

DAY FOUR

THE LORD'S PRAYER • MATTHEW 6:5-13



SAY THIS:

YOU CAN PRAY ANYTIME,
ANYWHERE ABOUT ANYTHING.



REMEMBER
THIS:

"Let us keep looking to Jesus.
He is the one who started
this journey of faith. And He
is the one who completes
the journey of faith."

HEBREWS 12:2A, NIrV



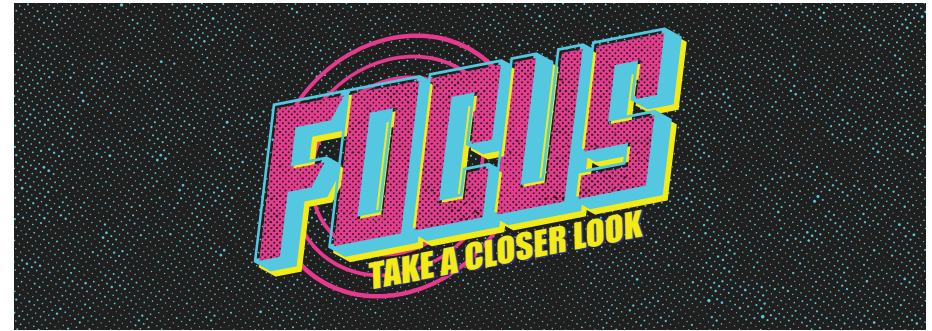
DO THIS:



Read Matthew 6:5-13. Do you feel like you know how to pray? When something makes you happy or sad, do you stop and pray? It can feel awkward to just start talking to God if you haven't done it very much. If you don't know where to start, begin with the Lord's Prayer in Matthew 6. Say it out loud as a family and know you can always come back to this prayer when you don't know what to say.

FAITH:

TRUSTING IN WHAT YOU CAN'T SEE
BECAUSE OF WHAT YOU CAN SEE



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CULTIVATING A PRAYER HABIT

By Nina Shmigdall

When my son was four years old, we started to prompt him to contribute his own prayer requests as we were getting him settled into bed at night. "Buddy, why don't you go ahead and talk to God? You can give Him thanks for something or ask him for something or just share with him."

In his little voice, he would say, "Thank you God for my sister. Thank you for my fish . . . and my dresser . . . and my bed. Oh, and thank you for my pillow."

Even if the prayers were simple, my husband I were committed to cultivating a prayer habit with and for our kids. As our children have grown, their prayers become much more involved.

When we pray with and for our children, we place a foundation of prayer in their lives that will be answered for generations to come. Here are a few ways to help your children develop a prayer habit in your family.

1. Model it.

Commit to a personal rhythm of prayer that will communicate its priority to your children. Share the way God is answering your prayers and leading you through your prayer time.

2. Pray consistently.

Turn prayer into a habit by making it a part of your routine. Kneel together with your

child each night before bed and ask them to share what is on their heart. Consider writing prayers in a journal with your child so you can see how God answers. Pray together in the car as you drive your child to school in the morning.

3. Pray specifically and boldly.

God likes answering bold and specific prayers because it becomes clear that He is the one at work. Commit to a specific and bold prayer as a family and pray for it together daily.

4. Pray scripture and blessing.

Consider a Scripture that you can pray over your children. Recite it to them each night or as they leave your home in the morning. For instance:

"May you grow in wisdom and stature and in favor with God and with man." (Luke 2:52)

Small steps of intentional prayer as a family will pay blessings for generations to come. Don't miss the opportunity to leave a legacy of prayer in your family.



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