

FAMILY DISCIPLESHIP: show them how to pray ALWAYS

1 Thessalonians 5:16-18

Why prayer?

Praying is a powerful way the Lord draws near to us and reorients our hearts to see Him at work in our lives. Even Jesus prayed (Matthew 26:41-44)! Pray personally in private and pray with your family. Some of the sweetest moments for our family is when we pray together. Even our daughter who is non-verbal takes a turn, and it's beautiful. Though we may only hear grunts, the Lord hears and knows her heart. Just like our typical children, she too will be blessed by the habit of seeking the Lord in prayer. Life can be so full, but try to remember that God designed us to need Him and wants us to seek Him in prayer constantly. He knows we can't do life on our own and offers Himself to us if we seek Him in prayer. Even if we are at a loss of what to pray, Romans 8:26-28 tells us that "the Holy Spirit intercedes for the saints, according to the will of God." What a sweet comfort!

Where is it found?

- 1 Samuel 2:1-10
- Daniel 9:1-19
- Psalm 23, 51, 91, 103
- Jonah 2:1-9
- Matthew 6:9-13, 21:22, 22:39-46, 26:41
- Mark 11:24-25, 14:32-42
- Luke 11:2-4, 22:42
- Romans 8: 26-28, 12:12
- Philippians 4:4-7
- Colossians 4:2
- 1 Thessalonians 5:16-18
- Hebrews 4:14-16, 6:10-12
- James 1:6, 5:14-16
- 1 Peter 3:12, 4:19, 5:6-7
- 1 Timothy 2:1-15
- 1 John 5:14-15



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1 Thessalonians 5:16-18

Prayer Study

Study Jesus' framework (Matthew 5:9-13) for prayer using our Lord's Prayer guide.

- Choose the resource that best meets the developmental needs of each family member, print, and consider using as a part of family worship!

Prayer Prompts

- Post praying hands on your fridge or wall as a reminder to pray.
- Think about your routines and decide when you could add prayer to things you are already doing!
- Pray aloud--show your kids your need for Him!
 - Every time you:
 - get in/out of bed or shower
 - eat/do dishes
 - get in/out of the car (you get the idea!)

Prayer Journal

- Pick out a fun journal, either individually or as a family. Get creative!
- Talk about the ways you are seeing God at work in your life (Psalm 89:1-2). Write them down, draw or print a picture that reminds you of God's faithfulness, and paste into your prayer journal.
- Think and talk about what is heavy on your heart, and prepare to bring your requests to the Lord, because He cares for you (1 Peter 5:7).
- Think together about the people in your life and what they might be going through (James 5:16). Simply list out names or find pictures and paste them in. Pray for the specific needs of the people He has brought to your mind.



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ALWAYS

1 Thessalonians 5:16-18

PRAYER STUDY



FAMILY DISCIPLESHIP: show them how to pray

1 Thessalonians 5:16-18

Prayer Study

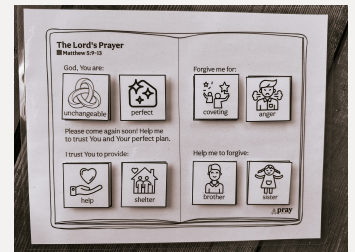
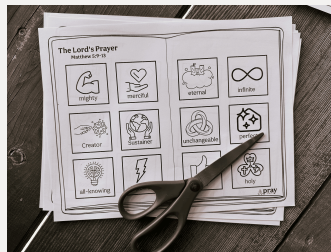
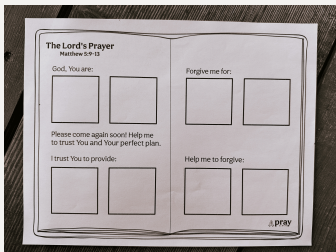
Study Jesus' framework (Matthew 5:9-13) for prayer using our Lord's Prayer guide.

- Choose the resource that best meets the developmental needs of each family member, print, and consider using as a part of family worship!

