

24-7 Prayer @ Home

Prayer Ideas and Tips

Praying with your kids

- Include them in your personal prayer life. Kids imitate what they see!
- Encourage your children to pray in artistic ways (drawing, journaling, etc) Encourage them to revisit their art to see how God responded to their prayers
- Pray about the things that are important to your child (their friends, fire trucks, puppies)
- For older children, find current event articles or friend's social media posts to find culturally relevant topics to pray over
- Prayer can be worship! Turn on worship music really loud in your home. Sing! Dance!
- Take a walk around the block. Pray for your neighbors in their houses, your school, your friends.

Praying with your spouse

- Make it a mini-date. Have a cup of coffee brewed and a quiet spot in the house to hang out.
- If your spouse isn't a believer, pray with them anyway. Even if they choose not to say anything, having them around you while you pray is powerful!
- Pick a passage of scripture to pray through together. Take it verse by verse, each of you pray over the words on the page. Use the scriptures given to you in your SEEK prayer prompts.
- Holding hands during prayer is a powerful bond. It creates spiritual unity and oneness.
- Choose a resource to guide your prayer together. See the list of prayer resources below.
- Pray over each other specifically. Pray over your children one by one.

Praying in your home

- Find one spot in your home that is quiet and non-distracting to have your prayers. That may be challenging in this season, so create a spot if you need to.
- Pray as you are deep cleaning. Deep cleaning is an outward representation of what prayer can do inside you. As you scrub away germs in your home, do the same with the "germs" in your heart. Use it as a time of confession and watch Jesus make you clean again.
- Have a worship music dance party. Worship is a beautiful way of praying adoration and thanksgiving. Shout at the top of your lungs!
- Pull out photo albums (or look at photos from your social media feeds) and pray over each person you see. Thank God for who that person is and what they have meant in your life.
- Get out of the house by going on a walk. Soak in the nature that God has placed us in.
- View things from a different perspective. Choose a posture of prayer (standing, kneeling, laying on the ground, dancing, etc) and experience what difference that makes in your prayer time.

Prayer Resources

- [You Version](#): Go to the Plans section and find the category of Prayer. There are hundreds to choose from!
- [rightnow MEDIA](#): Search for Prayer studies. There are prayer tools for groups, families, kids, and individuals
- Traditional Prayer Books: There are thousands of these, but [The Book of Common Prayer](#) is easily accessible online. These books contain prayers that have been said for generations.
- [24-7prayer.com](#): This is the site that tells you all about the 24-7 Prayer movement. It has great prompts and tips on how to pray.
- [Worship247](#): If you don't know where to begin with worship music, start with the radio station Worship247. You can find it in the app store.
- Grace Chapel: If you visit gracechapelonline.org/prayer, you will find the daily prayer prompts around our theme of SEEK.