

SHINE

families
pray

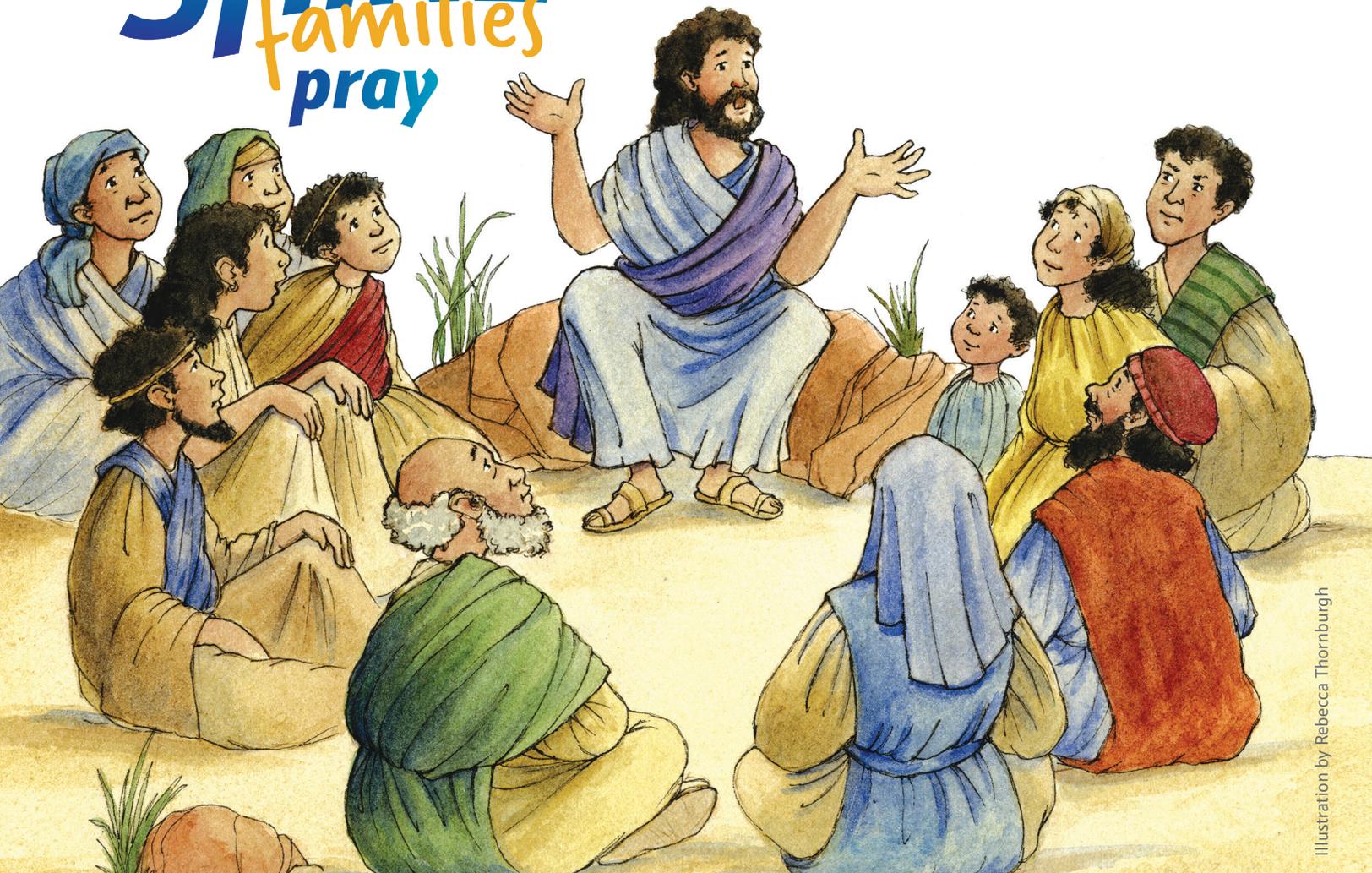


Illustration by Rebecca Thornburgh

Jesus Teaches His Disciples to Pray

Read Luke 11:1–13 or “Parable of the Midnight Visitor” on pages 234–235 from *The Peace Table*.

