



Nurturing Prayer in the Family



Discover practical ways to teach kids to pray,
making prayer a natural and powerful part of daily
family life.



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Introduction

Welcome to this 7-day Bible study on Family and Prayer! Teaching our children to pray is one of the greatest gifts we can give them. *Prayer* opens the door to a constant relationship with God, empowering kids to face life's challenges with faith and hope.

In today's fast-paced world, it's easy for prayer to become an occasional ritual rather than a daily conversation. This study aims to help parents, guardians, and caregivers nurture a prayerful environment where children naturally and confidently communicate with God throughout their day.

We will explore Scripture passages that demonstrate God's heart for families and His desire that we pray consistently. You'll find practical guidance, encouragement, and reflection prompts to equip you in making prayer a normal, cherished part of your child's daily routine. As you engage with these devotions, be inspired to create moments—both big and small—that invite your children to speak to God and listen for His voice.

Remember, teaching kids to pray is not about perfect words or rituals — it's about fostering a relationship with God that lasts a lifetime. Let's embark on this journey together, trusting God to work through your prayers and family moments in powerful ways. 🙏❤️





Day 1: 🙏 Starting with Simple Prayers



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Your Verse

1 Thessalonians 5:16-18 - "Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus."

Supporting Scriptures

- *Luke 18:15 - "Let the little children come to me... for the kingdom of God belongs to such as these."*
- *Philippians 4:6 - "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."*



Day 1: 🙏 Starting with Simple Prayers

Devotional: Begin with Simple, Daily Prayers

Prayer doesn't have to be complicated. In fact, it's best to start with simple, heartfelt moments. Paul encourages us to *pray continually*, which means prayer can flow naturally through our daily routines. For children, this might mean short prayers before meals, bedtime, or when they feel worried or thankful.

Jesus' invitation for children to come to Him shows how much He values their sincere hearts. Teaching kids that God listens to all their words—whether big or small—builds trust and confidence in prayer.

Begin your family's prayer journey by modeling these simple prayers. Use words your children understand and encourage them to express thanks, fears, hopes, and love to God openly. As a family, celebrate the joy of talking with God every day!



Day 1: 🙏 Starting with Simple Prayers

Reflect and Apply

1. How can I incorporate simple prayers into my child's everyday activities?

2. What words or phrases can I use to help my child express their feelings to God?

3. How do I show my child that God is always listening?



Day 1: 🙏 Starting with Simple Prayers

Journaling Prompts

1. Write about a simple prayer moment you shared or want to share with your child.

2. List three things your child is thankful for today.

3. Reflect on times when prayer has helped you and how you can share that with your child.



Day 1: 🙏 Starting with Simple Prayers

Prayer for Today

Dear God, thank You for inviting our children to come to You. Help us to create simple prayer habits that feel natural and joyful. Guide our words and hearts as we teach our kids to pray with honesty and faith. May prayer become a comforting and powerful part of their daily lives. Thank You for always listening and loving each one of us. Amen. 🙏 ❤️ ✨





Day 2: Teaching Children to Talk to God



Your Verse

Matthew 6:9-13 - "This, then, is how you should pray: 'Our Father in heaven, hallowed be your name...'"

Supporting Scriptures

- *Psalm 34:17 - "The righteous cry out, and the Lord hears them; he delivers them from all their troubles."*
- *Proverbs 3:5-6 - "Trust in the Lord with all your heart and lean not on your own understanding..."*



Devotional: Prayer Is a Heartfelt Conversation

Prayer is a conversation—a two-way dialogue between your child and God. Jesus gave us the Lord's Prayer, which provides a perfect template to teach kids how to talk with God openly and respectfully. It shows that prayer includes praise, asking for help, seeking forgiveness, and listening.

Helping children understand that God hears their cries and cares deeply allows them to approach Him with confidence. Emphasize that it's okay to be honest in prayer, sharing joys and worries alike.

Encourage your child to trust God even when they don't understand everything. Model conversations with God by praying aloud regularly. This builds a safe and loving prayer culture where children feel free to express their hearts.



