

Family Prayer

DEAR FAMILIES!

We are so excited for you to rally your family around weekly prayer. We truly believe prayer changes things and, when practiced, prayer will unite your family together in ways that will forever stand the trials and struggles that come against you.

HERE'S OUR SIMPLE SUGGESTION

- Purchase a notebook or journal and designate it as your “Family Prayer Journal.”
- Once a week (whatever day and time works best for you) take 30 minutes and sit down for your “family prayer time.”
- Begin by asking each person how they are doing? How their week has been? What can the family pray about for them?
- Log into the “Family Prayer Journal.” Each person’s prayer response.
- Pray over each request. Doesn’t need to be long and fancy, just let God know the need.
- After praying together, have the children gather in a circle facing the parent(s).

- Parent(s) place one hand on each child, if you do not have enough hands, extend them toward the children.

Note: Kids will be wiggly and squirms at first because they aren't sure what's going on. Just let them know you want to speak a blessing over them. Laugh a little with them and regardless of how they respond, do not feel anxious, just speak it over them regardless of their actions. Trust us they will love the words they hear and it will become easier with every passing week.

- Recite the Prayer blessing over your children. If there are two parents in the home you may say it in unison or trade off each line of the blessing.

PRAYER BLESSING OVER CHILDREN

May God bless you and guard over you

May God's face light up to you and be kind to you

May God's face rise up to you and grant you peace

Then the parents whisper something special in the ear of each child. (the special thing is something you see in them – must be positive with no conditions – ex: you are strong, you are beautiful, you are kind, etc.)

With all of our love and prayers for each of your families,
Pastors Ray and Mary Armstrong