

EQUIPPING

for intergenerational ministry

Encouraging families to pray

Prayer is an act of worship, and an expression of our faith. We communicate with God the Father, through Jesus Christ the Son, by the power of the Holy Spirit. Throughout his life, Jesus modelled many ways to pray, but still the disciples asked him how to do it. Jesus gave them, and us, the Lord's Prayer. He is not teaching us what to say, but how to pray.

"When you pray, say:
Father, hallowed be your name,
your kingdom come. Give us each
day our daily bread. Forgive
us our sins, for we also forgive
everyone who sins against us.
And lead us not into temptation."

John 11:2-4



Prayer is vital to the life of a family of faith. It is through prayer that we come close to God and God comes close to us. In prayer, we can bring to God anything we want to talk about, and we can pray with and for others.

Praying is as simple as having a conversation. Prayer can come easily to some people and be daunting for others. By practising prayer, in many different forms, we will begin to feel more comfortable about praying silently, out loud, or in the presence of another person. Prayer can also bring people closer together in ways that no other activity can, as we share our joys and sorrows with each other.

May your home prayer life be encouraged by knowing

- Jesus modelled for us how to pray and gave us the words to say in the Lord's Prayer. Use this prayer regularly and talk about what each petition means.
- Simple thank you prayers for each other are an easy way to begin. Thank God for the small and large moments, the ordinary and sacred times.
- There are so many prayers you can learn: age-appropriate prayers, special ones to learn at bedtime, in the morning and before meals.



- There are many different ways to pray. Help your family to learn about being still and silent, praying through music, and writing prayer (journaling). These are just a few.
- Allow your family to see you praying. Let them glimpse through the window of faith what it looks like, and sounds like, to pray.
- A simple blessing can create a special time and bond within families. As family members leave for school or go off to work, simply say the words ‘God bless you,’ as you depart.

PRAYER IDEAS

Pray using your **HAND** as a guide:

- **Thumb**—closest to the heart, for family and friends
- **First finger**—the pointer finger, for those who nurture, guide, direct or instruct us.
- **Second finger**—the finger that stands tallest, for those who govern and have authority.
- **Third finger**—the weakest finger, for those hurting or suffering.
- **Fourth finger**—the smallest finger, a humble reminder to pray for oneself.

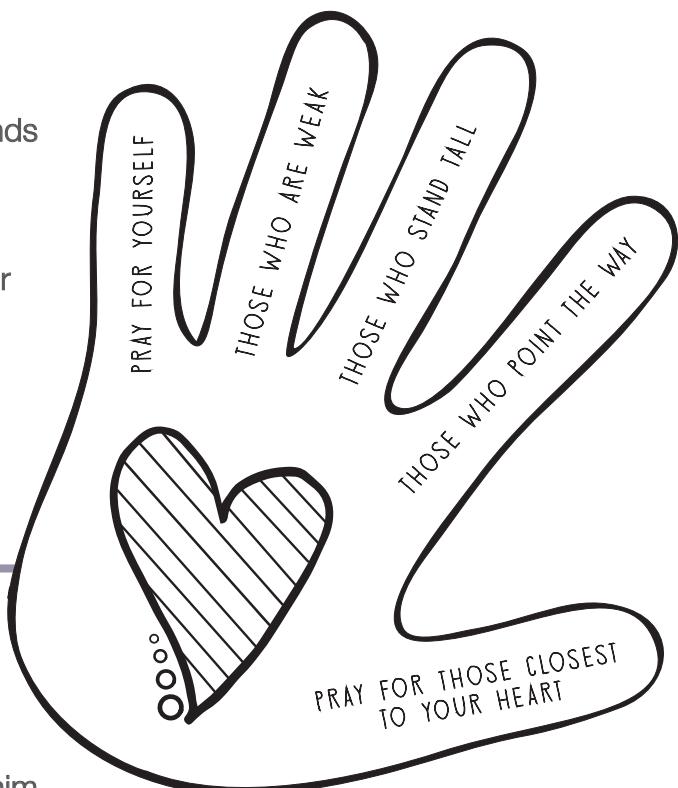
Pray using the **ACTS** acronym:

- **Adoration**—First, tell God how much you love him.
- **Confession**—Then, tell God about what you have done wrong and tell him you are sorry. He will forgive you.
- **Thanksgiving**—Think about all the good things in your life and thank God for these blessings.
- **Supplication**—Pray for something you need help with and for other people who need God’s help.

What a gift it is to share in our families that God loves to hear our prayers, and that nothing is too small (or too big) to pray about. Prayer can be very personal. As the seasons change in your home, continue to encourage each other that God is always ready to listen to everything we have to say.

He will call upon me, and I will answer him; I will be with him in trouble, I will deliver him and honour him.

Psalm 91:15, NIV



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