

A PARENT'S GUIDE TO THE SPIRITUAL PRACTICE OF PRAYER



What is the spiritual practice of prayer?

Prayer is both listening and talking to God. You can do this through speaking, writing, singing songs, moving your body, being silent, or using tools such as a prayer station or a handheld cross.

What are some ways a family can pray together?

- Some families pray **before meals** and **at bedtime**
- Other families **set aside a specific time of day** to pray together
- Some pray together **when particular needs or situations arise**
- Some parents find **using a prayer guide** beneficial, such as [Praying the Scriptures for Your Children](#) by Jodie Berndt

Respond to these journal prompts:

Parents with small children, you could do this without your children, or invite them to participate as they are able.

1. How does your family currently practice praying together?
2. Observe who initiates prayer. How often do you pray together? What are your topics, and what family members participate in this?
3. What would you like prayer to look like in your family? In your journal, list some new ways you'd like to try praying together.
4. Try some new suggestions while praying with your family this month and record the experience.

Suggested questions for parents and preteens/teens to start a conversation about prayer:

- How do you talk to God when you are alone? What helps you do this?
- Where do you go to talk to God?
- What are the ways you would like to grow in your prayer life?