

# Pray With Your Child

## **Help Your Child Memorize The Lord's Prayer**

Cut and paste The Lord's Prayer into a file on your computer.

Recite the prayer together.

Then erase a word or short phrase and recite it together again.

Repeat this process until the entire prayer has been erased and you are reciting it from memory!

## **Pray a Virtual Prayer**

Sit down at your computer with your child and help him/her to type a prayer into an e-mail addressed to yourself.

A basic prayer style can be remembered by thinking of the word, "ACTS"

A: Adoration (praising/honoring God)

C: Confession (telling God we are sorry for the wrong things we've done)

T: Thanksgiving (thanking God)

S: Supplication (praying for others)

Type in a phrase or sentence after each letter according to what it stands for.

Close your prayer with "Amen."

Now send the e-mail, knowing that God has seen it in cyberspace, and will be with you and all whom you pray for.

## **Forgiveness**

Studies are showing that our bodies can react negatively to long-held grudges and hurts through illness and disease. By asking God for help to forgive (as in the old saying, "Let go and let God"), we may be able to bring ourselves to better health. I encourage you to guide your children in the practice of forgiving others in simple ways, such as during bedtime prayers or heart-felt conversations with you, and saying I'm sorry genuinely. Even your follow up to playground scuffles can be an opportunity to put the practice of forgiveness to use with your children so that they can benefit from the healing results.

## **Bubble Prayers**

Go outside to blow some bubbles and imagine that your prayers are being lifted up to God inside them.

## **Marketplace Prayers**

The next time you go to the grocery store, the mall, or a department store look at it as an opportunity for prayer. As you travel up and down the aisles of the grocery store placing your items in your cart, it is a perfect opportunity to give God thanks. Thank God for the food you and the other people in the store have the ability to purchase. Thank God for the variety of nourishment that has been provided. Pray to God on behalf of other people who cannot afford to eat as well. As you look at all the clothing in a department store or at the mall give God thanks for providing clothing for you to wear. Pray to God on behalf of other people who don't have access to adequate clothing. We can pray anytime, anywhere. Let us express our gratitude to God whenever we can!