

Ideas for Praying with Your Kid

(Sometimes the guides in Kid Min lead your child into these prayers, too.)

Prayer can be so simple and short, and often it should be! Examples:

- A short “thanks, God” prayer before eating, as you take a deep breath to appreciate the smell of the food and look at it with gratitude.
- Asking your child about a high and low of their day at bedtime, and then offering those things to God out loud for them in a quick prayer of thanks, need and “thanks for loving us.”

But sometimes you may want to take a few extra minutes to invite your child into prayer, esp. in a moment of quiet and wind down, like at bedtime or during a morning snuggle. Here are some ideas for those moments, drawn from a long history of the prayers of God’s people. You may want to experiment with some yourself!

Start Here then Choose a Prayer Style

- We’re going to take a little time to pray & connect with God.
- There are so many different ways to pray. Some short, some long, some quiet, some loud... Prayer is just time with God, sometimes with words, sometimes just with our hearts.
- So for now, let’s get comfortable and still. Sit, lie down, maybe shut your eyes.

Breath Prayer

- We’re going to focus on just two words together for a few quiet minutes, one word as we slowly breathe in, one word as we slowly breathe out. And we’re going to pay attention to how our bodies feel as we do, how we sense God with us as we get quiet and still.
- Some word pair options
 - Beloved - Trust
 - Love - Peace
 - Jesus - Kindness
 - Spirit - Come
- Breathe in, word one... Breathe out, word two... *Repeat slowly for a minute or two.*
- Thanks, God. Amen.

The Prayer Jesus Taught His Friends (adaptation drawn from Jesus Storybook Bible)

- Today we’re going to pray the way that Jesus taught his friends. I’ll read you the way Jesus prayed, and then give you a minute to put that prayer silently into your own words and feelings, for your own life and family and friends today. So the words I say may help you think of things you want to say to God silently.
- Hello, dear parent who loves us. We want to know you. And be close to you. Please show us how.

- Make everything in the world right again. And in our hearts, too. Do what is best - just like you do in heaven, And please do it here today in our lives, too.
- Please give us everything we really need today.
- Forgive us for doing wrong, for hurting ourselves and others. Forgive us just as we forgive other people when they hurt us.
- We need you. Don't let evil win, anywhere - keep us safe beside you.
- The world is yours, and you're amazing - so good, loving and strong. Amen.

Examen (*ex-am-in*) (this adaptation is drawn from Zippee, parentingafterdeconstruction.com)

- This way of praying helps us notice how God is always with us because God loves us.
- I'm going to ask you some questions, one at a time, and after I ask, I'm just going to be quiet for a minute. We'll be quiet together as we think about our answers.
- First, let's remember our day yesterday. What did you do in the morning? ... What did you do in the middle of the day, around lunchtime? ... What did you do in the evening?... What was bedtime like? ...
- As you remember the day, when did you feel happy or silly or playful? ... God was with you then.
- As you remember the day, when did you feel sad or angry, lonely or scared? ... God was with you then.
- As you think about today and tomorrow, where do you most need to know that God is with you? Tell God about that.
- (Closing in prayer) God, thank you for loving us and always being with us. Amen.

Lectio Divina (*lex-ee-oh duh-vee-nuh*)

- Prepare ahead of time by picking Scripture you'd like to share with your child. Here are some ideas:
 - Joshua 1:9, "Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go."
 - [Psalm 23:1-4](#) (the Lord is my shepherd)
 - Psalm 36:7, "How priceless is your love, God - it never fails! We can take refuge in the shadow of your wings."
 - Psalm 131:2-3, "I have calmed and quieted myself, like a child content in their mother's lap. Yes, like a content child is my soul within me. Oh friends, put your faith in the Lord, now and forevermore."
 - Zephaniah 3:17, "The LORD your God is with you, the Mighty Warrior who saves. He will take great delight in you; in his love he will be angry no longer, but will rejoice over you with singing."
 - [Matt. 5:14-16](#) (light of the world)
 - [Luke 13:18-19](#) (the kingdom of God is like a mustard seed)
 - Matt. 3:17, "This is my Child, my Beloved, with whom I am so pleased."
 - 1 John 4:7, "Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God."

- Sweet child, I'm going to read you a beautiful bit of the Bible, very slowly. I'll even read it more than once! And as I do, you get to just listen and see what stands out to you. Is there something God might want to say to you or show you today? After I read each time, we'll be quiet for a minute.
- *Read once, slowly, and give silence.*
- I'm going to read it again. There's no right or wrong way to listen, we're just seeing what we notice.
- Okay, one more time!
- *After that third reading, pray:* Thank you, God, for being with us.
- *You might want to ask a few questions, like:* Hey, did you notice anything special? It's okay if you didn't, too. It's still special to spend time with God.