ADAPTATION

Using Pictures for Communication (PECS)

- print and laminate adaptable pages
- cut out the squares
- optional to place velcro on the back to secure to prayer page
- use as a way for someone who is non-verbal or pre-reading/writing to participate in this prayer study



The Lord's Prayer

Matthew 5:9-13

"Our Father in heaven,
hallowed be Your name.

Your kingdom come,
Your will be done,

on earth as it is in heaven.

Give us this day our daily bread,
and forgive us our debts,
as we also have forgiven our
debtors.

And lead us not into temptation,
but deliver us from evil."

For Yours is the kingdom,
the power, and the glory.

Forever and ever.

Amen.



God, You are _____
and _____!

Please come again soon! Help me
to trust You and Your perfect plan.

I trust You to provide: _____
_____.

Forgive me for: _____
_____.

Help me to forgive: _____
_____.

Help me not to sin and protect me
from: _____.

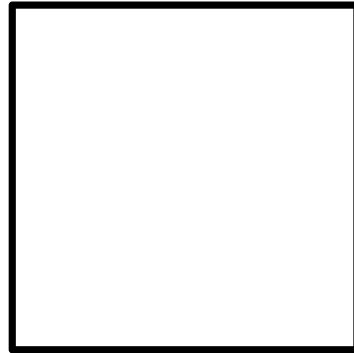
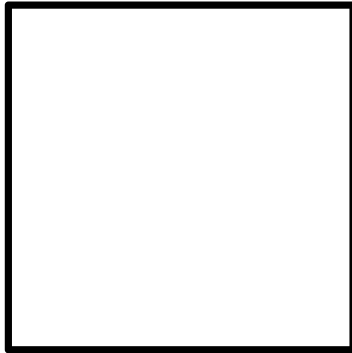
Your kingdom is over everything!
Forever, for Your glory! Amen.



The Lord's Prayer

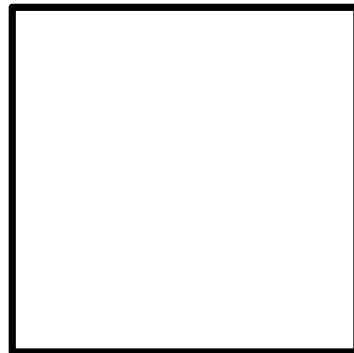
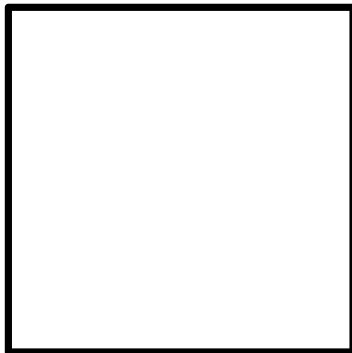
 Matthew 5:9-13

God, You are:

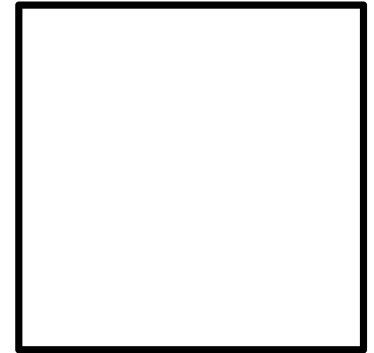
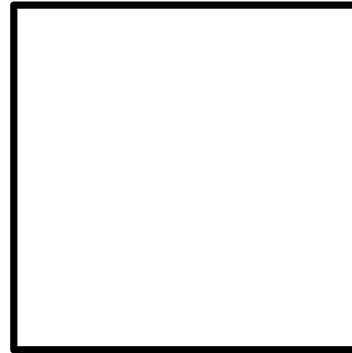


Please come again soon! Help me
to trust You and Your perfect plan.

