

5 Ways to Pray with Your Child

1 Meal-Time Prayers



Mealtime is a natural time to invite your child to pray.

*God is great. God is good.
Let us thank Him for our food. Amen*

*Come, Lord Jesus, be our Guest,
and let this food to us be blessed. Amen*

*Thank you, God, for the world so sweet.
Thank you, God, for the food we eat.
Thank you, God, for the birds that sing.
Thank you, God, for everything.*

2 Nighttime Prayers



Nighttime is a natural time to reflect back on the day and tell God any concerns you or your child may have for the coming day.

*Now I lay me down to sleep,
Thank You, Lord, my soul you keep,
Safe and Sound throughout the night,
Wake me rested come morning light. Amen.*

3 Praying Scripture



Praying words from Scripture is a powerful way to pray because you know you're praying God's will when you pray in this way.

*Show Caleb Your ways, O Lord, teach Caleb
Your paths; guide Caleb in Your truth and teach him,
for You are God, his Savior, and his hope is in You
all day long.
(Adapted from Psalm 25:4-5 NIV)*

*May Ava trust in the Lord with all her heart, and
not lean on her own understanding. In all her ways
acknowledge Him and He will make straight her paths.
(Adapted from Proverbs 3:5-6)*

4 ACTS Acrostic Prayer



A is for Adoration. In adoration, we praise God for who He is: His character and attributes.

"Praise the Lord! Praise the Name of the Lord, give praise, O servants of the Lord." Psalm 135:1

C is for Confession. During this time, we silently confess our sins to God.

*"If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."
1 John 1:9*

T is for Thanksgiving. Here we thank God for all He has provided and all He has done.

"Give thanks in all circumstances; for this is the will of God in Christ Jesus for you." 1 Thessalonians 5:18

S is for Supplication. These prayers are where we intercede for others through specific prayer requests.

"And pray in the Spirit on all occasions with all kinds of prayers and requests." Ephesians 6:18 NIV

5 Finish-the-Sentence Prayers



Another way to help children begin to find words to pray to God is to start a sentence and invite them to finish it using their own thoughts, feelings, and words.

- I love you, God, because...
- I need you, God, because...
- I am thankful, God, for...
- God, help me understand...