

Prayer at Home Action Plan

1. Commit to Pray

Begin by committing to prayer at home as a habit using the 7-5-2 plan...

- 7 Pray seven days a weeks individually for your spouse, kids, grandkids, parents, siblings, etc.
- 5 Pray five times a week as a family at meals and bedtime, in the car or during a regularly occurring event.
- 2 Pray at least twice a week with your spouse.

2. Select a Time

Set the days and times that you will be able to pray...

- as an individual _____
- with your spouse _____
- as a family _____

3. Choose a strategy

Jot down your thoughts on how best to guide the content of family prayers.

For example:

Couple: We will use "Fill-in-the-blank Prayers" when we wake up and "Silent Prayers" before we go to bed.

Family: We will use "High/Low Prayers" at dinner and "Sentence Prayers" at bedtime.

We will use the following strategies:

- as an individual _____
- as a couple _____
- as a family _____

Make Preparations

Unless you begin your prayer at home routine in the next five days the likelihood of following through is slim. Take out your schedule now and set aside an hour to gather, purchase, prepare, or display anything needed to implement the ideas listed above.

List the preparations steps you need to take:

- as an individual _____
- as a couple _____
- as a family _____

PRAY DAILY

Incorporating Prayer into Your Family




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Why Pray at Home?

Studies have shown that the simple routine of praying together at home makes it much more likely you will...

- Build a lifelong thriving marriage
- Strengthen the relationship with your children and teens
- Reduce the level of tension in your home
- Increase marital trust, respect, and intimacy

Why Don't We Pray at Home?

Do any of these apply to your family situation?

- I feel awkward praying out loud with others-even my family
- Our schedule is so busy that we never seem to get to it
- There is relational tension, so we don't pray together
- I think my family would resist the idea

Overcoming Obstacles

TIPS AS YOU ENCOUNTER OBSTACLES TO THE PRAYER AT HOME HABIT

Schedule: Just like any other event, prayer at home needs to be protected. Consider creating an appointment with the family a few times per week-even if that appointment is at dinner or before bed.

Travel: Even when on the road you can participate in family prayer by phone. Consider sending a text message saying "I am praying this for you right now..."

Tension: Acknowledging one's failures in prayer can make it easier to resolve tension as family members humble themselves before God in the hearing of one another.

Partial Family Prayer: If a spouse or child is unwilling to participate in group prayer, the rest of the family can still benefit from the experience. Don't allow their lack of participation to create tension, simply talk to God as you otherwise would have without making them feel awkward or isolated.

The Nudge: Give everyone permission to "nudge" one another back on track during the inevitable seasons when your prayer routine wanes. Be open to reminders from your spouse or child and resist the temptation to become defensive or defeated.

Jump Start Your Prayer

WAYS TO JUMP START A PRAYER ROUTINE IN YOUR HOME

Silent Prayers: The easiest way to start family prayer is praying silently together. Agree on what you will pray about then have everyone pray to themselves.

Sentence Prayers: Take turns allowing each person who is comfortable doing so to pray a one sentence prayer like "Please heal Grandma" or "Thank you for always providing for our family."

High/Low Prayers: Have each person share the high point and low point of their day. Give praise for the high and ask God to help with the low.

Fill-in-the-blank Prayers: Add your own prayer to starter lines such as these:

- God, I love you because...
- Thank you God for...
- God, please help...
- God, I'm sorry for...

Prayer Reminder Tools

IDEAS TO MAKE YOUR PRAYER ROUTINE EASIER AND MORE MEANINGFUL

Prayer Board: keep a small dry-erase board in your kitchen and use it to keep track of prayer requests

Thanksgiving Jar: keep a small jar in a visible location; write down answered prayers on small pieces of paper and place them in the jar; read them every Thanksgiving

Prayer Card Basket: save your Christmas and birthday cards in a basket and pray for those who gave you a card

Assign-a-day: assign a day or two to each family member to be in charge of reminding the family to pray.

Prayer by Formula

FOR THOSE WHO PREFER PRE-SCRIPTED PRAYERS

Praying for Perspective: Almighty God, we recognize that you are our creator and provider. We also acknowledge we are weak and need you. Help us depend on you today to...

Confession Prayer: Lord you have promised to forgive those who have confessed their sins. We come before you in humility today acknowledging our own unworthiness and our many failures. We ask that you give us the courage to apologize and forgive each other when needed.

Request Prayer: Father, you are the giver of all good gifts. We ask for your goodness today as we lift the following requests to you...

The Lord's prayer: *Our Father in Heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. Forgive us our debts as we also have forgiven our debtors. And lead us not into temptation but deliver us from the evil one.*