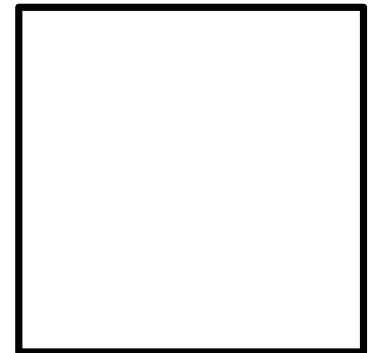
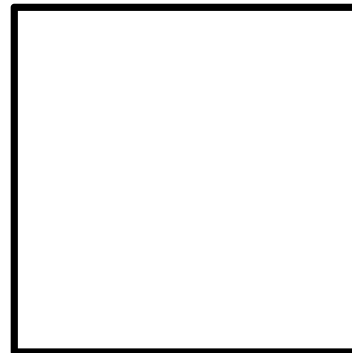
I trust You to provide:



Forgive me for:



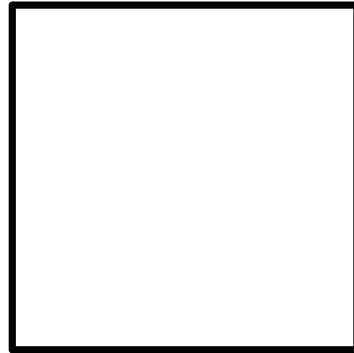
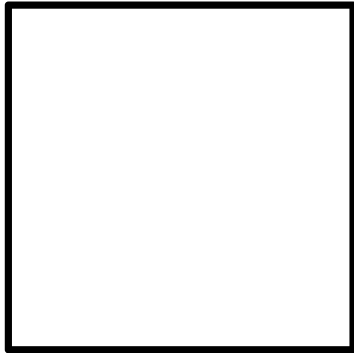
Help me to forgive:



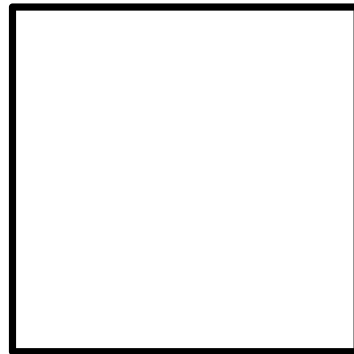
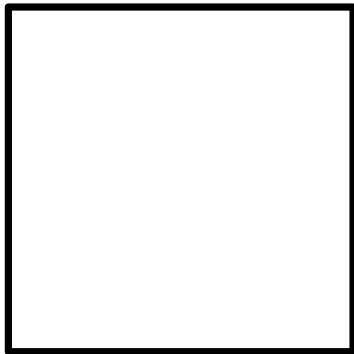
The Lord's Prayer

 Matthew 5:9-13

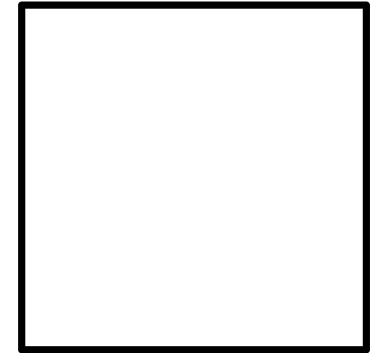
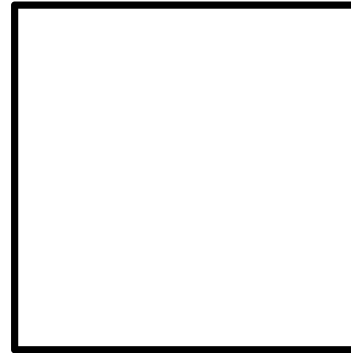
Help me not to sin:



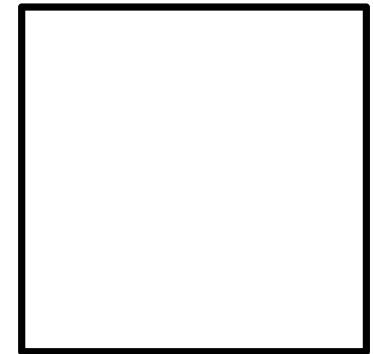
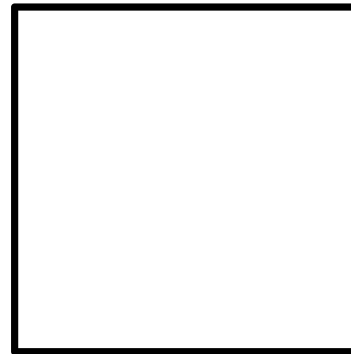
Protect me from:



Help me to trust You:



Your kingdom is over everything!



