HANDS-ON PRAYER PLAN:
FAMILY TIME ACTIVITY

LOADING...

FAMILY TIME ACTIVITY

BEST USE

As a family time activity with children

VALUE

Helps start a conversation about prayer and create a "hands-on" prayer plan

ADVANCED PREPARATION

- Schedule a family time
- Gather items: Bible, paper, markers/crayons, scissors, and tape

STEP ONE: HANDS-IN

Gather in a circle. Have everyone put their hands in the middle. Thank God for each hand, and ask Him to give you a great time together. Finish with a big "AMEN!"

STEP TWO: HAND TRACE

Trace family member's hands, and cut them out. Make at least five hands, plus one per person for bedrooms.

STEP THREE: HANDS-ON

Write a prayer and/or verse on the hand, and tape it where it is easily visible in each location of your home listed below. Use these hands as reminders to seek the Lord throughout your day and to pray for those in your home. Suggested prayers and verses are provided.

BEDROOM:
Numbers 6:24-26, Exodus 33:14

- As you go to each family member's room, thank God specifically for that person.
- "May the Lord bless and keep them."
- "Guard and bless them as they sleep."
- "Thank You for a warm/comfortable bed."
- "We pray for those that do not have a home."

DINING ROOM/KITCHEN:
Matthew 6:11, Psalm 34:8, 1 Thessalonians 5:16-17

- "Bless our time together as a family."
- "Fill our home with joy and laughter."
- "We remember Your goodness as we prepare and eat the food You have provided."
- "We pray for those who are hungry."

BATHROOM:
Ephesians 6:10-13, Psalm 139:14

- "Help us to put on the armor of God, that we would prayerfully prepare to honor You in all we say and do."
- "As we wash our bodies and teeth, we thank You for washing away our sins as we trust You."
- "We pray for those who do not have clean water."

LIVING ROOM:
Philippians 4:8, Colossians 3:12

- "We pray that our time together would honor You."
- "Help us not to be distracted by our electronic devices."
- "Give us wisdom in what we watch and how we spend our time."
- "Thank You for the blessing of our family."
- "We pray for those without a family."

DOOR:
Joshua 24:15, 1 John 3:16-18

- "May all that enter/leave our home feel Your love, joy and peace."
- "May we encourage and support each other."
- "We ask for You to guide our steps and lead us in Your will."
- "Even in conflict, may we disagree with grace and love."
- "We pray for those that do not know You, that they may be drawn to You."

STEP FOUR: PRAY

End your time together by thanking God for your family. Ask God to help each of you grow in prayer as you see the hands throughout your home.

GOING FURTHER RESOURCES

Pray Big for Your Child by Will Davis Jr.
Teaching Your Child How To Pray by Rick Osborne
Creative Family Prayer Times by Mike and Amy Nappa
The Power of a Praying Parent by Stormie Omartian
Praying Circles Around the Lives of Your Children by Mark Batterson

FOR YOUR CHILD:

What Happens When I Talk to God by Stormie Omartian
Pete's Perfect Prayer Place by Stephen Kendrick and Alex Kendrick
PrayerWorks by Stephen Kendrick and Alex Kendrick
The Power of a Praying Kid by Stormie Omartian
The Circle Maker for Kids by Mark Batterson

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