



FAMILY PRAYER EXERCISES

Following are prayer exercises for children and students of ALL ages to engage with as a family.

Prayer 1 (Psalm 23)

Stop...Take 2 minutes to pray these words

The Lord is my Shepherd (pause, deep breath)

Pray:

*“Remind me, Jesus, I’m not in Charge
I have surrendered my life to your care & Kingdom
Lord Jesus, I Will Trust in You Always “*

I Lack Nothing (pause, deep breath)

Pray:

*“When I seek the Kingdom + His Righteousness I lack nothing
Lord, Today as I seek you, I shall not lack anything.”*

He leads me beside the still water (pause, deep breath)

(Pray)

*“Jesus, quite my mind, heart and soul
Today, may I drink from your living water”*

He restores my soul (pause, breath)

Pray

*“The broken depths of my soul are healed and renewed
In loving union with God, through the power of Jesus Christ
Now and Forever, life everlasting.
AMEN.”*

Prayer 2

Stop.. Take 2 mins Pray and reflect

Take 5 deep breaths, sit with the Lord

Read: Do not be anxious about anything, but in every situation, by prayer and petition, with *thanksgiving*, present your requests to God. - Philippians 4:6

Pray

*Let nothing disturb you,
nothing affright you;
All things are passing,
God Never Changes.
Patience attains
all that it strives for;
Who possesses God
Find nothing lacking:
God alone suffices - St. Teresa of Avila*

Prayer 3

Stop Take 2 mins to pray

Place your hands on your lap with your palms facing up

Be still and know that I am God (pause, breath)

Be still and know that I AM (pause, breath)

Be still and know (pause, breath)

Be still (pause, breath)

Be (pause, breath)

Photo Prayer Exercise:

Materials - Photos of family and close friends

Have your child point to a person, say their name, and pray these words:

Example: *God bless Grandpa and Grandma and keep them safe.*

Example: *God Thank you for (name), and keep them safe.*

After the photos have been prayed for, conclude with a closing prayer and invite your child to say *AMEN*.

Variation: If you have photos up in your home; have your children walk around the house and lay a hand on the person in the photo and use the prayer above.

Prayers of the People

After dinner in the evening, light a candle around your table. Take turns praying for different things they choose:

(The praying person) "**LORD IN YOUR MERCY** "

State your prayer for others *example:*

Be with all the healthcare workers in our city as they help those who are sick.

(Together the whole family responds:) **Hear our Prayer**

LORD IN YOUR MERCY...

Be with all my friends, keep them safe and remind them of your love for them

(Whole family response) **Hear our Prayer**

1 Peter 5:6-7

Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you.

*Lord Jesus, I humble myself before you, casting all anxiety at your feet
For you care for me in all things for all time*