

INCLUDES PRAYERS FOR HOLIDAYS AND SPECIAL OCCASIONS

# FAMILY PRAYER *Made Easy*



A PRACTICAL GUIDE  
FOR PRAYING TOGETHER

TERESA J. HERBIC

FAMILY  
PRAYER  
*Made Easy*



TERESA J. HERBIC



WHITAKER  
HOUSE



## DEVOTIONAL 1: PRAYING FOR A HAPPY FAMILY

### *Family Minute*



Dear God, We praise You, and we seek You. We come before You as a family to ask for Your incredible answers—nothing less—because You are a God of everything wonderful! Amen.

*If two of you agree on earth about anything they ask, it will be done for them by my Father in heaven. (Matthew 18:19)*

### *True Story from Teresa*

For years, my family and I attended a midweek prayer meeting at church. While my husband and I prayed with other parents, our kids joined Awana. It became our routine for years. Then, one day, our prayer group suddenly dissolved. We no longer had our sacred circle. We missed gathering with brothers and sisters to share our deepest heart matters. God had revealed great answers to us when we bared our souls to one another—but now we felt at a loss.

Then a dawn of light came over us: why not hold our own family prayer meetings?

Now our family—me, my husband, and our two kids—gather after dinner every Wednesday evening. Each person brings a Scripture with thoughts of concern or praise. When she was little, our daughter took this so seriously that she created paper programs, copying the ones she saw at church services. Our son even passed out programs at the doorway to our living room, exclaiming, “Welcome to family prayer night!”

Lifting our prayers, in the love of family, with the help of pastors and church friends, we saw awe-inspiring miracles at work regularly by the holy hand of God through our family prayer time. Not only that, but we also grew closer to each other by giving up time from our evening to worship as a family.

### *Questions and Thoughts*

1. As family, do we have a regular, daily routine?

*Maybe you get up, brush your teeth, comb your hair, have breakfast, and head out for the day.*

2. When, during that routine, is a good time to stop and pray?

*We have all been guilty of flying through the day and nearly forgetting to stop and thank our Creator who made us. The desire to pray comes from a genuine longing to draw closer to God and to know Him. Praying can become part of your daily routine. Ideally, it's great to start your day with prayer, but it's also helpful to pray midday, at night, or any time you can. However, it absolutely requires a firm commitment to make it happen.*

3. How can this book help us?

*Through this guide, you can begin to pray more deeply as a family. But it will take a commitment—from everybody! Determine a time that works for everyone to sit down together in a circle and do the simple*

*activities to get started. Maybe you can meet daily after dinner or an hour before bedtime, but whatever you decide, remember that any time is a great time to pray! Then, sign together the “Personal Commitment to Prayer” at the beginning of this book if desired.*

4. Do we have frustrations or needs as a family that require God’s help and wisdom? Big or small, what prayer requests do we have?

*The apostle Paul once said, “Don’t worry about anything; instead pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus” (Philippians 4:6–7 NLT). If you lift your prayers, with the help of your inner circle of family, you are sure to see God’s holy hand at work in your lives. But don’t just pray when there’s trouble. Take charge and pray and praise in all occasions. Then you will see God moving more boldly in your lives.*

### *A Simple Prayer*

Dear Heavenly Father,

Thank You that You are our God. Thank You for loving our family. We love You! Dear God, please be at the center of our family as we move forward in prayer before You. Help us, Lord, to be a happy family. Bless our home with peace and love. Please bless each person by reminding us how to love each other as You love us. Help us to do our best each day to support one another, and not tear one another down. May our words to each other be gracious. Help us to know how we can serve You better. Thank You most of all that You made our family. We pray that You will guide us, help us, and protect us in all we do. We pray specifically for [family prayer requests]. In Jesus’ holy name, we pray! Amen.

### Scripture about Loving One Another:

(Read through together; consider memorizing one.)

*This is my commandment, that you love one another as I have loved you.* (John 15:12)

*Children, obey your parents in everything, for this pleases the Lord.* (Colossians 3:20)

*Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working.* (James 5:16)

*Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, and it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres.*  
(1 Corinthians 13:4–7 NIV)

*Therefore encourage one another and build one another up, just as you are doing.* (1 Thessalonians 5:11)

### God's Promises

*If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him.*  
(James 1:5)

*But know that the Lord has set apart the godly for himself; the Lord hears when I call to him.* (Psalm 4:3)

*Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the LORD forever.*  
(Psalm 23:6)

*Trust in the LORD with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.* (Proverbs 3:5–6)

## Interactive Family Prayer



### Option A: Hold a Candlelit Prayer Evening

Make a candlelit prayer evening special by handing out written invitations to each family member—whether they’re adults, kids, or even toddlers. Include a specific day and time for the meeting. Ask them to bring one prayer request or thanksgiving to pray about.

A helpful format to follow in prayer is: praise, thanksgiving, confession, petition, closing prayer. Begin the night by praising God and offering thanks to Him. Tell Him how much you love Him and appreciate all He does for your family. Then, move into a time of confession.

