

## Intentionality in Your Home

### *How will you be intentional this next year?*

- Pray daily for and with my child.
- Consistently spend time in God's Word.
- Bless my child daily.
- Schedule and have regular family times.
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The next step for the Heritage Milestones is *Bible*, recommended at age seven. We will offer a free *Bible kit* to guide you.

### Recommended Resources

*Pray Big for Your Child* by Will Davis Jr.

*Creative Family Prayer Times* by Mike and Amy Nappa

*What Happens When I Talk to God* by Stormie Omartian

*Power of a Praying Kid* by Stormie Omartian



# HERITAGE MILESTONES

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## Prayer

Teach Your Child to Talk to God

One of the greatest things you can do is to help your child develop a relationship with God through prayer. Prayer is how we communicate with and connect to our Heavenly Father. Nurture your child's faith by praying together as a family and by guiding them in the practice of praying individually.

### **Be an Example**

Allow your child to see and hear you pray on a regular basis. Take time to stop and give thanks in times when God blesses you or answers a prayer. Model prayer in times of difficulty or when seeking wisdom for important decisions. Pray for those in your family and others you know are in need.

### **Jump Start Prayers**

Use these ideas to help start prayer time with your child.

- **Sentence Prayers:** Take turns allowing each person who is comfortable doing so to pray a very short, one sentence prayer. It can be as simple as "Please heal Uncle Paul." "Thank you for giving Troy a new friend." or "I'm sorry for losing my temper with everyone earlier today."
- **Fill-in-the-Blank Prayers:** Use pre-written language to guide and focus prayer times such as the following starter lines:
  - God, I love you because...
  - Thank you God for...
  - God, please help...
  - God, I'm sorry for...

### **Prayer Tools and Ideas**

- **Prayer Board:** Keep a dry erase board or the calendar included with this kit in a high traffic area of your home and use it to note items the family is praying for together.
- **Prayer Journal:** Consider purchasing a journal for your child to start recording prayers and how God answers them.
- **Mirror prayers:** Using a dry erase marker, write a list of prayer concerns on the child's bathroom mirror so he or she remembers to pause and pray after brushing teeth.

### **Family Routine**

Making prayer a regular part of your family culture will help make it a normal part of your child's life. Consider incorporating some of the following in your family routine.

- **Mealtime:** Briefly give thanks before you eat, then wait until everyone has finished to have a longer time of prayer together.
- **Bedtime:** The first person in the family to go to bed (usually the youngest) alerts everyone else that it is time for an end-of-day prayer together.
- **Drive time:** As you start the engine, pause for a brief prayer together asking God to go with you and invite everyone to pray a sentence prayer for any concern about the upcoming activities of the day. This is a great routine to begin as you drive to school in the morning.
- **Walks:** Taking a walk together is the ideal time to pray. Or pause at the end to pray about the matters discussed during your walk.