

a practical guide for praying parents

A Practical Guide for Praying Parents: Strengthening Your Family Through Prayer

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Introduction:

This practical guide for praying parents offers a comprehensive approach to incorporating prayer into your daily family life. Parenting is challenging, and prayer is a powerful tool to navigate the joys and struggles of raising children. This guide explores various prayer methodologies and provides actionable steps to cultivate a consistent and meaningful prayer life within your family. We'll move beyond simply asking God for things and delve into the transformative power of prayer for both parents and children.

Part 1: Foundational Principles for a Thriving Prayer Life

1. Understanding the Power of Prayer:

Before diving into specific techniques, it's crucial to understand the foundational principles of prayer. Prayer is not simply a wish list presented to God. It's a two-way conversation, a relationship built on trust, vulnerability, and surrender. This practical guide for praying parents emphasizes the importance of approaching prayer with a heart of humility and a willingness to listen to God's guidance.

1. Creating a Prayerful Atmosphere in Your Home:

Your home is the first place where your children learn about faith and prayer. Cultivating a prayerful atmosphere means making space for regular prayer, whether it's family devotions, individual prayer

times, or spontaneous prayers throughout the day. This practical guide for praying parents will offer practical tips on creating a calming and prayer-focused environment. This could include designated prayer corners, using calming music, or simply dimming the lights before family prayer.

1. Modeling Prayer for Your Children:

Children learn more from what they see than what they hear. As parents, your example is crucial. Let your children witness your personal prayer life. They should see you seeking God's wisdom, confessing your shortcomings, and expressing gratitude. This practical guide for praying parents will help you understand how to model a genuine and consistent prayer life that your children can emulate.

Part 2: Methodologies and Approaches to Family Prayer

1. Family Devotions: A Structured Approach:

Family devotions offer a structured time for prayer, Bible reading, and discussion. This practical guide for praying parents suggests incorporating age-appropriate materials, engaging activities, and allowing children to participate actively. Consider using children's Bibles, storytelling, or interactive prayer journals.

1. Spontaneous Prayer: Embracing the Unexpected:

Spontaneous prayer arises from the everyday moments of life. It's a natural response to joys, challenges, or unexpected events. This practical guide for praying parents encourages you to model spontaneous prayer, praying aloud with your children during mealtimes, before bedtime, or in moments of need. Teach your children to pray for each other, for their friends, and for the community.

1. Intercessory Prayer: Praying for Others:

Intercessory prayer involves praying on behalf of others. This practical guide for praying parents emphasizes teaching children to pray for family members, friends, neighbors, and the world. This fosters empathy, compassion, and a sense of responsibility towards others.

1. Gratitude Prayer: Focusing on Blessings:

Focusing on gratitude shifts perspective and cultivates a positive outlook. This practical guide for praying parents advocates for incorporating daily gratitude prayers, where each family member shares what they are thankful for. This simple practice can significantly impact the family's overall mood and relationships.

Part 3: Addressing Challenges and Obstacles

1. Dealing with Distractions:

Children can be easily distracted during family prayer times. This practical guide for praying parents offers practical strategies for managing distractions, such as creating a quiet space, using visual aids, or incorporating short, engaging prayer activities.

1. Handling Children's Questions:

Children may ask difficult questions about God, faith, or prayer. This practical guide for praying parents provides guidance on answering children's questions honestly and age-appropriately, encouraging open and honest dialogue about faith.

1. Maintaining Consistency:

Consistency is crucial in developing a strong prayer life. This practical guide for praying parents emphasizes the importance of scheduling regular prayer times and sticking to them as much as possible, even on busy days. Remember, even short, focused prayers are more effective than lengthy, distracted ones.

1. Overcoming Discouragement:

There will be times when prayer feels challenging or ineffective. This practical guide for praying parents provides encouragement and strategies for overcoming discouragement, reminding parents to trust in God's timing and faithfulness.

Conclusion:

This practical guide for praying parents provides a roadmap for integrating prayer into the fabric of your family life. By embracing these methodologies and addressing the challenges, you can foster a deeper connection with God and cultivate a strong, faith-filled family. Remember that prayer is a journey, not a destination. Be patient with yourselves and each other, and trust that God will work

through your efforts to bless your family abundantly.