Forever, for Your glory! Amen.



The Lord's Prayer

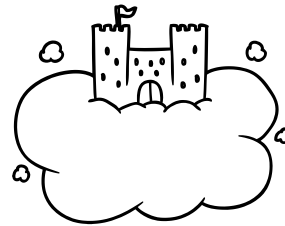
 Matthew 5:9-13



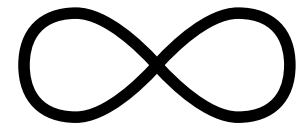
mighty



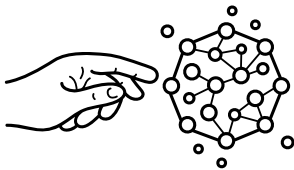
merciful



eternal



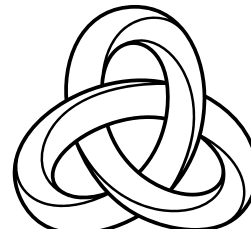
infinite



Creator



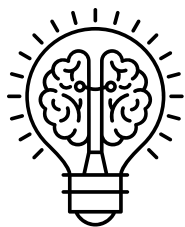
Sustainer



unchangeable



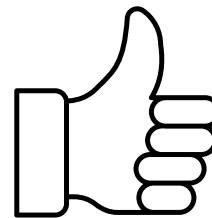
perfect



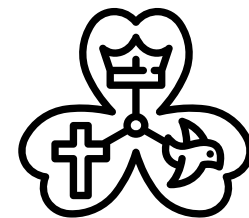
all-knowing



all-powerful



good

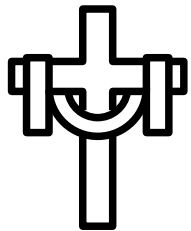


holy

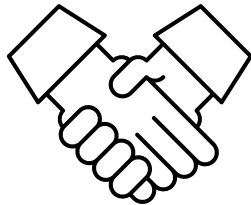
The Lord's Prayer



Matthew 5:9-13



Savior



Friend



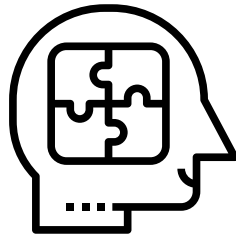
help



forgiveness



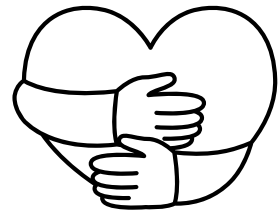
just



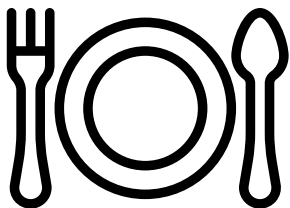
wisdom



clarity



comfort



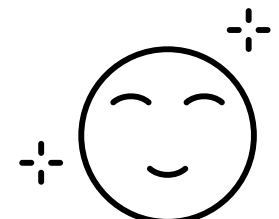
food



shelter



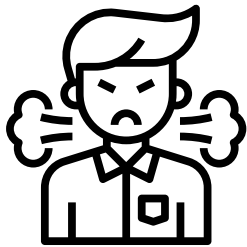
peace



joy

The Lord's Prayer

 Matthew 5:9-13



anger



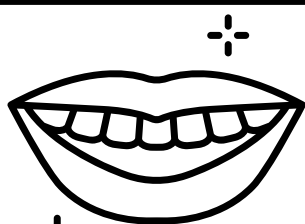
jealousy



fighting



yelling



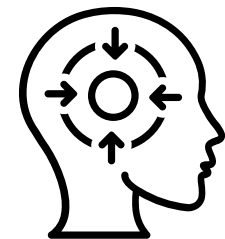
