

Seven Days/Weeks to a Better Prayer Life. Take a child along for the ride.

Monday/Week One. *Pray about your doubts.* Do you doubt God is real? Do you doubt creation? Do you doubt invisible things like the Holy Spirit? Do you doubt God loves you? Take your doubts to God. TRUST that he will help you replace them with certainty. **Doubt and prayer do not go together. You have to get rid of one or the other. God will help.** Pray with your child about his or her doubts. James 1:5

Tuesday/Week Two. The first part of prayer is where we talk to God. The second part, the best part, is where he talks to us. A great help for children is a prayer jar. Write the prayer on a piece of paper and place it in a jar or ziploc bag. Continue to pray until the child can write the answer on the back. Involve as many people as it takes. Why should a child believe in prayer if there is no answer? ***Amen is not the end of the prayer. It is the beginning.*** It is our commitment to trust God until the answer comes. Luke 11:13.

Wednesday/Week Three. *Pray at the beginning of the day.* Everybody prays when they are in trouble...Daniel in the Lion's Den, Joseph when his brothers threw him in a pit, Jonah when he got eaten by a whale. **Jesus way of praying was BIGGER.** He taught us to pray before we get into trouble, prayers like “give us this day our daily bread” and “Lead us not into Temptation”. Even a very quick look at The Lord's Prayer shows that it is all about praying before troubles come. There is no better habit for child or adult than praying in the morning. **It is what Jesus taught.** Luke 22:40

Thursday/Week Four. *Make a list of at least three prayer partners.* Help the child do the same. Follow through by praying with each person on your list at least once a week... even if it is on the phone for just two minutes. Write the names of your prayer partners in the blanks. **A person who doesn't pray with others seldom prays by him or her self.**

- 1.
- 2.
- 3.

FRIDAY/Week Five. *Read the Instruction manual,* starting with one or more of these five verses: John 5:39, Hebrews 11:6, Isaiah 40:29, 1 John 3:22, Jude 1:20.

SATURDAY/Week Six: *Pray with a pure heart.* Are you angry with someone? Forgive them. Have you sinned? Repent and ask God to cleanse your heart. Are you ungrateful? Thank God for past prayers answered. Are you praying selfishly? Make a list of others to pray for.

SUNDAY/Week Seven. *Pray to be more sensitive to God's Holy Spirit.* **The only way for a child to break free of the worldly influences that surround us all is an ever increasing sensitivity to the Holy Spirit.** That path begins with prayer...with a HABIT of prayer. Today pray with your child for the gift of the Holy Spirit. Ask Him to help you pray. Romans 8:26

Author's note: The four great secrets of prayer are: practice, practice, practice and more practice. We invite interested parents and teachers to visit www.teachustoprayer.com for enough coloring pages and prayer activities to last the children you love for an entire year.