FAQs:

1. How do I pray with very young children? Keep it simple! Use short, repetitive prayers, incorporate actions, and sing songs.
1. What if my children don't want to pray? Don't force it. Make prayer a positive experience, and model it consistently.
1. How can I make prayer relevant to my children's lives? Connect prayer to their daily experiences, concerns, and interests.
1. What if I struggle with my own prayer life? Be honest with God about your struggles. Seek support from your church community or a mentor.
1. How can I teach my children about forgiveness through prayer? Model asking for forgiveness and forgiving others.
1. How can prayer help during challenging times? Prayer provides comfort, strength, and guidance during difficult situations.
1. How do I involve teenagers in family prayer? Allow them to lead prayers, choose readings, or share their thoughts and concerns.
1. What are some good resources for family devotions? There are numerous books, websites, and apps available for family devotions.

1. How can I know if my prayers are being answered? Sometimes answers are immediate, other times they are revealed gradually. Trust in God's timing and wisdom.

Related Articles:

1. Teaching Children to Pray: Age-Appropriate Techniques: This article details age-specific approaches to teaching children about prayer, from toddlers to teenagers.
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1. Building a Strong Faith Through Family Prayer: This article explores the long-term benefits of consistent family prayer on children's faith development.

a practical guide for praying parents: A Practical Guide for Praying Parents Erwin W. Lutzer, 2020-07-07 Instead of an Anxious Parent, Become a Praying Parent Any Christian mother and father, or grandmother and grandfather, desires what is spiritually best for their children. However, knowing how to pray for them can often be as challenging as knowing what to pray. Without proper guidance, our prayers are prone to become dry, repetitive lists of requests. With the help of Dr. Erwin Lutzer, you can learn how your best, loving intentions can become enriching, effective intercessions for your children or grandchildren. Trade your lists of requests for Scripturally-based prayers that will immerse you in God's promises and will. In *A Practical Guide for Praying Parents*, Dr. Lutzer addresses: -How to pray when children have hardened hearts -How to pray for children who have become wayward prodigals -How to become a prayer warrior who prays in the face of spiritual warfare This small guide will help you pray scriptural prayers that both bring you closer to God and bless your children. You'll also find daily Biblical prayers crafted by Dr. Lutzer himself to help you begin your prayer journey. With your love for your children, your desire to help, and Dr. Lutzer's guidance, your prayers can become effective ministry in the lives of those you care for the most.

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and areas of weakness direct their steps and decisions toward God's will. These handpicked verses provide a foundation of wisdom and hope to show readers who God is and what He has done for them, as well as who they are and how they can successfully live the Christian life.

a practical guide for praying parents: *Covering Your Life in Prayer* Erwin W. Lutzer, 2013-09-01 Every Christian longs for a better and more intimate prayer life. And one of the most effective ways to grow more powerful in prayer is to learn from the prayers of others. In this way they discover new ways to pray—new requests, concerns, and thanksgivings they can bring to God's throne of grace. That's what makes *Covering Your Life in Prayer* so special. It's an opportunity to listen in to a wide variety of personal and heartwarming prayers—prayers for... personal peace and faithfulness in difficult situations wisdom when making tough decisions a better understanding of our place in God's plans a willingness to cease struggling and let God be God God's work in the lives of both loved ones and unsaved friends Readers will find this a wonderful resource for expanding their prayer horizons and enriching their relationship with God.

a practical guide for praying parents: *Hope for Parents of Troubled Teens* Connie LMHC Rae, 2012-01-01 A Road Map for Parenting in the Troubled Years It is never too late for parents to reach their teenager or young adult. Licensed counselor Connie Rae draws from professional and personal experience to provide insight, encouragement, and advice. Offering wise counsel and a reassuring tone, she helps parents better understand their child's temperament, their own parenting style, and the developmental process their child is going through. She also discusses the world in which their teenager is growing up, which is very different than many parents realize. Each chapter ends with a list of practical steps and a prayer, giving parents wise advice but also offering hope through the process.

a practical guide for praying parents: *Praying the Scriptures for Your Children* Jodie Berndt, 2013-08-20 Jodie Berndt shows you how to make the Bible a book of prayers that can powerfully influence your children's lives. You'll discover how to pray specifically and expectantly for their faith, character, safety, relationships, and future. You'll gain new, biblical perspectives on God's purposes for your children. And through the encouragement of the Scriptures and true-life stories, you'll find out what a huge difference your prayers really make in the lives of those you love most. Discover How to Pray God's Will for Your Children's Lives There's no place like God's Word to turn to when you want to pray confidently and effectively for your kids. "Prayers permeated with the Word of God bring about changes in our children and keep us in touch with God's priorities. This is a wonderful resource that you will want to refer to over and over." Fern Nichols, founder and president of Moms in Touch International "If I could choose only one book to help me pray for my children, this is it! Not only has Jodie given us a rich treasure of true stories, practical prayers, and relevant Scriptures for our children, but a surprise awaits! In reading this I found my own confidence in God growing. RUN and get this book for moms and grandmoms." Susan Alexander Yates, author of *How to Like the Ones You Love* "I know of no one who can speak more authoritatively than Jodie Berndt on praying for your children. Every parent who wants their children to grow into godly men and women should read this book.