lying



laziness



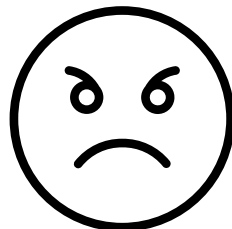
sneaking



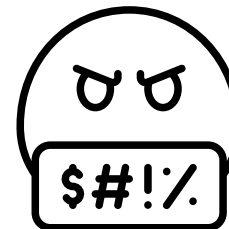
obsessing



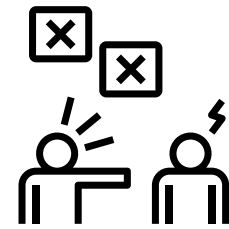
coveting



mean



cursing

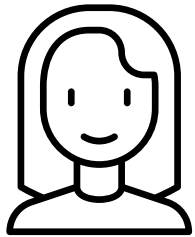


blaming

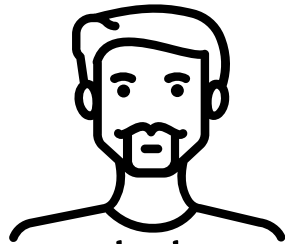
The Lord's Prayer



Matthew 5:9-13



mom



dad



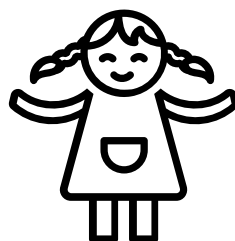
doubting



danger



brother



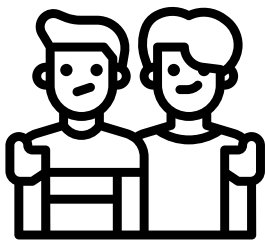
sister



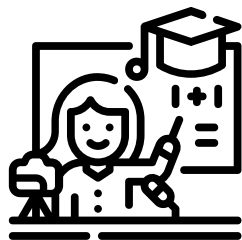
evil



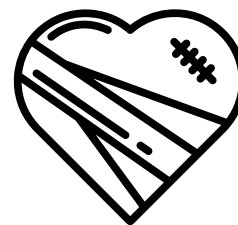
fear



friend



teacher



harm



anxiety

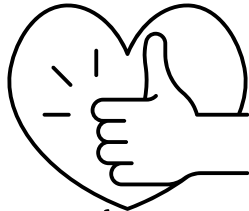
The Lord's Prayer



Matthew 5:9-13



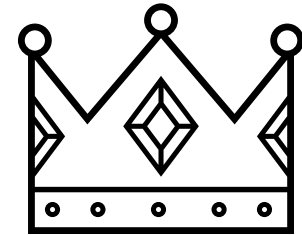
trust



obey



relationships



reigns



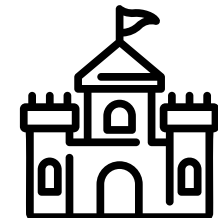
read



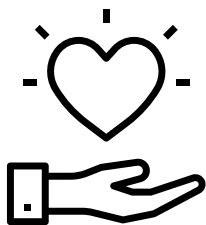
pray



over all



kingdom



love



serve



forever



amen

FAMILY DISCIPLESHIP: show them how to pray

ALWAYS

1 Thessalonians 5:16-18

PRAYER PROMPTS



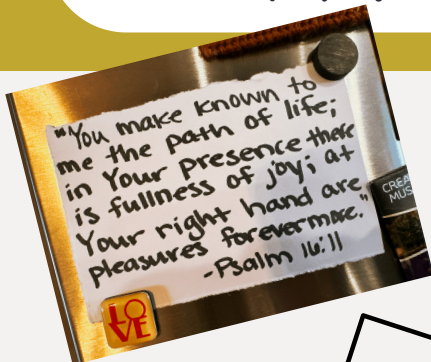
FAMILY DISCIPLESHIP: show them how to pray

