

# Prayer@Home Action Plan

Pray in the Spirit at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere.

Ephesians 6:18

## Commit To Pray

Begin by committing to Prayer@Home as a habit using the 7-5-2 plan (see front cover)

## Select A Time

Note the days and time slots for prayer as a couple and/or family

### Examples:

**Couple:** Pray for 10 minutes on Tuesday and Thursday evenings at the end of our walk together.

**Family:** Monday and Thursday prayer at the end of dinner and each evening we will use "first to bed" strategy for bedtime prayer. (Listed under "Prayer Tools - Bedtime")

**Our @Home prayer days will be:** (circle days)

Sunday · Monday · Tuesday · Wednesday · Thursday · Friday · Saturday

## Choose A Strategy

Jot down your thoughts on how to best guide the content of family prayers

**Examples:** (see inside under "Jump Start Prayers")

**Couple:** We will use the "Fill-in-the-Blank" guide to focus our prayers.

**Family:** We will use "High/Low" at dinner and "Sentence Prayers" at bedtime.

We will use the following strategies: \_\_\_\_\_

## Make Preparations

Unless you begin your Prayer@Home routine in the next five days, the likelihood of following through is slim. Take out your schedule now and schedule one hour in which you will gather, purchase, prepare or display anything needed to implement the ideas listed above.

List the preparation steps you need to take:

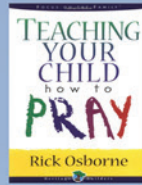
1. \_\_\_\_\_
2. \_\_\_\_\_

## Going Further Resources

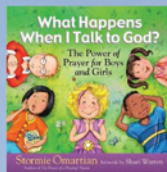
It should be noted that Calvary Chapel Chino Hills does not necessarily endorse any particular resource and the entirety of its content.

### Recommended Books:

Available at the CCCH Bookstore or online at CBD.com



**Teaching Your Child How To Pray** by Rick Osborne  
Ignite your child's heart to pray with the practical suggestions in this book by Rick Osborne. It offers great suggestions on how to teach prayer to your kids in a way they can understand and inspires parents to become prayer mentors for their children. It's a great way to pass on your faith to your family!



**What Happens When I Talk to God?: The Power of Prayer for Boys and Girls** by Stormie Omartian  
It's never too early to assure your children that their prayers really do make a difference! Kids ages 3-7 get to know God better, thank Him for His love and ask for His help in tough times.



**Power of a Praying...** by Stormie Omartian  
She is author of books such as Power of a Praying Wife, Praying Husband, Parent, and more. She has led millions to pray – parents, wives, husbands, teens and kids.



**What the Bible Says About Prayer**  
It's time to deepen your understanding of prayer itself with Rose Publishing's What the Bible Says About Prayer pamphlet. Experience the peace that comes from diving into a deeper communication with God.

## Other Information:

If you need prayer, we have a prayer chain of faithful people who will lift up your prayer requests to the Lord. Go to calvarycch.org, click on the ministries button on the top, then hit the prayer tab.

Additional resources available in the @Home Room or on our website [athomecalvary.org](http://athomecalvary.org) to help you become even more intentional about Prayer@Home.

A Ministry of Calvary Chapel Chino Hills • calvarycch.org  
Go to [www.athomecalvary.org](http://www.athomecalvary.org) for more information and resources. Like us at: Facebook.com/athomecalvary

# Becoming Intentional About Prayer@Home



Begin by committing to Prayer@Home using the 7-5-2 plan...

**7** Pray seven days a week individually for yourself, your spouse, kids, grandkids, parents, siblings.

**5** Pray five times a week as a family including meals & bedtime.

**2** Pray at least two times a week with your spouse.

**Don't worry about anything; instead, pray about everything. Tell God what you need, and thank Him for all He has done.**

Philippians 4:6-7

Try one or more of the ideas in this brochure to be more intentional at home.





## Why Pray at Home?

Studies have shown that the simple routine of praying together at home makes it much more likely you will ...

