

# Prayer at Home Guide

## Being Intentional About Praying At Home

### Why pray at home?

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

- Reduce the level of tension in your life
- Build a life-long, thriving marriage, as well as Increase marital trust, respect and intimacy
- Strengthen the relationship with and nurture strong faith in your children and teens

### Prayer Strategies

- Silent Prayers: The easiest way to start family prayer is praying silently together. Agree on a prayer list, join hands and then bow quietly. As you become more comfortable with the process, add sentence prayers to your routine.
- Sentence Prayers: Take turns allowing each person who is comfortable doing so to pray a very short, one sentence prayer like "Please heal Uncle Paul." Or "Thank you for giving Troy a new friend." Or "I'm sorry for losing my temper with everyone earlier today."
- High/Low Prayers: Have each person quickly share the high point and low point of their day. Then hold hands and give thanks for the high and ask for help with the low.
- Fill-in-the-Blank Prayers: Use pre-written language to guide and focus family prayer times. For example, the following starter lines can be used...
  - God, I love you because...
  - Thank you God for...
  - God, please help...
  - God, I'm sorry for...

### What To Say

If you feel more comfortable with pre-scripted guidance, use the following language...

- 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 as we... *(Describe specific activities tied to work, school, challenges, etc.)*
- Confession Prayer: Lord, you have promised to forgive those who confess their sins. We come to you in humility today acknowledging our own unworthiness and our many failures. *(Pause as each person silently confesses his/her own sins and failures)* We ask that you give us the courage to apologize and forgive each other when needed to keep harmony in this home.
- 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... *(Take turns offering one sentence prayers for each request)*
- 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 *(Insert sentence prayers about family needs/concerns)*  
  
Forgive us our debts, as we forgive our debtors *(Pause as each person silently confesses)*  
  
And lead us not into temptation, but deliver us from evil *(Insert sentence prayers about fears, worries, temptations, etc.)*  
  
Amen.

## Prayer at Home Action Plan

### 1. Commit To Pray

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

7 - Pray seven days a week individually for the people in your life

5 - Pray five times a week (including meals & bedtime) with your family or friends.

2 - Pray two times a week with a prayer partner, spouse, or friend.

### 2. Select A Time, and Schedule It

Just like any other important event, prayer at home needs to be included on the schedule. Consider creating an appointment for prayer on your calendar several times a week, even if that appointment is at dinner, during walks together, while driving, before bed, etc.

#### **Examples:**

Friends: Pray for 10 minutes on Tuesday and Thursday evenings as a "piggy back" at the end of a walk together

Family: Monday and Thursday prayer at the end of dinner, and each evening, prayer at bedtime.

### 3. Choose A Strategy

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

#### **Examples:**

Friends: We will use the "Fill-in-the-blank" guide to focus our prayers.

Family: We will use "High/Low" at dinner and sentence prayers at bedtime.

We will use the following strategies:

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### 4. Make Preparations

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

List the preparation steps you need to take:

1. \_\_\_\_\_

2. \_\_\_\_\_