

A photograph showing several hands clasped together in prayer on a wooden table. The hands are of various skin tones, suggesting a diverse group of people. The table is made of light-colored wood with a blueish-grey stain. The background is a solid blue color.

TEACHING GRANDCHILDREN TO PRAY

RESOURCES FOR GRANDPARENTS

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BREATH PRAYERS FROM SCRIPTURE

Teach your grandchildren a short, easy, simple prayer that can be spoken in a single breath and repeated numerous times throughout the day. Cultivating the habit of Scripture-based breath prayers into the lives of your grandchildren will help them internalize God's Word and enable them to "pray without ceasing" (1 Thessalonians 5:17).

From Scripture, choose a brief sentence or a simple phrase that your grandchild can repeat in one breath. Guide them in developing the habit of praying that sentence or phrase as often as possible during their day so that it becomes deeply rooted in their heart.

Examples:

ON THE INHALE

"Speak Lord,...

"The Lord is my Shepherd...

"Be still, and know...

"When I am afraid...

"Thank you...

"In Christ alone...

"My help comes from the Lord,...

"My help comes from...

"His steadfast love...

"Peace...

"Not my will,...

ON THE EXHALE

for your servant hears." (1 Samuel 3:9, 10)

I shall not want." (Psalm 23:1)

that I am God." (Psalm 46:10)

I put my trust in you." (Psalm 56:3)

Lord" (Based on Psalm 57:9, 108:3)

my soul finds rest." (Based on Psalm 62:1, 5)

who made heaven and earth." (Psalm 121:2)

the Lord." (Psalm 121:2)

endures forever." (Psalm 136)

be still" (Mark 4:39)

but yours." (Luke 22:42)

CIRCLE PRAYERS

Form a circle, hold hands, and take turns praying one sentence at a time for each "round" of your prayer. For those who are praying via some form of technology due to distancing restraints, simply determine the prayer rotation (your virtual circle) beforehand.

You may find it helpful, especially in the beginning, to focus your prayer by using the following kid-friendly version of the "ACTS" model.

Circle Prayer Model:

ACTS MODEL

Adoration

Confession

Thanksgiving

Supplication

KID-FRIENDLY REPLACEMENT PROMPT

"God, you are"

"I am sorry for"

"Thank you, God, for"

"Please"

FIVE FINGER PRAYER

Using the fingers on their hand as prompts, teach your grandchildren this simple prayer format.

Format:

FINGER	WHO OR WHAT TO PRAY FOR
Thumb (Closest to the body)	Those closest to you
Pointer Finger	Those who "point" you in the right direction (Classroom teachers, Sunday School teachers, pastors, doctors, police officers, school principals, etc.)
Tallest Finger	Our leaders (President, elected officials, etc.)
Ring Finger (The weakest finger)	The poor, the sick, the weak; those in trouble
Pinky (The smallest finger)	Personal needs

PRAYER CUBE

Incorporate all the parts of prayer into your teaching with prayer cube prayers.

Preparation:

First, you will need a cube.

Option 1: Simply use an empty cube-shaped tissue box "as is" or cover it with plain paper.

Option 2: Use the cube template in this resource packet to print out and make your own cube.

Next, on each face of your cube, write one of the following prayer prompts:

"I praise you for " (Adoration/Praise)

"My favorite part about you, God, is " (Adoration/Praise)

"God, you are..... " (Adoration/Praise)

"I'm sorry for..... " (Confession)

"Thank you, God, for..... " (Thanksgiving)

"I ask you for " (Supplication)

"Please " (Supplication)

Implementation:

In turn, grandparents and grandchildren will roll the prayer cube. On each roll, the "face-up" prayer prompt will be used to guide the "roller's" sentence prayer.

CUBE TEMPLATE

For Prayer Cube

