



As a parent, you have many things you want to teach and show your kids. It may seem overwhelming at times because there is so much to teach them, but remember that parents are called to be the primary teachers of their children's faith. In Deuteronomy, Moses addresses the people of Israel and gives them instructions on how to continue their faith for generations.

"You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise."

Deuteronomy 6:7

Raising children is an enormous task that God never intended for parents to do alone. Every parent needs a community to help their children grow and develop. As a church, it is our joy and pleasure to help this next generation of children develop, whether in person or by providing resources to help parents in areas where they need a little guidance.

Parents often ask for guidance in ways to help their kids pray. Whether you are an adult who has been walking with God for years or new to the faith, the topic of prayer can feel awkward to teach. One of the most impactful ways to show your kids what it looks like to pray is to give them a glimpse of your prayer life. Here are a few examples.

1. If they find you praying and ask what you're doing, take a moment to explain the importance of spending time with God.
2. When you are happy about something, ask your kids to join in as you offer a prayer of gratitude to God.
3. Let your kids listen in if you are sad about something and want to ask your Heavenly Father for help.

Model prayer by inviting your kids to observe, participate, and ask questions.

Another way to help your kids develop a prayer life is to use "checkpoints" such as mealtime and their bedtime routine to pray. Checkpoints are easy times to introduce prayer into your child's everyday life. For instance, before a meal, you can take turns talking about something that you are grateful for that day and say a quick "God, thank you for this food and the many blessings we experienced today." Bedtime is a perfect opportunity for them to pray for friends and family.

Remind them that prayer isn't about telling God what we think He wants to hear or telling Him something He doesn't already know. Prayer is about building a relationship with our Heavenly Father and growing closer to Him. There is no right or wrong way to pray and talk to God. You may not say a beautiful, perfectly scripted prayer. Your kids may be distracted. More time than not, you won't be sitting around the table holding hands. No matter what it looks like for your family, the important thing is for you to find ways to talk with God together.

Helping your child develop their prayer life won't always be neat, easy, or convenient. Let them see the mess and confusion. In doing so, you will expose your kids to the true beauty of prayer – that God loves them and wants to spend time with them.