

# SURFACE TO SOUL

Live Well | Lead Well | Coach Well

## 7 Creative Ways to Pray as a Family

**FLASHLIGHT PRAYERS:** A flashlight can help “brighten” your family’s prayer time. Darken a room in your home and gather your family together. Explain to your family that light from the flashlight will represent the light that Jesus brought to a dark, dark world. The flashlight can be used in two ways to aid your prayers. One way is to shine the light on one family member at a time and focus your prayers on that person. Another way is to shine the light on a family member while they take their turn praying. At the end of your prayer time, remind your family that Jesus is still the light in our dark world.

**REFRIGERATOR PRAYERS:** What’s on your refrigerator door? Chances are it’s the message and information center for your home. This prominent place can be used to become the prayer center of your home as well. Place a pad of sticky notes beside your refrigerator. Every time one of your family members has a prayer request, they can write it down on a note and post it on the fridge for the family to see and include in their prayers.

**PRESENCE PRAYERS:** Brother Lawrence, a monk in the 1600s, wrote about living in God’s presence throughout the day. His thoughts became the book known as “The Practice of the Presence of God.” His writing encourages us to turn to God throughout the day with simple prayers such as “Please help me, Lord,” or “Thank you, God, for loving me.” The time taken to pray these simple prayers throughout the days allowed Brother Lawrence to experience God’s presence each day. We can pray as Brother Lawrence did and experience God’s presence. Throughout your day, briefly stop and turn your mind toward God with simple prayers.

**FAMILY BLESSING PRAYERS:** Moses prayed this prayer of blessing found in Numbers 6:24-26 (Contemporary English Version) for the people of Israel in the Old Testament. Parent: place your hand in the air over your family while praying.

**ROOM BY ROOM PRAYERS:** Where does your family pray? Do you pray at the table? Beside your bed? What if you prayed in many of these places... and more! Every room in your home can be a place to pray. Pray for your family’s health in the bathroom, thank God for your many blessings in the kitchen, and pray for your friends in the living room. Take your family from room to room on this prayer adventure.

**PRAY TWICE PRAYERS:** This is an easy, meaningful way for your family to pray. Ask each family member to pray for two people: one from your family and one from outside your family. One member of your family will begin the prayer, and another will end it, with each one praying for the two they have chosen. Once your family feels comfortable with this type of prayer, you can add the extra challenge of praying for three people each. These could include the people in your family, people in your church, and people outside your family and church.

**TRIP PRAYER:** Using TRIP as an acronym, begin by offering prayers of thanks to God. Proceed with naming prayers of regret, prayers of intercession (prayers on behalf of others), and then offering praise to God.



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