



FAMILY PRAYER GUIDE
“Prayer: the original wireless family plan”

Introduction:

The old adage “*The family that prays together stays together*”, while repeated by many pastors and authors, still holds true. One of the most powerful things you can do as a family with your child or teen is pray with them.

When children are small, we teach them cute prayers to pray at bedtime, meals, and other occasions. As our children get older and head into the tween and teen years, it is important for us as parents to teach them how to personally and powerfully pray as independent followers of Christ. This guide will follow the simple instructions that Christ used to teach his followers how to pray powerful, personal, and passionate prayers.

Instruction:

You may use this prayer guide in any way that fits your family and time. It is broken down into 7 sections based on the breakdown of the “Lord’s Prayer” passage. Consider using this guide over a 7-week period, with each week being a week of considering and praying the specific parts of prayer described. Another great option would be using this guide as part of a vacation or spiritual retreat away as a family, spending 7 days considering each of the 7 parts. If your family is away for a weekend, spend day #1 considering and praying through the “Our God” section and day #2 considering and praying through the “Our Good” section and wrapping up the weekend “Praying the Complete Prayer.”

During your family prayer times, encourage your child to share and also pray out loud with you. As a parent, lead in prayer to start off the time, but then make sure to really allow your child to be open to the 6 different practices of prayer.

Passage: Matthew 6:5-15

5 “And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full. 6 But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you. 7 And when you pray, do not keep on babbling like pagans,

for they think they will be heard because of their many words. **8** Do not be like them, for your Father knows what you need before you ask him **9** “This, then, is how you should pray:

10. “Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven.

11 Give us today our daily bread.

12 And forgive us our debts, as we also have forgiven our debtors.

13 And lead us not into temptation, but deliver us from the evil one”

14 For if you forgive other people when they sin against you, your heavenly Father will also forgive you. **15** But if you do not forgive others their sins, your Father will not forgive your sins.

Guide:

Fun Warm Up: Family Assignment

Read verses 9-13 carefully. This section is what many call the “Lord’s Prayer”. After you have read it over, each family member separately take a couple minutes and rewrite the prayer in your own words. You can be creative and use any style you like, but be respectful. After you have rewritten the prayer, read your version of the prayer aloud to each other.

SECTION #1: “OUR GOD” (“Our Father in Heaven...”)

- **Adoration (“hallow be your name...”)**

- 1. Think:**

- What do you adore or love about God?
- What are some of the names of God in the Bible?

- 2. Pray: (*as a family or individually taking turns)**

- Start off your prayer with the things you adore or love about who God is.
- As you pray, talk to God using some of His names.

- **Affirmation (“your kingdom come...”)**

- 1. Think:**

- What does that phrase mean to you?
- What are some important things that make up an earthly kingdom?
- What some areas of your life right now that you need God to be King of?

- 2. Pray: (*as a family or individual taking turns)**

- Pray and ask God to rule or control certain areas of your life.
- As you pray thank God for being God and having power over everything.

- **Acceptance (“your will be done...”)**

- 1. Think:**

- What is something about yourself or life that you have found hard to accept?
- What is a decision or choice you have to make that is coming up that you would like to know what God would want you to do?

- 2. Pray: (*as a family or individually taking turns)**

- Pray and ask God to help you with a choice you have to make, and ask that He would show you His will about it.
- As you pray thank God for His will in your life.
- Ask God to continue to help you be accepting of whatever His will is.

SECTION #2: "OUR GOOD"

- **Provide (*"give us today our daily bread..."*)**
 1. **Think:**
 - What are things that you have that you can be thankful for?
 - What is something you would like for God to provide? (* think serious need more than want)
 2. **Pray: (**as a family or individually taking turns*)**
 - Start off praying thanking God for particular things that He has provided for you or specific ways you are blessed.
 - As you continue to pray, pray for something that you would like God to provide if it His will.

- **Pardon (*"and forgive us our debts as we also have forgiven our debtors..."*)**
 1. **Think:**
 - What is something that you need to ask for forgiveness for or confess to God?
 - Who is someone you need to forgive?
 2. **Pray: (**as a family or individually taking turns*)**
 - Start off praying thanking God for salvation and His forgiveness.
 - As you continue to pray confess anything you need to ask forgiveness for.
 - While you pray, pray for a person that you might be holding a grudge toward or need to go to and forgive or ask forgiveness from.

- **Protect (*"and lead us not into temptation, but deliver us from the evil one"*)**
 1. **Think:**
 - What is a temptation or a sin issue that you have been struggling with?
 - Is there any other areas of your life you need God's protection or help?
 2. **Pray: (**as a family or individually taking turns*)**
 - Start off praying, thanking God for His protection from evil.
 - As you pray, ask God to help you with an area you are struggling with or being tempted by.
 - While you pray, ask God for protection against Satan.

SECTION #3: "PRAYING THE COMPLETE PRAYER"

- *This final section is for your family to pray the whole prayer all at once, praying through all 6 parts of the prayer that you have been working on and praying through.*

 1. Start off your prayer with "Adoration," telling God what you love about Him.
 2. Continue to pray "Affirming" that God is king of your life.
 3. As you pray, pray an "Acceptance" of God's will and guiding, telling God that you are willing and ready to do what He chooses for you to do.
 4. Thank God for His "Provision" and praise Him for a couple things you are thankful for.
 5. As you continue to pray, ask for God's "Pardon" by confessing a sin or sins that you need to ask for forgiveness from.
 6. Close your prayer with a call for "Protection", calling to God for help in keeping you from evil, temptation, and wrong.