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# Praying Steadfastly: A Call to Parents

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## IDEAS FOR FAMILY PRAYER

**NOTE:** Keep your family's prayer time routines simple. Choose activities that work well with your family's schedule. Different seasons in family life call for different habits. Seek to be disciplined but flexible!

### YOUNG CHILDREN

- ❖ Pray for your children before conception and while they are *in utero*.
- ❖ Pray with babies during feeding and changing times. Include them in family prayer times from the youngest ages.
- ❖ Some children are helped by having prayer tools like The Prayer Hand:
  - thumb: pray for those closest to you (family and friends).
  - pointer finger: pray for those who point you to the Lord (parents, teachers, and pastors).
  - middle finger (it's the tallest): pray for leaders of your country and church.
  - fourth finger (it's the weakest): pray for those you know who are sick or poor.
  - pinky finger (it's the smallest): pray for other children (family, friends, neighbors, missionaries, church).

### YOUTH

- ❖ Make a habit of praying for your young adults as they leave the house for activities.
- ❖ Don't stop praying for them and blessing them at bedtime, even if it means you have to stay up later than you would like!
- ❖ Consider giving your young adult a new life verse or blessing as a part of a rite of passage.

### THE WHOLE FAMILY

- ❖ Morning blessings (for the family): a Bible verse, the refrain from a hymn or a stanza from a poem.
- ❖ Bedtime blessings (for each child): a Bible verse or passage, perhaps a unique one for each child (his/her life verse).
- ❖ Family prayer times: guide children in praying through topic areas (Praise, Repent, Ask, Thanks).
- ❖ STOP to pray with children as behavioral needs arise. Sometimes it's helpful to pray with a child before you have a disciplinary discussion.

### IDEAS

- ❖ Bible memory: turn verses you're memorizing in to prayers.
- ❖ Prayer wall or cupboard: have a central location on which to post current prayer requests.
- ❖ Prayer notebook: keep photos and lists of people your family is praying for.
- ❖ Prayer box: a 3x5 card file with dividers for each day of the week or of the month. Have a card for each person or family or ministry your family is praying for. This is a good use for Christmas card photos!
- ❖ Calendar: have a prayer calendar detailing people your family is committed to pray for each day.
- ❖ Missionary letters: keep them in a prominent location to remind you to pray.
- ❖ Set your phone alarm to remind you to pray at various times during the day. Your children may enjoy being drawn into these prayer moments.
- ❖ Link prayer with daily tasks. Some examples:
  - Have a child help you make your bed as you pray for together for your spouse.
  - Pray for neighbors as you pass their homes.
  - Pray for control of your tongue as you brush your teeth.
  - Pray for spiritual sustenance of your family as you cook.

**THE BEST IDEA:** *Model prayer by being continually and steadfastly in prayer with and for your children.*



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## Praying without ceasing with my family

*A monthly prayer guide for families*

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### As a family, we gather together to pray that:

- 1: we would all submit to Christ.
- 2: we would submit to God, resist Satan, and flee from sin.  
we would be caught quickly and repent eagerly when in sin.
- 3: we would submit to discipline and correction.
- 4: our devotional lives would be disciplined, rich, and fulfilling.  
we would be people of the Word and of prayer.
- 5: we would not love the world or the things of the world.
- 6: we would resist temptation.
- 7: God would guide each to their husband/wife and preserve them for each other.
- 8: we would be pure in heart and body.  
we would desire inward beauty and excellent character in ourselves and others.
- 9: we would know that we are precious to God.
- 10: we would be satisfied in God – that He would be our treasure.
- 11: we would be true worshipers of God.
- 12: our lives would show the fruit of the Spirit.
- 13: we would have godly influences in our lives.  
we would be wise in choosing friends.
- 14: we would be fervent in our love for our parents and siblings.
- 15: we would have servant hearts.
- 16: we would be peacemakers.
- 17: we would follow the narrow path.
- 18: we would be self-disciplined (in thought, word, actions, money, eating, drinking,  
what we view, what we listen to, etc.)
- 19: we would grow in spiritual discernment and be spiritually sensitive.
- 20: we would learn how to do spiritual warfare.
- 21: we would be doers of the Word and not hearers only.
- 22: we would have a heart for the lost and bear spiritual fruit.
- 23: we would be bold for Christ and be involved in specific ministries.
- 24: we would be forgiving – not grudge-holding.
- 25: we would be steadfast (not yielding to peer or cultural pressure).
- 26: we would be filled with the Spirit.
- 27: we would be other-centered (not self-centered).
- 28: we would know all that Christ is for us (bread, life, vine, gate, way/truth/life, etc.).
- 29: we would stand against the darkness.
- 30: we would persevere under trials.
- 31: we would abide in Christ.