a practical guide for praying parents: *Raising Prayerful Kids* Stephanie Thurling, Sarah Holmstrom, 2022-03-08 More than a book, *Raising Prayerful Kids* is a tool parents can use to make prayer fit naturally into their daily routines without it feeling like a chore or a lecture. Relatable stories of the authors' successes and failures along with fun activities and games help parents turn everyday moments into faith-filled moments that are naturally filled with prayer. Praying with your kids can be connecting, fun, nonintimidating, and even life changing. Includes: Prayer games Prayer Activities

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a practical guide for praying parents: To Light Their Way Kayla Craig, 2021-10 Prayers to guide your journey of raising kids in a complicated world. In an age of distraction and overwhelm, finding the words to meaningfully pray for our children--and for our journey as parents--can feel impossible. Written with warmth and welcome, To Light Their Way gives voice to your prayers when words won't come. Filled with more than 100 modern liturgies, this book guides you into an intentional conversation with God for your children and the world they live in. From everyday struggles like helping your child find friends or thrive in school to larger issues like praying for a brighter world rooted in peace and truth, these pleas and petitions act as a gentle guide, reminding us that while our words may fail, God never does. At the core of To Light Their Way is the deepest of prayers: that our children will experience the love of God so deeply that their lives will be an outpouring of love that lights up the world.

a practical guide for praying parents: The Power of a Praying Parent Stormie Omartian, 2000-07 Parents can discover and apply Omartian's effective method of prayer with this guide to praying through every age and stage of their children's lives. The perfect accompaniment to Power of a Praying Parent, this guide can encourage anyone concerned about the hearts and minds of children. Topics include praying for children's protection, godly friends and role models, and God's plan for their lives.

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challenged me to get on my knees and cry out to God for my sons in ways I never had before--boldly, expectantly, persistently, passionately. My mama heart has been changed.--Erin Mohring, co-founder of Raising Boys Media As a mom it is a necessity and a privilege to bring our children to God through prayer. Brooke has created a fantastic resource to encourage and help us along the way. Praying for Boys is a must-have for every boy-mom!--Ruth Schwenk, speaker, writer, and creator of thebettermom.com Brooke's practical book, full of vulnerable sharing and deeply rooted in God's Word, will become a useful tool as you seek to make prayer a priority and model for your boys just how to run hard after Jesus.--Karen Ehman, Proverbs 31 Ministries director of speakers and author of LET. IT. GO.

a practical guide for praying parents: Praying the Scriptures for Your Adult Children

Jodie Berndt, 2017-12-05 OVER 500,000 SOLD IN THE PRAYING THE SCRIPTURES SERIES As parents of adult children, we often worry about whether our children will make good choices when they're on their own. Praying the Scriptures for Your Adult Children provides you with biblically based prayers and encouraging stories to guide you as you pray for your adult children through anything they face. Parent and author Jodie Berndt understands what it's like to release children into the world and still care deeply about them and everything they're up against in life. In Praying the Scriptures for Your Adult Children, Jodie shares prayers designed with your adult children in mind, whether they're just leaving the nest, flying well on their own, or struggling to take off at all. Jodie shares advice on navigating all aspects of adulthood with encouraging stories from experienced parents who are praying their children through real-life issues like leaving the church, struggling with health concerns, navigating broken marriages, fighting addiction, dealing with financial problems, and more. In Praying the Scriptures for Your Adult Children, Jodie addresses some of the most difficult questions that confront parents: How can I support my children when they make decisions I disagree with? Is it too late to start praying for my children? What does the Bible teach us about praying for our children? With the grace and wisdom of someone who's been there, Jodie shares the tools and encouragement you need to find the strength to keep praying, even as you doubt yourself and grieve over your children's choices. Whatever you're praying for, Praying the Scriptures for Your Adult Children will help you find confidence and peace taken straight from Scripture, guiding you to the bedrock of God's promises as you release your children to God's shepherding care.