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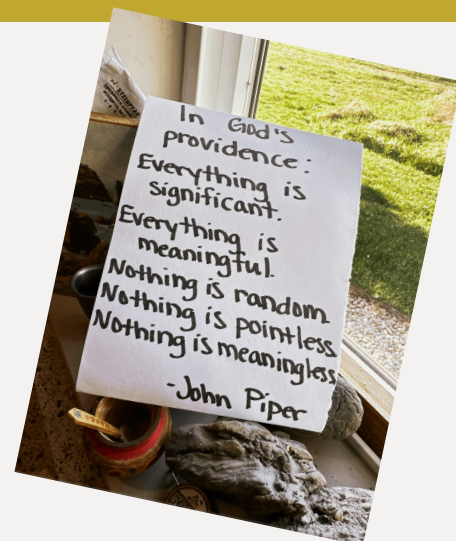
Prayer Prompts

- Post praying hands on your fridge or wall as a reminder to pray.
- Use one of our Scripture cards or make your own 3x5 card with your favorite verse and post it around the house as a constant reminder to seek the Lord in prayer.
- Think about your routines and decide when you could add prayer to things you are already doing!
 - Every time you:
 - get in/out of bed or shower
 - eat/do dishes
 - get in/out of the car (you get the idea!)
- Use one of our phone wallpapers as a reminder to pray throughout your day!
- Pray aloud--show your kids your need for Him!
- Create a prayer jar! Detailed activity guide available in 'Additional Resources.'



"Rejoice always, pray without
ceasing, give thanks in all
circumstances; for this is the will of
God in Christ Jesus for you."

1 Thessalonians 5:16-18 

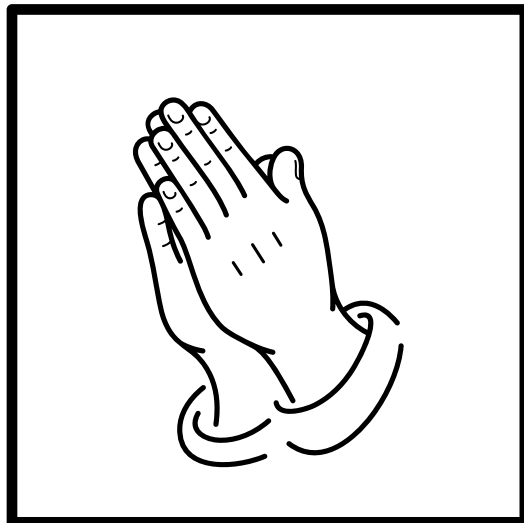
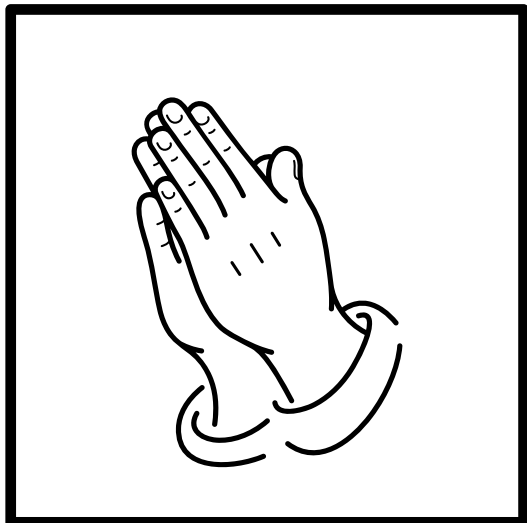






1 Thessalonians 5:16-18

Use these to cutout and post around your home as a reminder for you and your family to pause and pray throughout the day!





1 Thessalonians 5:16-18

Copy your favorite verse(s) about prayer on a note card, or use these to cutout and post around your home as a reminder for you and your family to pause and pray throughout the day!

**"Rejoice always, pray without
ceasing, give thanks in all
circumstances; for this is the will of
God in Christ Jesus for you."**

1 Thessalonians 5:16-18



**"Be joyful in hope,
patient in affliction,
faithful in prayer."**

Romans 12:12





1 Thessalonians 5:16-18

Copy your favorite verse(s) about prayer on a note card, or use these to cutout and post around your home as a reminder for you and your family to pause and pray throughout the day!

"Rejoice in the Lord always; again I will say, rejoice. Let your reasonableness be known to everyone. The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."

