

5 EASY WAYS TO MAKE PRAYER A PART OF YOUR FAMILY'S LIFE

1. Use the natural rhythms of your day. Think about a time when your family is already together, even for just a few moments. It could be in the morning before school, at meal time, while driving in the car, or at bedtime. Take a few minutes during one of these times and pray together.

2. Create a place in your home where family members can share prayer needs, or answered prayers. It could be a journal, a jar with blank slips of paper, sticky notes placed on a desk, a chalkboard, or any method that works for you. Keep it simple!

3. Pray for your kids and teens and let them know you're doing it. Write your child a note to find in their lunchbox, folder or backpack telling them you are praying for them. Text your teen a one or two sentence prayer during the day.

4. Memorize a prayer together, such as the Lord's prayer. Sometimes we all need words when we don't know what to say, and there's something about a prayer being imprinted on your heart. You would be surprised at what even young children can memorize!

5. Be realistic and keep at it. Consistency is key to establishing family routines and values. Your family may only pray for a few minutes each day and be interrupted by wiggly toddlers and eye-rolling teenagers, but the most important thing is that you choose to make time for prayer on a regular basis. Stick to it!