

Praying as a family

Your options will differ, depending on the age of your children. We encourage you as parents to pray ahead of time about what God wants your family to do. Some ideas are:

- “Prayer Lists” If you are going to fast for at least a whole week from something, make a list of what you are going to pray for each day. For example, Monday our family, Tuesday-our extended family, etc.
- “Journaling and Drawing” If your kids are old enough, buy each person in your family a journal. Use part of your designated prayer time for prayer together as a family, then each of you also journal for a period of time. At the end of the 7 Days, share things from your journal where you’ve seen God answer your prayers. If you have younger children let them express themselves through art. Provide paper, and markers and allow them to create a meaningful piece of art as they respond to God.
- “Pray for Break-through” If there is a big break-through area your family is praying for, pray for that every time you gather to pray. Then you could follow that with prayer for the things from your daily list.
- “Family Theme Song” Choose a Christian song to be a theme song for your family during this time. Begin each family prayer time by playing that song.
- “Prayer Walk or Drive” Even though it’s cold outside, you could bundle up and take a short walk around your neighborhood and pray for neighbors and their families. When you get back home you could warm up with hot cocoa and talk about your walk.
- “Prayer Walk” in your home. Walk around your house and pray inside each room, for God’s blessing and protection on that area, etc. In bedrooms, pray for peaceful sleep, protection from nightmares and growth in Christ for that person.
- “Prayer Park” in the parking lot at your church, school, grocery store, etc. Drive to one of these places and sit in the car together and pray.