In this parable, Jesus tells a story about what God is like. God is like a loving parent who listens when we ask for something. God loves us and gives good things. We can talk to God anytime we want. God is never too busy, and we can never pray too much.

Talk About It

Think about some times when you had to ask for something recently. What did it feel like? Were some situations more comfortable than others? What made these times feel safer or easier?

Can you think of a time when you were surprised to get something even better than what you were asking for or hoping for? When we pray, we may not receive exactly what we are asking for, but we can know that God’s love for us stays the same.

SHINE
everywhere

Always be joyful and never stop praying. Whatever happens, keep thanking God because of Jesus Christ.

—1 Thessalonians 5:16–18 (CEV)



Illustration by Elisa Chavarri

Dear Families,

Praying together as a family is one of the most meaningful ways to nurture faith and experience God's presence in everyday life. It doesn't have to be complicated. Simple, heartfelt prayers can make a big impact.

Here are **three simple ways to pray as a family**:

1. Pray During Daily Routines

Turn ordinary moments into opportunities for prayer. Before meals, thank God for the food and the hands that prepared it. At bedtime, ask God to bless your sleep and thank God for the day's joys. These short prayers remind us that God cares about our daily life.

2. Use "Thank You" and "Help" Prayers

Children understand gratitude and asking for help. Simple prayers, such as "Thank You, God, for my friends," or "Help Grandma feel better," express trust that God sees us and cares about what matters to us.

3. Pray About What You See and Do

When you're outside, thank God for the sunshine or the birds. If you hear a siren, pray for the people who need help. Connecting prayer to real-life experiences makes it natural and meaningful.

Remember, prayer doesn't have to be perfect—it just needs to be sincere. Talking to God is as normal as talking to a friend. Start small, keep it simple, and enjoy these moments together.

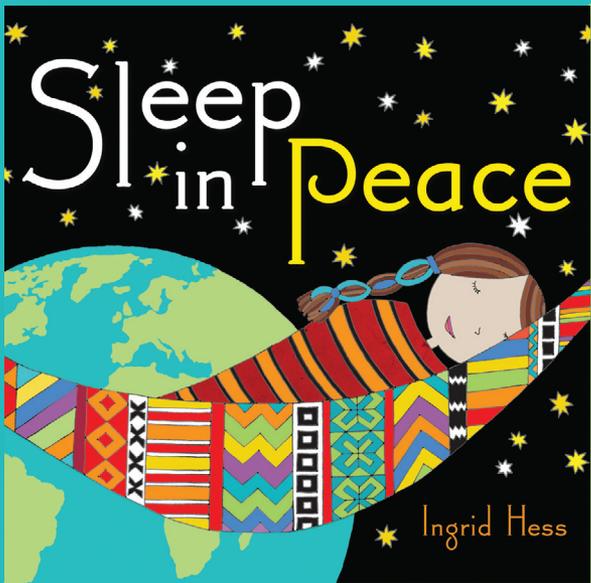
Praying for you,

Shana Peachey Boshart

Shine Everywhere Project Facilitator

Parent Tip

Pray As You Go is a free, daily prayer app perfect for your own morning routine. Each 10–13 minute session includes music, a scripture reading, and reflection questions. The app also offers content for families and children. Find it at prayasyougo.org.



Picture Book Corner

Sleep in Peace is the perfect bedtime story for young children. Children learn that, just like them, kids around the world are going to bed too. And, just like them, God watches over all children as they “sleep in peace.” The repeating lines, “God loves you, sweet child. Sleep in peace,” could inspire a new bedtime ritual!

You can find out more about this book by visiting the website listed at the QR code.



Blessing Ribbons

Prayer is often an invisible practice, but this activity makes it something you can see and share.