- Build a life-long, thriving marriage
- Strengthen the relationship with your children and teens
- Nurture strong faith in the hearts of your children and teens
- Reduce the level of tension in your home
- Increase marital trust, respect and intimacy

*So let us come boldly to the throne of our gracious God. There we will receive His mercy, and we will find grace to help us when we need it most.*

**Hebrews 4:16**

*Keep watch and pray, so that you will not give in to temptation. For the spirit is willing, but the body is weak!*

**Matthew 26:41**

*In every place of worship, I want men to pray with holy hands lifted up to God, free from anger and controversy.*

**1 Timothy 2:8**

## Overcoming Obstacles

Tips as you encounter obstacles to the Prayer@Home habit:

- **Schedule:** Just like any other important event, Prayer@Home needs to be included on your schedule and protected. If you use a calendar, consider creating an appointment with the family several times per week - even if that appointment is at dinner, before bed, etc.
- **Travel:** Even when on the road, you can participate in family prayer by phone. You might also consider sending a text message or email saying "I am praying this for you right now ..."
- **Tension:** Confession (acknowledging one's failures) in prayer can make it easier to resolve tension as family members humble themselves before God in the hearing of one another.
- **The Nudge:** Give everyone permission to "nudge" one another back on track during the inevitable seasons when your prayer routine wanes. Be open to reminders from your wife, husband or child, and resist the temptation to become defensive or defeated.

## Prayer Tools

Ideas to make your prayer routine easier and more meaningful:



- **Prayer Board:** Buy a dry erase board to keep near the dinner table, or use dry erase markers on the bathroom mirror and use it to keep track of items the family is praying about.
- **Recipe Prayer Cards:** Keep a recipe box and cards on the table so that when concerns are discussed, they can be captured on a card. You might want to create a section for answered prayers to keep as a reminder of God's goodness.
- **Family Prayer Journal:** Keep a journal and pencil someplace in the house where any family member can record written prayers. Family members can pick up the journal during their own prayer time and join their spouse, child or parent praying for the same concerns.
- **Mealttime:** Briefly give thanks for the food before you eat, then wait until everyone has eaten to have an extended family time of prayer.
- **Bedtime:** The first person in the family to go to bed (usually the youngest) alerts everyone else that it is the end of day, thus time for family prayer together.
- **Morning:** Before the first person heads out the door, pray together about the upcoming activities of the day.
- **Drive time:** As you start the engine, pause for a brief prayer together asking God to go with you and invite everyone to pray a sentence prayer for any concern.



- **Special occasions:** Anniversaries, birthdays, first day of school, first date, school test, job interview, or trip to camp can trigger special occasion prayers - especially with teens who encounter many "firsts" to lift before the Lord.
- **Walks:** Taking a walk together is the ideal time to pray or pause at the end to pray about the matters that came up during your walk.
- **Mirror prayers:** Using a dry erase marker, write a list of prayer concerns on the child's bathroom mirror so they remember to pause and pray after brushing their teeth.

*If you need wisdom, ask our generous God, and He will give it to you. He will not rebuke you for asking.*

**James 1:5**

## Jump Start Prayers

Helpful ways to jump start a prayer routine in your home:

- **Silent Prayers:** The easiest way to start family prayer is to pray silently together. Agree on a prayer list, join hands and then bow quietly. As you become more comfortable with the process, add sentence prayers to your routine.
- **Sentence Prayers:** Take turns allowing each person who is comfortable in doing so to pray a very short, one sentence prayer such as "Please heal Uncle Paul." "Thank you for giving Troy a new friend." "I'm sorry for losing my temper with everyone earlier today."
- **High/Low Prayers:** Have each person quickly share the high point and low point of their day. Then hold hands and give thanks for the high and ask for help with the low.
- **Fill-in-the-Blank Prayers:** Use pre-written language to guide and focus family prayer times. For example, the following starter lines can be used... *God, I love You because...* *Thank You God for...* *God, please help...* *God, I'm sorry for...*

## What To Say

For those who would feel more comfortable with a little guidance, feel free to pray aloud together using the examples below...

- **PRAYING FOR PERSPECTIVE:** "God, we recognize that You are our Creator and Provider. We also acknowledge we are weak and need You. Help us depend on You today as we... (Describe specific activities tied to work, school, challenges, etc.)"
- **CONFESSION PRAYER:** "Lord, You have promised to forgive those who confess their sins. We come before You in humility today acknowledging our own unworthiness and our many failures. (Pause as each person silently confesses his/her own sins and failures.) Now we ask that You give us the courage to apologize and forgive each other when needed, to keep harmony in this home."
- **REQUEST PRAYER:** "Father, You are the giver of all good gifts. We ask for Your goodness today as we lift the following requests to You..." (Take turns offering one sentence prayers for each request.)

