

A PARENTS GUIDE TO FAMILY PRAYER

BCV KIDS

5 Ways FOR 5 Days

AT BCV WE VALUE FAMILIES GROWING IN FAITH TOGETHER. WE KNOW THE GOD-GIVEN INFLUENCE AND AUTHORITY PARENTS HAVE IN THE LIFE OF THEIR KIDS AND WE WANT TO ENCOURAGE AND EQUIP PARENTS TO PASS ON FAITH.
THIS PACK WILL GIVE YOU SOME TOOLS FOR PRAYING WITH YOUR KIDS

WHY PRAY TOGETHER?

- PRAYER AT ITS CORE IS TO HAVE CONNECTION, AND CLOSENESS WITH GOD.
- PRAYER IS THE FOUNDATIONAL WAY WE DEVELOP A DEEP LOVE FOR GOD AND EXPERIENCE GOD'S DEEP LOVE FOR US.
- PRAYER IS SOMETIMES (WRONGLY) SEEN AS A CHORE - LIKE BRUSHING OUR TEETH OR TAKING OUT THE RUBBISH. INSTEAD OF A 'TASK' TO FINISH,- PRAYER IS A CONVERSATION WITH GOD WE CAN ENJOY!

LIKE ANY HUMAN RELATIONSHIP, OUR RELATIONSHIP WITH GOD IS CREATIVE, AND EXPRESSIVE, AND HAS MANY ASPECTS TO IT. SO OUR PRAYERS SHOULD REFLECT THAT! OUR FAMILY RELATIONSHIPS ARE BUILT ON TIME TOGETHER DOING THINGS WE ALL ENJOY THAT HAPPENS OFTEN. OUR RELATIONSHIP WITH GOD IN PRAYER IS STRENGTHENED IN THE SAME WAY.

TIME

RELATIONSHIPS REQUIRE US TO GIVE THEM TIME. THE GOOD NEWS WITH PRAYER IS THAT GOD ISN'T CHECKING HIS WATCH, HE JUST WANTS US TO COME TO HIM.

SO, START SMALL - 3-5 MINUTES MAX! TAKE A BIT OF TIME EACH DAY TO PRAY TOGETHER. (CHILDREN HAVE A SHORTER ATTENTION SPAN THAN ADULTS, SO GAUGE THE TIME YOU THINK IS RIGHT!)

REMEMBER: SHORT TIMES THAT HAPPEN DAILY ARE BETTER THAN BIG LONG TIMES THAT ONLY HAPPEN ONCE IN A WHILE!

ENJOY

CHILDREN RELATE BEST WHEN PLAY AND FUN IS INVOLVED IN PRAYER TIME, AND WHEN THEIR PARENTS ARE RELAXED AND HAVING A GOOD TIME! SO FIND WAYS TO ENJOY PRAYER. AFTER ALL, PRAYER IS GAZING AT GOD AND HAVING HIM GAZE BACK AT YOU WITH DELIGHT AND PLEASURE. GOD WANTS TO BE WITH YOU – THAT'S SOMETHING TO ENJOY!

OFTEN

THERE IS A REASON THAT JESUS ASKS HIS DISCIPLES TO PRAY "GIVE US TODAY OUR DAILY BREAD" IN THE LORDS PRAYER. THE SAME WAY WE NEED FOOD EVERY DAY OR WE GET REALLY HUNGRY AND EVENTUALLY BECOME WEAK AND SICK, WE NEED TO BE IN CLOSE CONNECTION WITH GOD EVERY DAY!

REMEMBER: IF WE ARE AIMING TO PRAY EVERY DAY, THEN OUR FAMILY PRAYER SHOULD BE SIMPLE - LIKE MAKING TOAST: EASY TO DO AND EVENTUALLY SOMETHING OUR CHILDREN CAN DO FOR THEMSELVES!

TIPS

IT'S IMPORTANT TO THINK ABOUT WHEN YOU PRAY.

- BEDTIME PRAYERS MIGHT HELP YOUR KIDS WORK THROUGH THEIR DAY AND RECEIVE PEACE BEFORE THEY SLEEP.
- PRAYING ON YOUR WAY TO SCHOOL MIGHT EASE THE COMMUTE OR DISPLACE ANY WORRIES FOR THE DAY AHEAD.
- PRAYING AT DINNER TIME MIGHT CHANGE THE DYNAMIC OF CONVERSATION.

CHOOSE A TIME THAT WORKS FOR ALL OF YOU.

