



Praying With Children and Young People



We hope that this month will be a powerful time for your entire family to become closer as you seek the Lord together. You may already be praying together as a family and if so, that is wonderful! We hope that you are able to incorporate the rhythms in the Prayer and Fasting Guide into what you are already doing. For those that are not currently praying as a family, but looking to begin, the most important step is simply to start!

Here is a suggested structure for how a 5–10 minute prayer session as a family might be structured. You may find a rhythm that works better for your family and that is great!

Praise- Read the memory verse for the week and spend a moment thanking God for who He is and what He has done.

Repent- Spend time, either out loud or in the quiet of your hearts, asking God to forgive you for actions or attitudes that are out of line with what He wants for your life and for the Holy Spirit to help you to continue to become more like Jesus.

Ask- Make requests to God. This is a great opportunity to take a look at the calendar and decide together what to pray for.

Yield- End the session thanking God for His perfect plan and ask for Him to accomplish His will for the world, your community, and in your life.

Below are some links to resources that we think could be helpful in getting started engaging children and young people in prayer. These are not meant to be prescriptive, but we hope they can give you ideas for the best way to pray together in your family context.

[Family Prayer Guide — Practical Ways to Pray Together Every Day | FamilyBible.org](#)

[25 Fun and Engaging Prayer Activities for Kids of All Ages - Strength in Prayer](#)

[How To Teach Kids To Pray: 15 Practical Tips And Free Printable - Bible Activities For Kids](#)

[How to Pray: 11 Creative Ideas for Teaching Kids - Ministry Spark](#)