Philippians 4:4-7



"Since then we have a great High Priest Who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we do not have a High Priest Who is unable to sympathize with our weaknesses, but One who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need."

Hebrews 4:14-16





1 Thessalonians 5:16-18

Copy your favorite verse(s) about prayer on a note card, or use these to cutout and post around your home as a reminder for you and your family to pause and pray throughout the day!

"If any of you lacks wisdom, let him ask God, Who gives generously to all without reproach, and it will be given him. But let him ask in faith, with no doubting, for the one who doubts is like a wave of the sea that is driven and tossed by the wind. For that person must not suppose that he will receive anything from the Lord; he is a double-minded man, unstable in all his ways."

James 1:5-8



"And this is the confidence that we have toward Him, that if we ask anything according to His will He hears us. And if we know that He hears us in whatever we ask, we know that we have the requests that we have asked of Him."

1 John 5:14-15





1 Thessalonians 5:16-18

Copy your favorite verse(s) about prayer on a note card, or use these to cutout and post around your home as a reminder for you and your family to pause and pray throughout the day!

**“Whoever desires to love life
and see good days, let him keep his tongue from evil
and his lips from speaking deceit;
let him turn away from evil and do good;
let him seek peace and pursue it.
For the eyes of the Lord are on the righteous,
and His ears are open to their prayer.
But the face of the Lord is against those who do evil.”**

1 Peter 3: 10-12



**"Humble yourselves, therefore, under the
mighty hand of God so that at the proper time
He may exalt you, casting all your anxieties
on him, because He cares for you."**

1 Peter 5:6-7





1 Thessalonians 5:16-18

Copy your favorite verse(s) about prayer on a note card, or use these to cutout and post around your home as a reminder for you and your family to pause and pray throughout the day!

"Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit Himself intercedes for us with groanings too deep for words. And He who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God. And we know that for those who love God all things work together for good, for those who are called according to his purpose."

Romans 8:26-28



"Watch and pray that you may not enter into temptation. The Spirit indeed is willing, but the flesh is weak."

Matthew 26:41



FAMILY DISCIPLESHIP: **show them how to** **pray** ALWAYS

1 Thessalonians 5:16-18

PRAYER JOURNAL



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ALWAYS

1 Thessalonians 5:16-18

Prayer Journal

- Pick out a fun journal, either individually or as a family. Get creative!
- Talk about the ways you are seeing God at work in your life (Psalm 89:1-2). Write them down, draw or print a picture that reminds you of God's faithfulness, and paste into your prayer journal.
- Think and talk about what is heavy on your heart, and prepare to bring your requests to the Lord, because He cares for you (1 Peter 5:7).
- Think together about the people in your life and what they might be going through (James 5:16). Simply list out names or find pictures and paste them in. Pray for the specific needs of the people He has brought to your mind.
- Detailed activity guide available in 'Additional Resources.'





I am thankful for...

Lord I need your help with...



1 Thessalonians 5:16-18



I hope for...



1 Thessalonians 5:16-18

**Write or draw
who/what you want
to pray for each week.
Keep it in your Bible,
or post it to the
wall/fridge as a
reminder to pray
throughout your
days.**

 **pray**
ALWAYS
1 Thessalonians 5:16-18



FAMILY DISCIPLESHIP: **show them how to** **pray** ALWAYS

1 Thessalonians 5:16-18

ADDITIONAL RESOURCES



Activity: Create a Prayer Jar

Objective:

To create a family prayer activity using a jar filled with prayer prompts to encourage spiritual reflection and connection during mealtimes, morning devotions, or throughout the day.

Gather the family and explain the purpose of the prayer jar- to inspire meaningful prayers and foster growth in Christ together. Discuss how pulling a prompt at random can encourage our reliance on God.

Materials Needed:

- A clean, empty jar (mason jar, small container, or similar)
- Small pieces of paper (cut from index cards or scrap paper)
- Pens or markers
- Optional: Decorative materials (stickers, ribbon, labels) to personalize the jar

Create Prayer Prompts:

As a family, brainstorm prayer topics suitable for all ages. Write each prompt on a separate piece of paper. Aim for 20-30 prompts. Fold the papers and place them in the jar.