KIDS WON'T ALWAYS WANT TO PRAY - AND THAT'S OK! RESIST THE TEMPTATION TO MAKE A BIG DEAL OUT OF IT. YOU COULD ASK THEM WHY THEY DON'T WANT TO, AND SHARE YOUR OWN STORY ABOUT WHY YOU LOVE PRAYING AND YOUR OWN EXPERIENCE OF PRAYER.

TAKE THE PRESSURE OFF. THE POINT ISN'T THAT FAMILY PRAYER IS PERFECT, BUT THAT WE JUST KEEP TRYING!

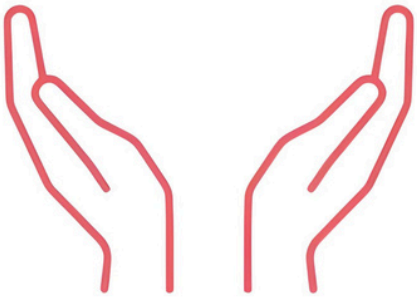
5 WAYS FOR 5 DAYS

THE GOAL OF THIS RESOURCE IS TO HELP FAMILIES ENGAGE IN THE WEEK OF PRAYER AND FASTING, BUT ALSO TO BUILD A HABIT OF FAMILY PRAYER. THIS IS MEANT TO ENCOURAGE AND STRENGTHEN FAMILIES AND GIVE US ALL A RENEWED VISION FOR PRAYER.

WE HAVE 5 TOOLS COVERING 5 DIFFERENT WAYS TO PRAY. WE ENCOURAGE YOU TO TAKE 1 TOOL PER DAY OVER THE 5 WEEKDAYS. EACH ACTIVITY WILL TAKE AROUND 3-5 MINUTES AND CAN BE ADAPTED TO SUIT YOUR FAMILY DYNAMIC

.

REMEMBER: AS PARENTS, THE BEST TOOL WE HAVE TO TEACH OUR KIDS HOW TO PRAY IS TO SHOW THEM!



CHAT + CATCH

CONVERSATIONAL PRAYER

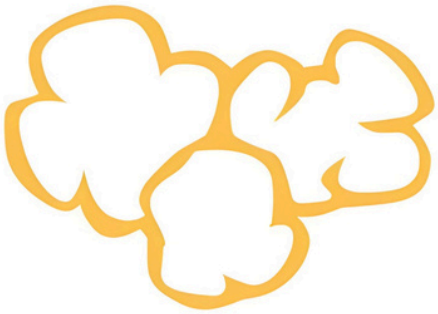
"MY SHEEP LISTEN TO MY VOICE."
JOHN 10:27

EXPLAIN THAT "CHAT + CATCH" MEANS ASKING GOD A QUESTION AND WAITING QUIETLY TO SEE HOW HE RESPONDS. REMIND CHILDREN THAT GOD CAN SPEAK THROUGH THOUGHTS, PICTURES, FEELINGS, OR GENTLE WORDS - AND HIS VOICE IS ALWAYS LOVING.

SIT CALMLY TOGETHER, INVITE THE HOLY SPIRIT TO HELP YOU LISTEN, THEN ENCOURAGE YOUR CHILD TO ASK A SIMPLE QUESTION LIKE: "GOD, WHAT DO YOU THINK ABOUT ME?"

WAIT QUIETLY, THEN ASK: "WHAT DO YOU THINK GOD MIGHT BE SAYING?" LISTEN AND AFFIRM WHAT THEY SHARE. IF IT FEELS CONFUSING OR UNCLEAR, SIMPLY SAY, "THAT'S OKAY — LET'S KEEP PRAYING AND ASK GOD TO HELP US UNDERSTAND," AND TALK IT THROUGH TOGETHER LATER.

IF NOTHING COMES, REASSURE THEM THAT WAITING IS OKAY - GOD SPEAKS IN DIFFERENT WAYS AND AT DIFFERENT TIMES. FINISH BY THANKING GOD FOR HIS LOVE AND PRESENCE.



POPCORN PRAYER

THANKSGIVING

"GIVE THANKS IN ALL CIRCUMSTANCES."
1 THESSALONIANS 5:18

SIT TOGETHER AS A FAMILY.

EXPLAIN THAT EACH PERSON SAYS A QUICK PRAYER OF THANKS TO GOD, JUST AS IT COMES TO MIND (E.G. "THANK YOU GOD FOR MY FRIENDS,""THANK YOU FOR CHOCOLATE").

THESE PRAYERS ARE SUPPOSED TO BE SHORT, ONE AT A TIME, AND IN NO PARTICULAR ORDER (THE WAY POPCORN POPS IN THE MICROWAVE).

KEEP GOING UNTIL NO ONE HAS ANYTHING ELSE TO SHARE. THEN FINISH UP WITH A SHORT PRAYER THANKING GOD TOGETHER

OPTIONAL: PRAY WHILE SHARING A BOWL OF POPCORN AS A FUN FAMILY TREAT!

