



Practicing Prayer

*"Never stop praying.
Whatever happens, always
be thankful."* ¹ *Thess 5:17-18 (ERV)*

Nurturing an attitude of prayer throughout the day reminds us that we are God's children and that we rely on God for all of life! Children have a natural interest in spiritual nurture and prayer. This develops within them as they watch, listen to, and copy others. Pray with your children! *Pray constantly!*

1. Memorize the Lord's prayer with motions:

Our Father in heaven, hallowed be your name,
(hands up, as a child reaches in trust)
your kingdom come, *(right hand to chest)*
your will be done, *(left hand to chest)*
on earth *(left hand point to ground)*
as it is in heaven. *(right hand point upward)*
Give us today our daily bread. *(hands to mouth)*
And forgive us our debts, *(right arm out to side)*
as we also have forgiven our debtors.
(left arm out to side)
And lead us not into temptation, *(right foot forward,*
bent knees, hands prayerful)
but deliver us from evil.
(stand tall, hands down at side)
For yours is the kingdom *(raise arms a bit)*
and the power *(raise arms higher)*
and the glory forever. Amen. *(arms straight up)*

2. Morning send-off prayers

Consider a one-minute prayer huddle to recall God's presence, love, and peace just before everyone heads out the door. Or put a prayer note at your child's plate or in their backpack.

3. Bedtime prayers

Reflect with your child about the day and how they experienced God. Invite thought about how God helped them today (celebrating God's grace). And about what didn't go well today (confessing where we need God). Pray together about the things that matter to your child.

4. Mealtime prayers

You may like to sing mealtime prayers. Holding hands helps to keep young children focused and invites all ages to community. Many children enjoy choosing and leading mealtime prayers.

5. Breath prayers - inhale and exhale

Embrace words that move us toward God; release words that do not. This may be helpful when a child feels sad or upset but doesn't know how to talk about it.

Breathe in love, breathe out fear.
Breathe in joy, breathe out sadness.
Breathe in peace, breathe out anger.
Breathe in trust, breathe out worry.

6. Sing this reminder to pray all day long!

Whisper a prayer in the morning
Whisper a prayer at noon
Whisper a prayer in the evening
So keep your heart in tune.

God answers prayer in the morning
God answers prayer at noon
God answers prayer in the evening
So keep your heart in tune.

Music and motions available here:
<https://www.youtube.com/watch?v=S2Nmgj0jt3Q>