

SINGLES




**BECOMING INTENTIONAL
ABOUT FAMILY PRAYER**

LOADING...

SINGLE PARENTS



- » Praying with your children is a tangible way to demonstrate your faith by modeling how you seek Him first through prayer.
- » When you pray with your children, encourage them to pray openly about their feelings. Model your own dependency on God as you pray.
- » Always keep your children's trust by not repeating their prayer concerns to others.
- » When the other parent is missing, or is not a safe person, you can pray that God will fill those gaps. Pray specifically about your children's needs. Watch how God provides.
- » Invite a few single parents to pray together.

SINGLE



- » Singleness provides frequent opportunities to be still before the Lord. Journaling is a safe place to release feelings and to pray.
- » When you do not have the distraction of a mate, you are able to build intimacy with God in a different way.
- » Invite others over to pray. Praying with friends unifies and strengthens bonds.
- » When making important decisions, ask for guidance. Pray with expectancy; look for His answer.
- » Read the Gospel of Luke. Be encouraged by how God used Luke, a single man. What prayers do you find in this book?



WIDOWED



- » Ask God to meet your needs, and thank Him for His answers. Keep a journal of how He provides.
- » Find others who are widowed to walk through this grief season with you. Sharing your grief journey and praying together will encourage you and give you hope.
- » Remember how God loves and cherishes you. Look for biblical passages referencing how He comforts those who are hurting.

DIVORCED



- » When a person goes through a painful divorce, it can be accompanied by confusing emotions and feelings. Anger, guilt, resentment and bitterness can fuel a silent war within your mind. Expressing those feelings through prayer and journaling can provide a safe way to express those feelings.
- » Begin a journey of untangling confusing feelings and emotions. Watch how God answers, guides and provides during this time.
- » Ask God to help you heal and move forward. Counteract the negative feelings with thanksgiving for the Lord's daily provisions. Make a list; it will encourage you on the hard days.

CAUTION

- » Because of the intimacy of prayer and how it knits hearts together, be careful about praying alone with a member of the opposite sex. This could bring up confusing emotions, including false attachment.
- » Use caution when praying for a specific member of the opposite sex. Sometimes the enemy can turn a genuine concern for another into an unhealthy obsession.

GOING FURTHER RESOURCES

Too Busy Not to Pray by Bill Hybels

The Circle Maker by Mark Batterson

The Battle Plan for Prayer by Stephen and Alex Kendrick

The Daniel Prayer by Anne Graham Lotz

Fervent by Priscilla Shirer

A Praying Life by Paul E. Miller

