

# Faith Path

*Make the most of your moments.*

Dear Parent,

One of the core values of First Christian Church is family. We honor God's design of the family being the primary place for discipleship. The Faith Path exists to partner with you as you guide your child's spiritual journey one step at a time. Age-appropriate kits help you leverage the best faith formation strategy for your child's stage of development. In this *Prayer kit*, we have practical ideas and suggested resources to help you teach your child to talk to and listen to God. We encourage you to start today by taking the following simple steps.

## **STEP ONE: LEARN**

We have provided a video and information for this particular Faith Path step at [firstchristian.com/faithpath/prayer](http://firstchristian.com/faithpath/prayer). You will hear from both experts and ordinary families as they describe the importance of family and individual prayer and share practical suggestions from their experiences. You will also find a guide that offers practical tips and what we consider to be some of the best resources on the topic. If you would like additional coaching or information on upcoming Faith Path classes or events, please visit [firstchristian.com/faithpath](http://firstchristian.com/faithpath).

## **STEP TWO: START**

To help you get started, this kit includes a *Prayer Calendar* ideal for dry erase notes that can help your child create a habit of prayer.

We hope you find this kit helpful in the process of forming the faith of your child at home. Know that we are grateful to play a role in your family's growing relationship with Jesus and are honored to help you make the most of your moments.

Joyfully Partnering With You,



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**FIRST CHRISTIAN**  
C H U R C H

# Your Intentional Plan

How will you be intentional this next year?

- Pray daily for and with my child.
  - Consistently spend time in God's Word.
  - Bless my child daily.
  - Schedule and have regular family times.
  - Other: \_\_\_\_\_
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The next step on the Faith Path is Bible, recommended at age seven. We'll send you this kit on your child's seventh birthday, or you can also request the kit at [firstchristian.com/faithpath](http://firstchristian.com/faithpath) or at the HomeFirst Center.

## Recommended Resources

- ▶ *Praying Circles Around Your Children* by Mark Batterson
- ▶ *The Circle Maker for Kids* by Mark Batterson
- ▶ *What Happens When I Talk to God* by Stormie Omartian
- ▶ *Power of a Praying Kid* by Stormie Omartian
- ▶ *First Kids Parent Resources* — [firstchristian.com/family](http://firstchristian.com/family)



## PRAYER

Teach Your Child To Talk to God

“LORD, TEACH US TO PRAY.”  
—LUKE 11:1

## **One of the greatest things you can do is to help your child develop a relationship with God through prayer.**

Prayer is how we communicate with and connect to our Heavenly Father. Nurture your child's faith by praying together as a family and by guiding them in the practice of praying individually.

### **Be an Example**

- Allow your child to see and hear you pray on a regular basis. Take time to stop and give thanks in times when God blesses you or answers a prayer.
- Model prayer in times of difficulty or when seeking wisdom for important decisions.
- Pray for those in your family and others you know are in need.

### **Jump Start Prayers**

Use these ideas to help start prayer time with your child.

**Sentence Prayers:** Take turns allowing each person who is comfortable doing so to pray a very short, one sentence prayer. It can be as simple as "Please heal Uncle Paul." "Thank you for giving Troy a new friend." or "I'm sorry for losing my temper with everyone earlier today."

**Fill-in-the-Blank Prayers:** Use pre-written language to guide and focus prayer times such as the following starter lines.

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

## **Prayer Tools and Ideas**

**Prayer Board:** Keep a dry erase board or the calendar included with this kit in a high traffic area of your home and use it to note items the family is praying for together.

**Prayer Journal:** Consider purchasing a journal for your child to start recording prayers and how God answers them.

**Mirror prayers:** Using a dry erase marker, write a list of prayer concerns on the child's bathroom mirror so he or she remembers to pause and pray after brushing teeth.

### **Family Routine**

Making prayer a regular part of your family culture will help make it a normal part of your child's life. Consider incorporating some of the following in your family routine.

**Mealttime:** Briefly give thanks before you eat, then wait until everyone has finished to have a longer time of prayer together.

**Bedtime:** The first person in the family to go to bed (usually the youngest) alerts everyone else that it is time for an end-of-day prayer together.

**Drive time:** As you start the engine, pause for a brief prayer together asking God to go with you and invite everyone to pray a sentence prayer for any concern about the upcoming activities of the day. This is a great routine to begin as you drive to school in the morning.

**Walks:** Taking a walk together is the ideal time to pray. Or pause at the end to pray about the matters discussed during your walk.

**SU M T W TH F SA**


### Our Top Prayer Requests

*List family members and requests*

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*Mark your calendar whenever you pray together!*

## Commit to being a 7-5-2 home!

7—Pray seven days a week individually for your spouse, kids, grandkids, parents, siblings, etc.

5—Pray five times a week (including meals and bedtime) as a family.

2—Pray at least two times a week with your spouse.

### Suggestions for using your Prayer Calendar

1. Place your calendar on your fridge or in some other central location of your home
2. Have each family member use a specific color marker or sticker to mark their 7's of individual prayer. Write out a 5 to mark your times of praying as a family. Write out a 2 to mark your times of praying as a couple
3. Use "Our Top Prayer Requests" for each family member to share their prayer requests for the family.
4. For the family prayer, give each family member a certain prayer day they can decide when you will pray, and how you will pray (Ex: Mom's day is on Monday and she has decided that we will go on a prayer walk after dinner; or five-year-old Jessie's day is Thursday, and she wants to pray together at breakfast.
5. Celebrate at the end of each week and talk about the prayers that God has answered in the week.
6. Have an adult or teen use a simple prompt to jumpstart your prayer times. Take turns filling in the blank: "God, I love you because..." "Thank you God for..." "God, please help..." "God, I am sorry for..."