MUDDY PAWS NEED A WASH

CONFESSION AND RECEIVING FORGIVENESS

"IF WE CONFESS OUR SINS, HE IS FAITHFUL AND JUST
AND WILL FORGIVE US "
1 JOHN 1:9

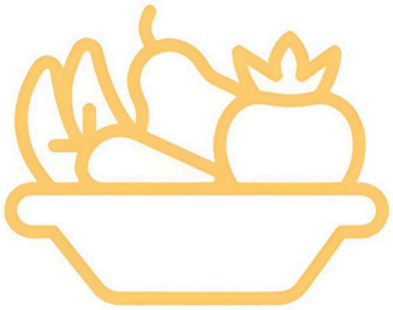
SIT TOGETHER AS A FAMILY. EXPLAIN THAT JUST LIKE A MUDDY DOG NEEDS WASHING TO COME INSIDE, WE NEED JESUS TO WASH AWAY THE "MUD" OF SIN SO WE CAN BE CLOSE TO GOD.

TAKE TURNS PUTTING YOUR HANDS IN SOME SOIL AND RUBBING IT AROUND. THEN PRAY A SHORT CONFESSION:
"JESUS, I'M SORRY FOR THE WRONG THINGS I HAVE DONE,"

WASH HANDS WITH SOAP AND WATER, SAYING:
"GOD, I RECEIVE YOUR FORGIVENESS. THANK YOU FOR TAKING AWAY MY SINS AND WASHING ME CLEAN."

FINISH BY AFFIRMING EACH OTHER'S VALUE TO GOD AND CELEBRATE RESTORED RELATIONSHIP

OPTIONAL: YOU COULD INCORPORATE THIS AT THE END OF A MESSY ACTIVITY AND HAVE FAMILY PRAYERS AT BATH TIME!



GRAB FROM THE FRUIT BOWL

ASKING FOR WHAT YOU NEED

"BUT THE FRUIT OF THE SPIRIT IS LOVE, JOY, PEACE, FORBEARANCE, KINDNESS, GOODNESS, FAITHFULNESS, GENTLENESS AND SELF-CONTROL."
GALATIANS 5:22-23

SIT TOGETHER AS A FAMILY AND EXPLAIN THAT YOU'RE ASKING THE HOLY SPIRIT TO FILL YOU FOR THE DAY AHEAD. READ THE FRUITS OF THE SPIRIT ALOUD AND LET EACH PERSON CHOOSE ONE THEY FEEL THEY NEED TODAY (E.G. PEACE, PATIENCE, KINDNESS).

PRAY SIMPLY FOR ONE ANOTHER, ASKING THE HOLY SPIRIT TO FILL EACH PERSON AND HELP THAT FRUIT GROW IN THEM. PARENTS CAN INVITE CHILDREN TO PRAY FOR THEM TOO.

OPTIONAL: DRAW OR WRITE THE FRUIT OF THE SPIRIT YOU'RE ASKING FOR ON A PIECE OF PAPER AND PLACE IT IN A BOWL. PRAY OVER THE BOWL TOGETHER AT THE END.



DOODLE PRAYERS

MEDITATING ON SCRIPTURE

"I WILL MEDITATE ON YOUR PRECEPTS AND
FIX MY EYES ON YOUR WAYS."
PSALM 119:15

SIT TOGETHER AS A FAMILY. EXPLAIN THAT SOMETIMES WE PRAY BY SLOWING DOWN, READING GOD'S WORD, AND LETTING IT SINK INTO OUR HEARTS THROUGH DRAWING AND WRITING.

OPEN IN A SHORT PRAYER AND READ PSALM 23 ALOUD. THEN, USING PAPER AND ART SUPPLIES, INVITE EVERYONE TO WRITE OR DRAW WORDS, PICTURES, OR IDEAS FROM THE PSALM THAT STAND OUT TO THEM.

PLAY GENTLE MUSIC AND ALLOW TIME FOR QUIET REFLECTION. THERE IS NO "RIGHT" WAY - THIS IS ABOUT ENGAGING WITH GOD'S WORD AND LISTENING TO HIM.

FINISH BY SHARING WHAT YOU CREATED, HANG THE ARTWORK SOMEWHERE VISIBLE, AND THANK GOD FOR SPEAKING THROUGH SCRIPTURE.

OPTIONAL: GET EVERYONE SKETCHBOOKS AND USE THEM EVERY TIME YOU DO THIS ACTIVITY, THAT WAY EVERYONE HAS THEIR WORDS AND PICTURES DOCUMENTED