• Ideas:

- Gratitude: "Thank God for something or someone."
- Intercession: "Pray for someone who is sick."
- Reflection: "Ask God for help with a challenge you're facing."
- Praise: "Praise God for one of His attributes (holy, merciful, gracious, kind, Creator)."
- Community: "Pray for a neighbor or friend."
- Personal Growth: "Ask God to help you show kindness today."

Decorate the Jar

Make it special!



Activity: Create a Prayer Jar

Use it:

- Decide when to use the prayer jar
 - Example: during breakfast, dinner, or morning devotions, etc.
- Keep the jar accessible for spontaneous use throughout the day.
- Have one family member draw a paper from the jar at the chosen time.
- Read the prompt aloud, and pray together.
- Encourage each family member to pray based on the prompt, either silently or aloud.
- For younger children, guide them with simple phrases or let them share a one-sentence prayer.
- Encourage spontaneity-remind everyone this is their prayer jar and they can use it anytime!

Discuss:

- After praying, briefly share thoughts or feelings about the prompt to deepen connection.
 - Example: “Why did you choose to pray for that neighbor?” or “How did it feel to thank God for something today?”

Reflect:

- Discuss how the prayer jar has influenced family time or personal faith. Ask questions like, “What’s been your favorite prompt?” or “How has praying together helped us?”

Tips for Success:

- Keep prompts simple and age-appropriate to engage all family members.
- Rotate who draws the prompt to involve everyone.
- Refresh the prompts
 - Every 1–2 months, review the prompts as a family.
- Discard any that feel repetitive and add new ones based on current needs or events.
 - Example: “Pray for our community’s safety” during a local event.
- Store the jar in a visible place to encourage regular use.
- Create a routine by doing this everyday!



Activity: Create a Prayer Journal

Objective:

To guide family members in creating personalized prayer journals and establishing a habit of making their requests known to God, and provide a way to reflect on God's faithfulness often, both personally and as a family.

Materials Needed:

- Notebooks or blank journals (one per person)
- Pens, pencils, colored pencils, watercolors or markers
- Stickers, decorative items (optional)
- A quiet, comfortable space for reflection

Purpose:

Set the tone and explain the value of a prayer journal. Gather the family in a cozy space. Personalize journals to make the activity meaningful and fun. Provide each family member with a notebook, blank journal or printed sheets. Encourage decorating the cover with drawings, stickers, or watercolors. Have them write their name on the cover.

Discuss:

- "Why do we pray? What is prayer to you?"
- "How does writing down our thoughts or prayers draw us closer to God?"
- "Why do you think making your journal special is important? Does it make you feel excited to use it?"
- Share a brief example: "A prayer journal is a special place to write your thoughts, prayers, and gratitude. It's like a conversation with God or a way to reflect your relationship with Him and reflect on His faithfulness over the years."



Activity: Create a Prayer Journal

Model the Process:

- Write a sample entry in your journal.
 - Example: "I'm thankful for my family. I pray for my friend who is sick. God, help me to see you at work today. Lord, help me to trust you more."
- Encourage everyone to write or draw their first entry. Younger children can draw pictures or dictate to an adult.

Prayer Journal Prompts:

- What's one thing you're thankful for today?
- Who needs help right now, and how can you pray for them?
- What's something you're worried about?
- Is there anything you need to repent of?
- What's one thing you hope for this week?
- How did you see God glorified today?

Share + Reflect:

- Build family connection by sharing and reflecting. Invite family members to share one part of their journal entry.
 - Example:
 - "How did it feel to write or draw in your journal? Did it help you think about anything special?"
 - "How have you seen God's faithfulness on display throughout this process?"

Tips for Success:

- Encourage creativity: Let kids use colors or stickers to make entries fun.
- Model consistency: Parents can share their own entries to inspire kids.
- Set a weekly family time to share journal highlights.
- Create a family prayer board where everyone adds a prayer request weekly.