a practical guide for praying parents: Raising Passionate Jesus Followers

Phil Comer, Diane Comer, 2018-03-06 Hope and practical help for parents whose greatest longing is to shepherd their children into a vibrant faith in God. For Christian parents, there is no greater joy than seeing their children learn to walk with the Lord. And there is no greater fear than that their children will walk away from God. After serving together in pastoral ministry and raising their now-grown children, Phil and Diane Comer know those hopes and fears well. Like all new parents, they were intimidated and unsure about how to take on the task of spiritually training their young children. But now, with all four of their children grown and establishing their own households of faith, Phil and Diane have embarked on a quest to help the next generation of parents raise passionate Jesus followers. Drawing on years of pastoral counseling, teaching, leading, and decades of watching families from the perspective of pastors and leaders in ministry, Phil and Diane instruct, guide, encourage, and offer hope and practical help to Christian parents. Raising Passionate Jesus Followers is a manual full of practical, biblically based, and time-tested guidelines that parents will be able to turn to again and again through every stage of their children's development, including . . . Formulating a plan Laying the foundation, ages 0-5 Doing the framing, ages 6-12 Installing the functional systems, ages 13-17 Completing the finish work, ages 18-22 And keeping the front door open for your grown children

a practical guide for praying parents: Praying Mom

Brooke McGlothlin, 2021-08-03 God, I need you to do something in my children! Have those words found their way into your desperate prayers? Do you feel helpless to know how to equip your children for this world and all it throws at them? If so, you're not alone. When Brooke McGlothlin realized her best efforts were falling woefully

short of her goal to produce godly children, she discovered the joy and power of praying Scripture over her family. Her life and her children's lives were transformed. Yours can be too. Complete with prayers for specific situations, this encouraging book is perfect for times when you · feel too busy to pray, · don't know what or how to pray, · don't know if your prayers really matter. Nothing is more powerful and faith-building than praying God's Word for those you love. Become a mom full of hope in the God who can, even if you can't. Praying Mom is the prayer mentor you've always wanted from a mom who absolutely lives this message on her knees.--STACEY THACKER, author of Threadbare Prayer

a practical guide for praying parents: Praying for Our Adult Sons and Daughters John & Therese Boucher, 2012-10-01 No one ever stops being a mom or a dad. So when our children become adults, we still worry about them—and want to care for them. One way we can still care for them is to lift them up in prayer. When we do so, God's love for them—and for us—is unleashed. We are able to replace our concern with a love that comes from the heart of God. Our Father moves mountains of worry and discouragement, leaving new refreshment and delight in its place. This book is designed for parents who want to pray for their adult sons and daughters with the kind of power that makes a real difference in matters of the heart. This book: Gives parents hope, encouragement, and a renewed commitment to pray and to relate lovingly to their adult sons and daughters. Addresses the desire to be a better parent and shows how parents can best pray for specific needs. Provides questions for reflection and sharing at the end of each chapter as well as instructions for a particular prayer skill that will help readers grow as a loving parent.

a practical guide for praying parents: When a Nation Forgets God Erwin W. Lutzer, 2015-12-18 This excellent book is so important. It clearly and powerfully explains what the parallels are between Germany's fall from grace and the beginning of our own fall. - Eric Metaxas, author of Bonhoeffer: Pastor, Martyr, Prophet, Spy In When A Nation Forgets God, Erwin Lutzer studies seven similarities between Nazi Germany and America today—some of them chilling—and cautions us to respond accordingly. Engaging, well-researched, and easy to understand, Lutzer's writing is that of a realist, one alarmed but unafraid. Amidst describing the messes of our nation's government, economy, legal pitfalls, propaganda, and more, Lutzer points to the God who always has a plan. At the beginning of the twentieth Century, Nazi Germany didn't look like a country on the brink of world-shaking terrors. It looked like America today. When a Nation Forgets God uses history to warn us of a future that none of us wants to see. It urges us to be ordinary heroes who speak up and take action.

a practical guide for praying parents: Double Blessing Mark Batterson, 2019-10-15 God doesn't bless us to raise our standard of living. God blesses us to raise our standard of giving, and that's where true joy is found. The New York Times bestselling author of Chase the Lion challenges us not to settle for half of what God offers when it comes to blessings—we are BLESSED to BLESS. His discovery started with a simple experiment. Whenever Batterson received a blessing, he would give a similar blessing away. If someone paid him a compliment or gave him a gift or went out of their way to help him, he would return the favor by doing something similar for someone else. We flip the blessing by blessing others in the way God has blessed us. That's how the blessing becomes a double blessing. It turns giving into a game—one we can't win because God will always outgive us! It's an ancient truth found within the Abrahamic covenant: "I will bless you . . . and you will be a blessing." In other words, we are blessed to bless. The first blessing is receiving, but it doesn't end there. The second blessing is giving it away! That's the double blessing. And that's where double joy is found. In a day and age where the idea of blessing has been reduced to a hashtag (#blessed), Batterson challenges readers to pursue true, God-glorifying blessing and experience an exponential impact by participating in the double blessing. Don't settle for half of what God offers. Discover how you can both get it and give it . . . in Double Blessing.

