



# KIDS

## Tips for Praying with Your Kids:

Whether you've been praying for years, or you are new to it yourself, we want to help you teach your kids that they can talk to God too! Here are a few tips:

1.

### Utilize key times.

Kids need to know that they can talk to God anytime, anywhere! Take advantage of the natural rhythms of your day by praying with your child during morning time, drive time, mealtime, and bedtime.

2.

### Pray out loud.

One of the best ways we can teach our kids to pray is by example! Help your kids understand that prayer is simply having a conversation with God by letting them hear you pray and then encouraging them to try praying out loud too.

3.

### Pray in the moment.

Help your kids understand that they can go to God with everything. The next time your kid says they're worried, angry, happy, or excited about something, pause and take a moment to tell God about it together.

4.

### Pray for the needs around you.

Help your child think of other people they can pray for like school teachers, police officers, or even a sick friend. Pray together for the people you come in contact with and then send a note to those people letting them know that you are praying for them!

5.

### Keep a prayer journal.

To help give your kids confidence that God hears them when they pray, keep a prayer journal together. Write down anything that you are talking to God about and then go back and document how He worked in the situation you prayed for. The next time you or your child need to be reminded that God hears our prayers, you can go back to the prayer journal and see how God has worked in the past.