO GOD'S WAY



## P.R.A.Y

USE THIS 'PRAY' ACRONYM TO LEAD YOUR FAMILY IN PRAYER. TEACH YOUR CHILDREN TO GO BEFORE THE LORD WITH HUMILITY AND GRATITUDE AS WE SEEK HIS HEART.





Let's put a hand on our heart.

Father God, fill us with Your love. Help us to love You, and everything that You've made.

Let's point to our eyes.

Lord Jesus, help us to see You, and to see others the way that You see them too.

Let's point to our ears.

Holy Spirit, help us to hear You, and give us courage to do what You say.

## MORNING PRAYERS

JUST LIKE A CHILD, MODEL FOR YOUR KIDS RUNNING INTO THE FATHER'S ARMS FIRST THING IN THE MORNING.

WHETHER IT'S DURING A LAZY BREAKFAST, RUSHING OUT THE DOOR, OR DRIVING TO SCHOOL, SHOW THEM THAT GOD IS WORTHY OF OUR ATTENTION AND AFFECTION AT THE START OF A NEW DAY.

## The Lord's Prayer

Our Father in heaven, your name be honored as holy. Your kingdom come. Your will be done on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And do not bring us into temptation, but deliver us from the evil one.



### **A prayer of thanksgiving**

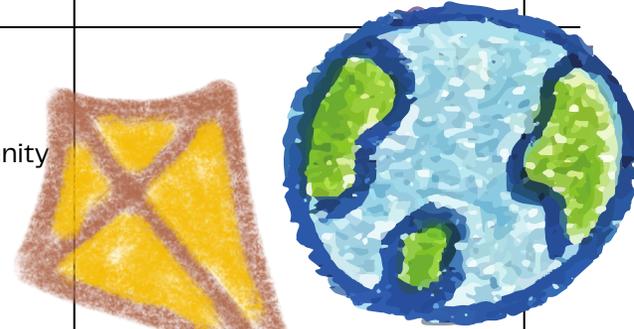
Father, we come before You today with hearts full of gratitude.  
Thank You for the gift of a new day, a fresh start, and the opportunity to experience Your goodness.  
Thank you for all the things you have given us, especially \_\_\_\_\_ (insert specific gift, person, or situation)  
because \_\_\_\_\_.  
Help us to see your goodness and be thankful all day long.  
Amen.

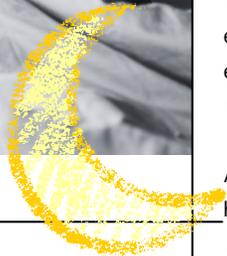
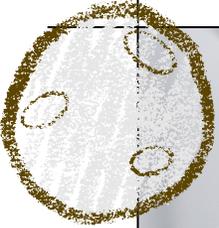
### **Prayer for wisdom**

Dear Lord, as we begin this day, we humbly ask for Your wisdom.  
Please lead us by your Spirit in every decision we make today.  
Because your ways are higher than our ways, we don't want to go our own way, but your way.  
Amen.

### **Prayer for fear and anxiety**

Father, I admit that I am worried about \_\_\_\_\_, but I am laying them at your feet because you care for me. I thank you that you have promised to never leave me or forsake me. Please set my mind on what is true and give me your peace.





**A Blessing for the Body of A Child While Lying in Bed** – Justin Whitmel Earley

As prayer progresses, move hands to touch each part of the body:

Jesus, bless their feet, may they bring good news.

Bless their legs, may they carry on in times of suffering.

Bless their backs, may they be strong enough to bear the burdens of others.

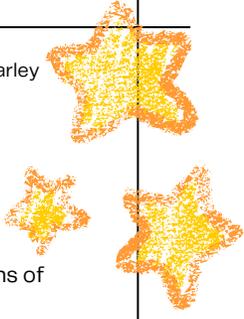
Bless their arms to hold the lonely, and their hands to do good work.

Bless their necks, may they turn their heads toward the poor. Bless their ears to discern truth, their eyes to see beauty, and their mouths to speak encouragement.

Bless their minds, may they grow wise.

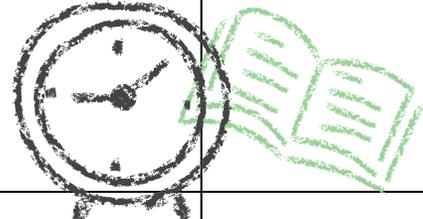
And finally, bless their hearts, may they grow to love you— and all that you have made—in the right order.

Amen.



## BEDTIME PRAYERS

EVENING IS A NATURAL TIME OF SLOWING DOWN AND REFLECTING ON THE DAY.YOUR KIDS ARE NATURALLY THE MOST RECEPTIVE TO CONVERSATIONS AT THIS TIME. MAKE PRAYER A PART OF THE BEDTIME ROUTINE YOU ALREADY HAVE IN PLACE.



## Psalm 23 (CSB)

The Lord is my shepherd;  
I have what I need.  
He lets me lie down in green pastures;  
he leads me beside quiet waters.  
He renews my life;  
he leads me along the right paths  
for his name's sake.  
Even when I go through the darkest valley,  
I fear no danger,  
for you are with me;  
your rod and your staff—they comfort me.  
You prepare a table before me  
in the presence of my enemies;  
you anoint my head with oil;  
my cup overflows.  
Only goodness and faithful love will pursue me  
all the days of my life,  
and I will dwell in the house of the Lord  
as long as I live.

