

Christian Parents Need to Pray



Training Time

Our influence for Christ will come as we walk with God and walk with our kids. Before we can shape our kids spiritually we need to take care of our faith first. (Remember the airline oxygen masks?) As Christian parents we need to own our faith and keep growing spiritually if we're going help our kids follow Christ and flourish as the image of God.

The fourth Foundational Faith Perspective we all need is this: **Christian parents need to pray.** Prayer is an intimate activity. It's about being honest and vulnerable with God. As His children, He wants us to share our thoughts and concerns with Him, to draw close and connect with Him. The more we talk with Him, the closer we feel.



The bible tells us to come before God confidently in prayer.

"Therefore, let us draw near with confidence to the throne of grace, so that we may receive mercy and find grace to help in time of need." (Heb. 4:16)

1. Prayer connects us to God's presence.

- God is everywhere
"Where can I go from your Spirit? O where can I flee from Your presence?" (Ps 139:7)
- His presence can take our anxieties.
"In Your presence is fullness of joy." (Ps 16:11)
"Hope in God, for I shall again praise Him For the help of His presence." (Ps 42.5)

2. Prayer connects us to God's perspective.

- Jesus taught us to see God's will.

"Thy kingdom come, Thy will be done, on earth as it is in heaven." (Mt 6:10)
- God's plan and will are good for us.

"...the will of God is good, acceptable and perfect" (Rom 12:2)
"God causes all things to work together for good, to those who love Him." (Rom 8:28)

3. Prayer connects us to God's power.

"As a parent I do not convert my child to Christ. From first to last, it is the work of the Holy Spirit. I may be privileged to function as midwife in the new birth process, but that is all. So also in discipling, I will guide and influence my children, and that responsibility alone is awesome. But if I want my child to be a disciple of Jesus Christ, it is He who must give form and content to the relationship... Our responsibility as parents in this regard is prayer. Prayer does change people. As we plead the cause of our children before the throne of grace, the Holy Spirit does His work in their hearts."

Walt Henrichsen, [How to Disciple Your Children](#)

Four Quick Tips for Prayer

- *Be honest - Just tell God what's on your mind and heart.*
- *Keep it simple - Just be yourself. You don't have to use fancy language.*
- *Create habits - Add prayer to your regular habits - meals, going to bed or your morning routine.*
- *Write it down - Write out a simple prayer that expresses your heart's desire for you kids.*



Workout Time

This is your guided workout plan. Take 15 minutes on your own and respond to the session you just watched. You will be surprised at how just spending 15 minutes of thoughtful time will help your relationship with your kids.




REFLECT [5 minutes]

Think about what you learned. We can't improve as a parents without reflection.

- *Prayer connects us to God's presence.*
 - Have you ever felt a sense of God's presence when you pray? How did that affect your emotions or mindset?
 - What keeps you from relaxing and believing that He is present when you pray?

- *Prayer connects us to God's perspective.*
 - Is it hard for you to believe that God has a good plan for you?
 - Where do you need God's perspective most right now - how you view yourself? Your kids? Your situation?

- *Prayer connects us to God's power.*
 - Do you believe God can actually work on your and your kids' behalf?
 - If not, what makes it hard for you to believe He can help you?




APPLY [5 minutes]

What can you do this week as a result of what you heard today?

1. What are some prayer habits you'll like to create?

2. Write out your own simple prayer.
 - How do you want the Lord to work in you kids' hearts?
 - Is there a verse that can guide your prayers?
 - What does your spouse think?

3. Write your prayer here:



PRAY [5 minutes]

- **Give thanks.** This kind of prayer expresses our faith that God is control and that He is good. When we tell God "thank you" He becomes more real to us.
 - Take a few minutes and thank God for your kids, your role as a parent and for all that Jesus has done for you.

- **Seek help.** This kind of prayer humbles and reminds us that we need God's help in our parenting. When we ask God for help, He begins to feel more real to us.
 - Take a few minutes and ask for God's help with the particular challenges you are facing with your kids right now.

WEEKLY PARENTING CHECK-IN

Where are you struggling as a parent this week?

- anger
- impatience
- yelling at my kids
- shaming my kids
- blaming others
- apathy
- saying hurtful words
- not emotionally present
- low emotional energy
- on my phone too much
- low spousal support
- unsure what to do
- frustration
- comparison
- self-doubt
- avoiding my kids
- reacting, not leading
- low physical energy
- other

Where do you need the Spirit's help this week?

- love
- joy
- peace
- patience
- kindness
- goodness
- gentleness
- faithfulness
- self-control
- wisdom
- courage
- humility
- physical energy
- emotional energy