

# Praying Together as a Family

---

## What is prayer?

It's a conversation between God and mankind—the Creator and His creation. It is an amazing thought that we can communicate with the God of the universe. The key is communication. Effective communication involves both talking *and* listening.

## Making prayer a priority in your family.

We will find time to do whatever is most important to us. Families must make prayer a priority. When we do this, it communicates to every single family member this is an essential aspect of our lives. Parents, if you don't make prayer a priority, then don't be surprised when your kids have "rushed, going out the door" prayer lives. The key to making prayer a focus is first to make it a habit. To begin, start by praying five minutes a day. Then, when that becomes a habit, pray 10 minutes a day. Then, when that becomes a habit, pray 15 minutes a day, and so forth. If we don't make prayer a priority, something else will inevitably take its place.

## Find a specific place for your family to pray.

Finding a specific place to pray is essential because it creates an atmosphere of worship. When families have a particular area to pray, such as a living room, family members will know that it is for praying together when they gather there at a specific time. It is also important to find a place in which distractions can be removed. Don't take your phones, tablets, video games, etc., as these things can quickly become a hindrance to completely focusing.

## Understand the purpose behind prayer.

People tend to make prayer either a "Christmas wish list" or "an emergency hotline." God intends prayer to be so much more than this. Is it okay to seek God in something? Sure. Is it alright to ask God to be with someone with a physical, emotional, or spiritual need? Sure. But what is the ultimate purpose behind praying? It is to connect with the Heavenly Father in worship, confession, and adoration.

# Practical Advice for Praying as a Family Unit

## **Pray before a meal.**

Traditionally, if Christian-influenced homes don't do much praying at all, they tend to bless their meals, even if it's occasionally. Next time you sit down as a family for a meal, go to the table 10 minutes early before you start eating your meal. Spend those 10 minutes praying as a family unit. Pray for each other.

## **Pray for a missionary and/or church planter and their family.**

Display a picture of a missionary/church planter and their family somewhere visible in your home. Having a visual will be a great reminder. Encourage each family member to pray for the missionary/church planter and their family once a week. Pray for their physical, emotional, and spiritual needs.

## **Pray for your circle of influence.**

Have each family member write down two people in their circle of influence (friends, teachers, pastors, coaches, etc.) that they can lift up in prayer. Allow each family member to voice these prayers aloud.

## **Parents—pray over your children.**

Mom and dads don't miss this. When your kids go to sleep, spend time with your spouse praying for your kids. Pray that they would fall in love with Jesus and love Him more than anything else. Pray that the decisions they make in life will honor and glorify God. Pray for their future spouse.