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blessings for your children. You'll deepen your reliance on God as you trust Him to encourage your little ones to grow in faith, shaping them for His glory as their unique talents, passions, and purpose blossom. With a dedicated space for writing out your own prayers for your family, this beautiful edition of *The Power of a Praying Mom* will become a cherished keepsake. The perfect gift for every mother, bestselling author Stormie Omartian's inspiring words will help you parent from a place of peace as you cover your children's lives with powerful prayer.

a practical guide for praying parents: *Pandemics, Plagues, and Natural Disasters* Erwin W. Lutzer, 2020-07-16 Where is God When We Suffer? God's silence in the midst of human suffering is a great mystery of our existence. Faced with mass suffering, such as pandemics, plagues, and natural disasters, we may wonder whether God actually cares about us or whether He just says that He does. *Pandemics, Plagues, and Natural Disasters: What is God Saying to Us?* helps explain the role of God in suffering. Dr. Erwin Lutzer examines how God uses tragedies throughout the Bible to speak to His people, and that, ultimately, God always has our well-being in mind even when He doesn't relieve our immediate pain. Perhaps most importantly, find lasting joy and relief by learning how times of such widespread trouble reveal God's ultimate plans for our salvation from all temporary and eternal suffering.

a practical guide for praying parents: *One Minute After You Die* Erwin W. Lutzer, 2007-05-01 One minute after you die, you will either be elated or terrified-and it will be too late to reroute your travel plans. When you slip behind the parted curtain, your life will not be over. Rather, it will be just beginning-in a place of unimaginable bliss or indescribable gloom. *One Minute After You Die* opens a window on eternity with a simple and moving explanation of what the Bible teaches about death. Bestselling author Erwin Lutzer urges readers to study what the Bible says on this critical subject, bringing a biblical and pastoral perspective to such issues as: Channeling, reincarnation, and near-death experiences, What heaven will be like The justice of eternal punishment The death of a child Trusting in God's providence Preparing for your own final moment

a practical guide for praying parents: *The Power of Praying for Your Adult Children* Stormie Omartian, 2022-10-04 Keep Parenting Them Through Prayer Even though your relationships with your children may change once they enter adulthood, you can still impact the direction of their lives by asking your heavenly Father to shape them for His glory. This powerful book from bestselling author Stormie Omartian offers you encouragement and support as you continue to love, influence, and minister to your now-grown kids. You'll learn how to ask for God's divine intervention in the lives of your children as you pray that they will develop hearts hungry for God, His Word, and His ways flourish in their relationships, careers, and health stand strong against temptations, stumbling blocks, and worldly distractions No matter how old your children are, you can find peace knowing they are in God's hands. *The Power of Praying for Your Adult Children* is an inspiring reminder to turn all your hopes and dreams for your family over to God, confident that He hears and answers your every request.

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a practical guide for praying parents: *A Parent Who Prays* Katie Warner, 2017-02-18 Perhaps there is no greater gift we can give our children than the gift of our prayers. As parents we, almost without thinking, nourish their bodies and their minds throughout our daily activities with them, but

it is in praying fervently for our children that we can help the life of grace flourish within their souls, aiding God in transforming them into the children He desires them to be. Sometimes life happens, and we aren't as intentional about praying for our children as we would like to be. Allow this simple prayer guide and journal to give you the motivation and tools you need to make praying for your children a priority this year-and always. This beautifully simple prayer journal contains: - 52 unique special intentions for your child(ren), one on each page, - Scripture verses and quotes to reflect on, - Space for writing specific intentions and spiritual bouquets you want to offer for your child(ren), and - Recommendations for how to use the journal and prayer ideas. A single journal can be used to pray for all of your children or multiple can be purchased so you can devote one journal for each child. It is also designed to be gifted to the child, if the parent chooses to, or it can remain a private prayer diary for the parent. Pope Francis has said, In the family of prayer, in strong moments and in difficult periods, may we be entrusted to one another, in order that every one of us in the family may be protected by God's love. Other spiritual life and family prayer resources can be found at CatholicKatie.com.

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