

# Building Faith At Home

## Resources for Family Faith Formation

### Praying with Your Child

A key part of building faith at home is the way in which we pray for and model prayer for our children. When we pray for our children, we should focus on both asking God for his presence in guiding their lives as well as for our guidance as we seek to parent our children in a godly manner. Include specific concerns from things taking place in the life of your child and family. Married couples can use their prayer time to pray for their children. Married couples who are not yet comfortable praying with one another can use their mutual bond over their children to create a sense of ease in praying together for their children.

When praying with your children, as parents, it is helpful to use a pattern each time. Children naturally pick up the patterns we use, repeating particularly meaningful phrases and thereby learning to structure their own prayers. Use a structure like the widely used ACTS model, for example:

- **ADORATION:** Praise God for granting us salvation, for the wonders of creation, for daily sustaining our lives, etc.
- **CONFESSION:** Offer to God a sincere apology for our sins and ask the Lord for forgiveness based on the life, death and resurrection of Christ. There may be times to mention a particular sin your child or even you have committed (specifically those sins that are age appropriate and directly impact your child).
- **THANKSGIVING:** Offer thanks to God for all the great things that have happened that day and even for life itself. This is a time to count and thank God for the blessings he grants.
- **SUPPLICATION:** Now at the end is the time to ask God for those things we have on our hearts. Include prayers for others in need as well as a blessing for the night and coming day (if a bedtime prayer).

There are many times that are great times to pray with your child. Bedtime and at meals are two natural times. We can also pray with them when they struggle. Taking time out during the challenges in life to turn to God in prayer teaches children to depend on God for guidance all the time, not just a few special times a day or week.