

COMPASS PRAYERS

Parents and grandparents, please paraphrase and modify to meet the age-appropriate needs, attitudes, and safety concerns of your family. Younger children can watch parents enjoying this activity to model healthy family life.

This is a prayer activity to take outdoors either on a hike, at a park or in your own yard.

"Show me your paths and teach me to follow; guide me by your truth and instruct me. You keep me safe, and I always trust you."
—Psalm 25:4-5 (CEV)



As your family faces North, begin with prayers of thanksgiving.



Move to the West for prayers of confession (this can be done silently).



Turn South with specific prayer requests.



Face East with prayers of praise and adoration for who God is.



"With all your heart you must trust the Lord and not your own judgment. Always let him lead you, and he will clear the road for you to follow." —Proverbs 3:5-6 (CEV)

 **faith forward**
families passing faith on

Family Momentip: Always think safety when doing this or any other activity with your family.

FIVE FAITH PROMISES: PRAYER BIBLE READING FAITH CONVERSATION ACTS OF SERVICE SHARED MEALTIMES & OTHER RITUALS/TRADITIONS

Prayer Plate

Parents and grandparents, please paraphrase and modify to meet the age-appropriate needs, attitudes, and safety concerns of your family. Younger children can watch parents enjoying this activity to model healthy family life.

"Don't worry about anything, but pray about everything. With thankful hearts offer up your prayers and requests to God. Then, because you belong to Christ Jesus, God will bless you with peace that no one can completely understand. And this peace will control the way you think and feel." Philippians 4:6-7 (CEV)

- ◆ For this prayer you will need a plate that is different from your other dinner plates. This will be your "Prayer Plate".
- ◆ The prayer plate is set at a different family member's place at your mealtime table. This family member will be the FOCUS of your prayers for this meal.
- ◆ These should be specific prayers for that person such as: help him with final exams, help her to get over her cold, thank you for blessing our family with this person, help him choose good friends, or protect her as she is driving to school.
- ◆ Change places regularly and repeat. Do this for each of your family members. It can even

be done for family members who are away at school or living on their own.

- ◆ Just set a spot with your *Prayer Plate* and remember them in your prayers.



"All of you have faith in the Son of God, and I have written to let you know you have eternal life. We are certain God will hear our prayers when we ask for what pleases him."
1 John 5:13-14 (CEV)

ff **faith forward**
families passing faith on

Family MomenTip: Always think safety when doing this or any other activity with your family.

FIVE FAITH PROMISES: PRAYER BIBLE READING FAITH CONVERSATION ACTS OF SERVICE **SHARED MEALTIMES** & OTHER RITUALS/TRADITIONS

Copyright © 2024 by HomeandChurch.com, LLC. Permission to use and duplicate given to licensed congregations only. All other rights reserved. Unless otherwise noted, all Scripture quotation is taken from the Contemporary English Version © 1995, American Bible Society.



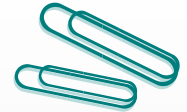
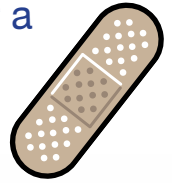
Our Family PRAYER PROMPTS

Parents and grandparents, please paraphrase and modify to meet the age-appropriate needs, attitudes, and safety concerns of your family. Younger children can watch parents enjoying this activity to model healthy family life.

Materials Needed: household items such as bandages, crayons, paper clip, church bulletin, and small baby doll

- ◆ Lay the prayer items on a table.
- ◆ Say, “These items can all be reminders of people or places we should include in our prayers.”
- ◆ As you hold up each item ask your family to think of specific people or places for which you can pray.
- ◆ Choose one item yourself to jump-start your family prayer time.
- ◆ Ask for volunteer family members to pray. Give them the item to hold as they are praying.

- ❑ A bandage could inspire a prayer for a sick relative or patients in a local hospital
- ❑ A paper clip could be a reminder to pray for your family members’ jobs or our elected officials
- ❑ Baby doll can represent the children in your family or children in your community who are in need.
- ❑ Church bulletin can inspire you to pray for your pastor and congregation.



“So whenever we are in need, we should come bravely before the throne of our merciful God. There we will be treated with undeserved kindness, and we will find help.” Hebrews 4:16 (CEV)



Family MomenTip: Always think safety when doing this or any other activity with your family.