Here's what you'll need:

- Long, thin strips of paper or colorful ribbons (about 1–2 in / 2.5–5 cm wide)
- Markers or crayons

What to do:

1. On each ribbon, draw pictures or write short blessings—kind words or prayers for your family.
2. Hang the ribbons around your home where everyone can see them!

Here are some ideas:

- On the front door: “*God, keep us safe when we're apart.*”
- In a bedroom: “*May we sleep in peace.*”
- Anywhere: “*May you feel God's love today.*”

You can make a special **blessing ribbon** for each person in your family. Every time you see one, it's a reminder that you care for each other and that God is with you.



Praying with Music

A fun way to be with God through art and music!

What You'll Need:

- Blank paper
- Crayons, colored pencils, or markers
- Music that makes you think about God (scan the QR code for suggestions)

Listen, Pray, Create!

Play some music that helps you think about God. As you listen, draw whatever you feel! Use bright colors, make swirls, zigzags, or circles. You don't have to draw a real picture—just let the music guide your hand. This is your special time to be creative and be with God.

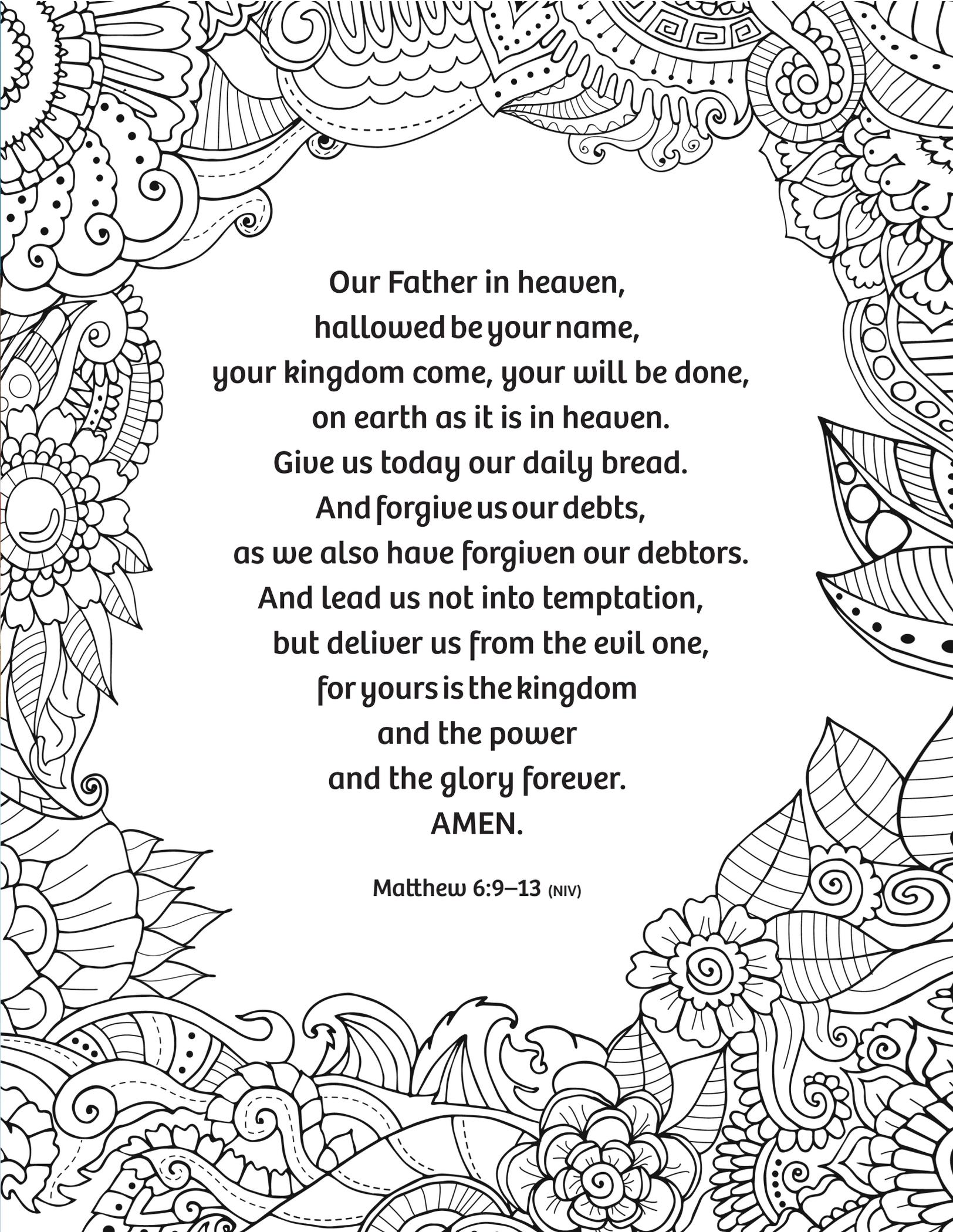


Discover the Secret

Cross out all of the letters C, M, H, and K. Write the letters left over in order on the blank lines. The solution is on the back page.

**B C K R M I H N M G C H U K P M A H L C L K
O H F C Y K H M O C H U K R H R M H C E K Q
H H U C E M S T H S K T H O C G M H O K D.**





**Our Father in heaven,
hallowed be your name,
your kingdom come, your will be done,
on earth as it is in heaven.