Reflect and Apply

1. In what ways can I teach my child to include praise, thanksgiving, and requests in prayer?

2. How do I show that God listens and cares about my child's feelings and needs?

3. What can I do to help my child trust God more in everyday situations?



Journaling Prompts

1. Write your own version of the Lord's Prayer to share with your child.

2. Describe a time your child expressed something honest and personal in prayer.

3. List ways you can practice praying aloud with your family.



Day 2: 💬 Teaching Children to Talk to God

Prayer for Today

Lord, thank You for teaching us how to pray. Help us guide our children to speak to You with open hearts, praising You and sharing their needs. May they always trust that You hear and care deeply for them. Teach us to model genuine conversation with You daily. Amen. 🙌🙏🙏





Day 3: ✨ Building Faith Through Prayer



Day 3: ✨ Building Faith Through Prayer

Your Verse

Mark 11:24 - "Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours."

Supporting Scriptures

- *Hebrews 11:1 - "Now faith is confidence in what we hope for and assurance about what we do not see."*
- *James 5:16 - "The prayer of a righteous person is powerful and effective."*



Day 3: ✨ Building Faith Through Prayer

Devotional: Pray Boldly with Faith and Trust

Faith and prayer go hand in hand. Teaching children to pray with faith helps them develop a strong spiritual foundation. Jesus reminds us to believe when we ask, trusting God's timing and goodness even when we cannot see the outcome.

Share stories from the Bible or your life where prayer led to remarkable answers. Teach your kids that God's power is available to them through prayer and that their faith can move mountains.

Encourage children to pray boldly and believe in God's promises. This kind of faith nurturing builds resilience, hope, and dependence on God rather than on circumstances.



Reflect and Apply

1. How can I help my child understand the link between faith and prayer?

2. What stories or examples can I share about answered prayers?

3. How do I respond when my prayers—or my child's—are not answered as hoped?



Journaling Prompts

1. Write about a time God answered a prayer in your family.

2. Reflect on ways you can encourage your child's faith in prayer.

3. List Bible stories that highlight faith and prayer to share with your child.



Day 3: ✨ Building Faith Through Prayer

Prayer for Today

Father, increase our faith as we teach our children to pray. Help us to trust Your timing and promises, and give us courage to pray boldly. May our kids learn to believe in Your power and love through every prayer they offer. Strengthen their hearts to trust You always. Amen. 💪 🙏 🌈





Day 4: 🕒 Creating Prayer Rituals Together



Day 4: 🕒 Creating Prayer Rituals Together

Your Verse

Deuteronomy 6:6-7 - "These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home..."

Supporting Scriptures

- *Psalm 119:105 - "Your word is a lamp to my feet and a light to my path."*
- *Colossians 4:2 - "Devote yourselves to prayer, being watchful and thankful."*



Day 4: 🕒 Creating Prayer Rituals Together

Devotional: Make Prayer Part of Family Routine

Consistent prayer rituals help children feel secure and connected. Scripture encourages parents to teach and talk about God throughout daily life. When prayer becomes part of family routines, it builds lasting spiritual habits.

Create special moments such as morning prayers, bedtime devotionals, or praying before meals. These simple rituals provide natural opportunities for your child to talk to God regularly.

Use this time to include Scripture readings, thanksgiving, requests, and listening. Invite your child's participation by letting them lead a prayer or share their thoughts. The goal is a warm, loving rhythm that reflects your family's faith.



Day 4: 🕒 Creating Prayer Rituals Together

Reflect and Apply

1. What current family routines can include dedicated prayer times?

2. How can I make prayer feel inviting and not forced for my child?

3. In what ways can we incorporate Scripture into our prayer rituals?



Journaling Prompts

1. Plan a simple, daily prayer habit to start with your family.

2. Write about how your family currently approaches prayer and how it might grow.

3. List Bible verses to include in your family prayer times.



Day 4: 🕒 Creating Prayer Rituals Together

Prayer for Today

God, thank You for guiding us to impress Your truths on our children. Help us establish prayer rituals that deepen our family's love and faith in You. May these moments bring peace and connection, nurturing our children's hearts to seek You daily. Amen. 🕯️ ❤️ 📖





Day 5: 🦻 Teaching Kids to Listen to God



Day 5: 🕯 Teaching Kids to Listen to God

Your Verse

Psalm 46:10 – "Be still, and know that I am God."

Supporting Scriptures

- *John 10:27 – "My sheep listen to my voice; I know them, and they follow me."*
- *James 1:19 – "Everyone should be quick to listen, slow to speak and slow to become angry."*



Day 5: 🕯 Teaching Kids to Listen to God

Devotional: Practice Listening in Prayer

Prayer isn't just about talking; it's also about listening. Teaching children to be still and hear God's voice is vital for their spiritual growth. Psalm 46:10 invites us to be calm and recognize God's presence.

