

The Family Prayer Experience

An at home family prayer retreat




**PENN FOREST
WORSHIP CENTER**
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Dear Parent,

Thank you for investing in your child's spiritual wellbeing. Childhood is a critical stage of development when children are making up their minds about all kinds of things. They are forming opinions and creating habits that they will carry with them for the rest of their lives. It is critical we help them to make the right ones! Did you know that 2/3 of people who make decisions for Christ do so when they are younger than 18 and almost half of those are before age 12 (Kummer, 2020)? Now is the time to nurture your child's spiritual growth! While bringing your kids to church is a great start, the parents must be the primary spiritual leaders (Mintools_Blog, 2018)! Your children are watching your example of prayer and Bible reading.

This family prayer retreat is designed to be an 'at home' retreat. If you wanted, you could get away somewhere special. But not a place with too many distractions. But it is just as easy to do this at home! Spend the weekend together, prepare and eat meals together. Do a project together (there are some service projects listed under 'Prayers of Supplication', some may require a trip to the store in advance). Whatever you do spend the weekend together as a family.

The video is in six parts, an introduction, four types of prayer, and a conclusion. Spread the video out over the weekend and do the suggested activities between. Make the experience fun for your family. For an extra challenge turn off all our cell phones and electronics for the weekend! I promise, the world will still be here when you turn them back on!

On a final note, if you are interested in learning more about prayer you can read about these kinds of prayer and more in Richard Foster's book: 'Prayer: Finding the Heart's True Home'. This is an excellent resource I highly recommend. Let me know when you and your family are doing the 'Prayer Experience', I would like to pray for you as well!

Blessings to you and your family!

Pastor Paul MacGregor

Penn Forest Worship Center

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The video for the retreat can be found at: <https://youtu.be/1zNmP0rBPSc>

The link is also available, along with this document at: <http://www.pfwc.net/prayer>

PRAYERS OF ADORATION

Psalm 150: 6 (NIV) "Let everything that has breath praise the LORD"

Lord's Prayer- "Our Father who is in Heaven Holy is your name"

CHALLENGE! Set a timer for one minute. Write down as many words as you can think of to describe God.

Who came up with the most words in one minute? _____

What words did you have that no one else did? _____

What is a word someone else used that you really like? _____

THINK ABOUT IT! C.S. Lewis says that paying attention to the wrong things can keep us from paying attention to how amazing God is (Foster, 1978, p. 154).

What are some things we pay attention to instead of God? _____

What is something you like to be complimented for? _____

How does it make you feel when someone compliments you? _____

How do you think it makes God feel when we praise Him? _____

PRAY IT! With your family use the words from your list to make a prayer of adoration and then say the prayer together.

DO IT! King David praised God by singing, dancing, and playing music. What are some other ways you can praise God? Make up a song, create a dance, draw a picture or do something else to show God how much you love Him.

PRAYERS OF CONFESSION

1 John 1:9 (NIV) "If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness"

Lord's Prayer- "Forgive us our sins as we forgive those who sin against us"

CHALLENGE! Take a few minutes to sit quietly and pray by yourself. Ask God to show you if there is anything you need to say you are sorry for. You don't need to write them down, but sometimes it helps us to remember to not do it again.

THINK ABOUT IT! Part of receiving forgiveness from God is also forgiving other people. As a family read 'The Parable of the Unforgiving Servant' in Matthew 18:21-35

How many times does Jesus say we should forgive someone? _____

What did the master say when the servant asked for more time to pay him? _____

What did the servant do when he saw the person who owed him money? _____

Why does God want us to forgive others? _____

PRAY IT! Pray to God and tell Him you are sorry for your sins. If you hurt someone else tell them you are sorry as well.

DO IT! Act out the story of the unforgiving servant with your family OR make up a story about how God forgives us and how we should forgive others

PRAYERS OF THANKSGIVING

1 Chronicles 16:34 "Give thanks to the LORD, for he is good; his love endures forever"

CHALLENGE! Set a timer for one minute. Write down as many things that you are thankful for as you can think of

THINK ABOUT IT! As a family read the story of the '10 Leppers' in Luke 17:11-19.

How many of the leppers returned to thank Jesus? _____

Have you ever done something nice for someone and they didn't say thank you? _____

How did that make you feel? _____

How do you think God feels when we tell Him thank you? _____

PRAY IT! Pray a prayer of thanksgiving with your family and thank God for His many blessings!

DO IT! Take a walk with your family. As you walk look for things to thank God for. Don't wait! You don't have to bow your head and close your eyes to pray. Tell God right then, THANK YOU!

Make a thank you note for God. Draw pictures, make it pretty! God loves it when we find special ways to say thank you!

PRAYERS OF SUPPLICATION

Philippians 4:6, "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God"

Lord's Prayer- Give us this day our daily bread

CHALLENGE! Set a time for 60 seconds. Write down a list of needs. Talk about your list with your family.

Was everything on your list really a need? _____

What are some examples of wants? _____

Could a need also be a want? How? _____

THINK ABOUT IT! Read Matthew 6:26-34 together as a family.

If God takes care of birds and flowers will He also take care of us? _____

Does God love you more than birds and flowers? (Hint read also Matthew 10:29-31) _____

PRAY IT! Think of some people who need help, people who are sick, people who are homeless or people who don't know about Jesus. Maybe you know someone who needs prayer right now! Pray for these people

DO IT! It is great to pray for people in need, but God can also use us to help people in need too! Do a special project with your family to help people in your community who are in need. Here are some ideas, but also feel free to come up with your own:

Gather some small items like 'travel size' toothpaste, deodorant, or soap, socks, tissues, crackers, gum, bandages, etc. and make 'blessing bags' for the homeless. Find more info here: <https://www.icanteachmychild.com/blessing-bags/>

Make cards for the residents of a nursing home. Many of them are lonely and might not be able to have visitors because of the pandemic. Your card could really brighten their day!

Make 'table favors' for the rescue mission. Purchase small candies and attach them to notes with a special message The Rescue Mission will put them out on the tables for people who come there. Our local Rescue Mission in Roanoke serves about 250 people every day!

Do yardwork or small house repairs like painting for an elderly neighbor

PRAYING ACTS

Fill in the blank to complete each type of prayer:

A- _____

C- _____

T- _____

S- _____

Match the example prayer with the type of prayer it is, write A, C, T or S

_____ I am sorry that I told a lie.

_____ God, you are awesome!

_____ God please help my grandma to get better.

_____ Thank you for my family!

Say the Lord's Prayer together:

Our Father who is Heaven
Holy is your name
Your kingdom come, your will be done
On Earth as it is in Heaven
Give us today our daily bread
And forgive us our sins
As we forgive those who sin against us
Lead us not into temptation
But deliver us from evil
For yours is the kingdom, the power and glory
Forever
Amen

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