Give us today 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 the evil one,
for yours is the kingdom
and the power
and the glory forever.
AMEN.**

Matthew 6:9–13 (NIV)

Jesus' Prayer and Our Prayer

The prayer that Jesus taught the disciples provides a pattern we can follow in our daily prayers. You could use this pattern to talk about your day and guide your family prayers. Talking to God can be as easy as talking to one another.

Our Father in heaven,
hallowed be your name,

Praise

God is good! Praise God for the good things God brings, like love, peace, joy, and justice.

your kingdom come, your will be done, on earth as it is in heaven.

Pray for Others

What is something from your day that you would like to see become more peaceful, just, or loving?

Give us today our daily bread.

Ask

What are the needs you noticed today?

And forgive us our debts, as we also have forgiven our debtors.

Confess

What would you like to say "sorry" to God for? God forgives us when we ask.

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

Pray for Ourselves

What is something for which you need help or wisdom?

Matthew 6:9–13 (NIV)

A Blessing for Every Day

You can say this blessing together while you do the actions:

God, help our eyes to see you (*touch your eyelids*),
our ears to hear you (*touch your ears*),
our mouths to praise you (*touch your mouth*),
our hands to serve you (*raise your hands*),
and our hearts to love you (*place your hands over your heart*)
this day and every day. Amen.

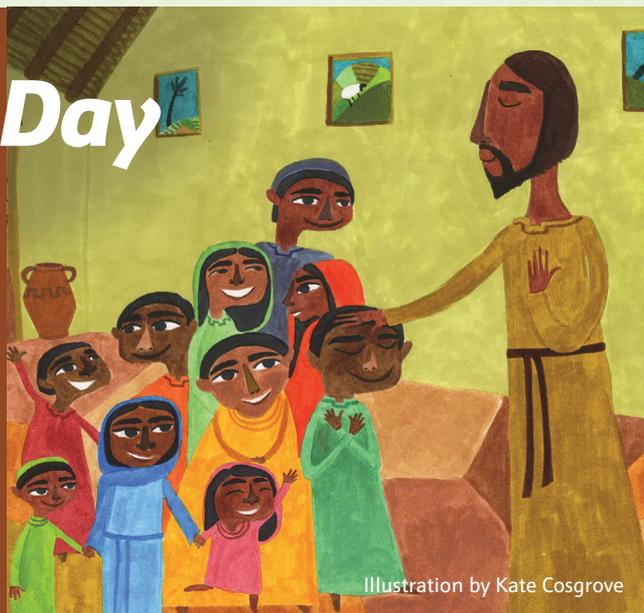


Illustration by Kate Cosgrove