Encourage moments of quiet reflection after prayer so kids can sense God's guidance. Help them understand that God often speaks through Scripture, feelings of peace, or wise counsel from others.

Listening builds a deeper relationship and helps children feel led and supported by God. Model listening yourself by sharing how you hear God's direction in your life.



Reflect and Apply

1. How comfortable am I with silence and listening during prayer?

2. How can I teach my child to recognize God's voice?

3. What tools can help my family be more attentive in prayer?



Journaling Prompts

1. Describe a time when you felt God's guidance after a quiet moment of prayer.

2. Write about ways to create listening time for children during prayer.

3. List signs that your child might be hearing from God.



Day 5: 🕯️ Teaching Kids to Listen to God

Prayer for Today

Lord, teach us to be still and listen to Your voice. Help our children develop an attentive heart that hears Your guidance and responds in faith. May our family experience Your peace and direction as we pray together. Thank You for speaking to us in ways we can understand. Amen. 🙏🏻 🙏🏻 ❤️





Day 6: 🧡 Prayers of Encouragement and Support



Day 6: 🧡 Prayers of Encouragement and Support

Your Verse

Galatians 6:2 – "Carry each other's burdens, and in this way you will fulfill the law of Christ."

Supporting Scriptures

- *Ephesians 6:18 – "Pray in the Spirit on all occasions with all kinds of prayers and requests."*
- *1 John 4:7 – "Love one another, for love comes from God."*



Day 6: 🧡 Prayers of Encouragement and Support

Devotional: Encourage and Support Through Prayer

Prayer also strengthens family bonds by encouraging and supporting one another. Teaching kids to pray for others cultivates empathy and love. It helps children understand they are part of a bigger family—both earthly and spiritual.

Encourage your child to pray for siblings, friends, teachers, and anyone in need. Use specific situations or challenges they face as prayer points.

Demonstrate praying with kindness and uplift others through prayer regularly. This builds unity and models Christ's love within your home.



Reflect and Apply

1. How often do I pray for my family members and others?

2. How can I help my child develop a heart of compassion through prayer?

3. What are some needs in my child's life that we can bring to God together?



Journaling Prompts

1. Write down people you and your child can regularly pray for.

2. Describe a time when prayer encouraged someone in your family.

3. Brainstorm ways to include others' needs in family prayers.



Day 6: 🧡 Prayers of Encouragement and Support

Prayer for Today

Father, thank You for reminding us to carry one another's burdens. Help our family to pray with hearts full of compassion and love. Teach our children to uplift others through prayer and find joy in supporting those around them. Unite us more deeply as we follow Jesus' example. Amen. ❤️ 🙏 😊





Day 7: 🌱 Growing a Life of Prayer Together



Your Verse

Colossians 1:9-10 - "We continually ask God to fill you with the knowledge of his will through all the wisdom and understanding that the Spirit gives..."

Supporting Scriptures

- *2 Timothy 1:5 - "I have been reminded of your sincere faith... which first lived in your grandmother Lois and in your mother Eunice and, I am persuaded, now lives in you also."*
- *Psalms 127:3 - "Children are a heritage from the Lord, offspring a reward from him."*



Devotional: Commit to Growing Prayerful Faith

Prayer is a lifelong journey that grows with your child. As they mature, their understanding and expression of prayer will deepen. Scripture reminds us to seek God's wisdom continually and cherish the faith legacy within our families.

Celebrate the progress your child has made in learning to pray. Encourage them to keep exploring prayer in new ways—through journal writing, nature walks, or creative expressions like songs and art.

Remember that your consistent example and teaching lay the foundation for a rich spiritual life in them. Together, commit to growing in prayer daily, trusting God to nurture faithful hearts for generations to come.



Reflect and Apply

1. What habits have we formed together in prayer this week?

2. How can I encourage my child's prayer growth as they mature?

3. What legacy of faith do I want to pass on to my family?



Journaling Prompts

1. Reflect on your hopes for your child's prayer life in the future.

2. Write about changes you have seen in your family's prayer habits.

3. Plan one new way to deepen your family's prayer experience.



Day 7: 🌱 Growing a Life of Prayer Together

Prayer for Today

God, thank You for the gift of prayer and family. Help us to continue growing in faith together, passing on a legacy of love and trust in You. Fill us with wisdom and joy as we nurture prayerful hearts in our children. May our family be rooted deeply in Your grace forever. Amen. 🌿 🙏 ❤️





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