Ask each person to contribute to every part of the prayer as they feel comfortable and let them know they can pray out loud or, if they prefer, silently. The goal is to make family members feel comfortable. Start by going around the room listing areas of concern. Then possibly play a worship song, a family-favorite hymn, or sing together in unison something simple. Move into thanksgiving for how the Lord has blessed your family, confession, and then petition for the prayer requests.

Close by saying a special prayer for your family harmony and your plan to pray more frequently together and give thanks to God for working in your lives.

### Option B:

#### Make Prayer Sticks for Long-Term Prayers

These prayer sticks are a simple, crafty way to remember to pray for long-term requests of those you love, such as salvation, addictions, family goals, and personal goals, hopes, or dreams.

1. Find, or purchase from a local crafting store, several Popsicle sticks per family member.
2. Have each person add special colors or design to the upper part of their sticks. Wind string, yarn, or colored cord around a section of the sticks. Alternatively—or in addition—you can paint bands of color on the sticks. For the least messy option, wrap with colored tape. You might even draw a cross to signify this is a prayer stick for Christ.
3. Next, write with a permanent marker the name or subject you want to pray for or about regularly on the base of each stick.
4. Choose or decorate a distinctive container or bowl to hold your prayer sticks. After you've made several of them, sit in a circle and hold a kick-off prayer time as you each draw out a stick one by one from the prayer container or bowl. Thank God for what He's about to do at the end of the prayer time, as He's bound to move and bless in the midst of such a loving family.
5. The first day of the month or first Sunday of the month, visit this container as a family and take turns pulling out a stick and praying about that subject or person.
6. Once a prayer is answered, remove that stick and either throw it away or keep it in an answered prayer box to reflect upon at the end of the year or even in later years as a family thanksgiving activity.

### *Option C: Love Letter to God—"Dad":*

Read the following "Love Letter from God" shared with us by Deborah Ann Belka—a wonderful author from Faith Writers—to be included in this activity. Take turns reading or designate one person to read aloud.

*Love Letter from God*  
By Deborah Ann Belka <sup>1</sup>

Today I received,  
A love letter from God.  
I opened up my Bible  
Here is what I read...  
I am your Creator,  
Before you were born;  
I molded and formed you,  
Just like the dew in the morn.  
I'm the remedy to your needs,  
I am your soothing balm,  
I'm the peace in your storm,  
I am the voice that is calm.  
I'm all the grace you need,  
In Me, there is eternal life.  
I came so that I could bear  
The burden of your strife.  
I am your staff of comfort,  
I will shield and protect you  
Through life's complexities—  
Together we'll journey through.  
I am the anchor of your soul,  
A safe place to run and hide,  
I will never forsake you...  
I am always at your side.  
I'm the lamp unto your way,  
With my Word I will guide.  
I am the One whom you feel

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1. Deborah Ann Belka, "Love Letter from God" used by permission from Deborah Ann Belka of Faith Writers, 2014, <http://www.faithwriters.com>. [www.hiswingsshadow.com](http://www.hiswingsshadow.com); <http://poetrybydeborahann.wordpress.com/>. See also "Father's Love Letter" in the conclusion to this book.

Stirring up deep inside.  
I am your Creator,  
I knew you from the start;  
That is why I gave to you  
For Me— a loving heart!

Now, create your own love letter to God—or “Dad.” Get a pen and paper for everybody, and enjoy a few quiet moment together writing to God your love for Him, your hopes for His kingdom, and your plans to serve Him more purposefully in life, caring for His needs and His heart. Don’t forget to thank God for being your heavenly Father and for loving you no matter what!



### *Prayer Community Activity*

Have you ever considered inviting people to your home for a prayer meeting? Extend the praise/thanksgiving/confession/petitioning/closing prayer meeting format into your community group setting. Determine a meeting date, time, and location for a special prayer time with your group. Invite Christians who are interested in praying together, and explain to each guest that this will be a time of dedicated prayer in which families can pray aloud or silently. This is a wonderful way to become more open about your prayer life and to see answers to prayer flourish all around you. Ask each guest or family to come prepared with the following: 1) family name; 2) personal/family prayer concerns; 3) congregational prayer concerns; 4) kingdom hopes/prayers for God’s glory to be magnified; and 5) a favorite Scripture.

Seat chairs in a circle and set the mood with some praise music playing in the background as people enter the room. Begin by forming a circle and going around the room with a simple praise and thanksgiving. If members do not wish to speak openly, they are certainly not required to. They can just sit, listen, and pray quietly if they wish.

Next, enter into a period of general confession, as is appropriate for a larger group. Then go around the circle asking everyone to refer to their prayer requests/information. Ask for prayer concerns by family. Once everyone has shared their prayer needs, lift concerns before the Lord as members feel led. Follow with congregational prayer concerns and kingdom prayers. Once all prayers are lifted, ask members to share their favorite Scripture and what it means to their family.

Conclude with a prayer and thank participants for joining in.

(Other Prayer Community Activities will refer to your “community group” or “small group.” If you don’t have a prayer group already, my hope is that as you gain comfortability and initiative, you will form a group of people who come together in prayer!)