

Stuff That Works Building Families

Chapter 5

“Prayers With Kids”

Take Action

Stuff That Works Building Families

Chapter 5 Take Action: Content

- Learn how to pray. Keep it simple. Hold hands. Bow heads and talk to God. No special words just say what is on your mind. Like this. "God we need help with X. Thank you God!" It is that simple. About 3 minutes will do it for the first time.
- Try to say prayers every night. Three minutes that's all.
- Start a list of things you pray for. Review it from time to time to see if it is working.
- Invest time on Stuffthatworksbooks.com

Stuff That Works Building Families

Chapter 5 Take Action: Action 1

Learn how to pray. Keep it simple. Hold hands. Bow heads and talk to God. No special words just say what is on your mind.

ACTION

If you belong to a church and know how to pray then simply follow the teachings of your religion.

If you do not know how to pray simply Google how to pray and pick a site.

The idea here is as stated in this action step simply to begin.

You will find that children actually like praying if you keep it simple and short.

EXAMPLES

How to Pray

- > [Suggestions to get started](#)
- > [Prayer Models](#)
- > [The Lord's Prayer](#)
- > [ACTS](#)
- > [Choose Your Prayer](#)
- > [Creative ideas for prayer time](#)
- > [Encountering God in Prayer](#)
- > [5 things we need to know about prayer](#)

Suggestions to get started

Time spent with God is never wasted. Prayer should be as much a part of our daily routine as eating, drinking and sleeping. Spending time with God is essential for healthy spiritual growth and not an optional extra, yet many of us experience frustration knowing that our prayer life could be much more than it is. However, starting a regular prayer routine can be difficult.

Here are some suggestions on how to start your personal prayer life:

1. **Choose a designated daily time to meet with God.**
Write it in your appointment book. Fix the time firmly in your mind. If your primary prayer time is not when you first get up in the morning, remember nonetheless to make contact with God first thing in the day. And make sure to set aside enough time.
2. **Set a specific minimum amount of time for your daily appointment with God.**
This may vary, depending upon your circumstances. At times it may increase - or emergencies may reduce it. On holidays, vacations, and days off, plan on spending extra time with God.
3. **Choose a regular location where you can meet with God.**
It may be your office, bedroom or garden. Select a place where interruptions can be kept to a

Stuff That Works Building Families

Chapter 5 Take Action: Action 2

Try to say prayers every night. Three minutes that's all.

ACTION.

Tracking your frequency of prayer will help. Get into the routine of praying.

Duration is less important than frequency.

EXAMPLES

Date	Topics	Comments
Monday	Help	Felt dumb
Tuesday	Health	Awkward
Wednesday	Wealth	Felt good
Thursday	Peace	Comfortable

PRAYER IDEAS:

1. Bought a book of simple prayers and read one each night
2. Started a list of Prayer requests
3. Asked friends if the pray....many do
4. Watched a video on how to pray effectively

Stuff That Works Building Families

Chapter 5 Take Action: Action 3

Start a list of things you pray for. Review it from time to time to see if it is working

ACTION.

I find it helps to track what I pray for and what happens with regards to those requests.

Often as I pray for stuff good things happen. Never quite what I think will happen but it does happen.

Engage the entire family in the process. You will find it fascinating what your other family members think about prayer.

Have fun with it.

EXAMPLES

Date	Topics	Comments
Monday	Help with grades	Grades improved
Tuesday	Health	Was sick for 2 days but recovered after
Wednesday	Wealth	No money fell from heaven
Thursday	Peace	I like this don't know why. Family voted to continue

Stuff That Works Building Families

Chapter 5 Take Action: Action 4

Invest time on Stuffthatworksbooks.com to discover more ways to add fun to daily office life.

ACTION.

This is an easy one.

I believe that each of us can help someone else.

There is so much to know and to experience. You just can not do it on your own. So the best way forward is to share and learn from each other.

Technology makes this so easy today. That is why I built the web site Stuffthatworksbooks.com .

It only reaches its potential if you join in and add the stuff that works that you have found. Please make a contribution today. Help others find the Stuff That Works.

Others have already shared their stuff that works so be sure to check the site often as there is probably something to improve every area of your life.

The community is waiting and growing. I hope you will join in and make a positive difference.

Thank you!

EXAMPLES

CONTRIBUTE

It is easy to share your Stuff That Works.

Simply click on “Contribute” from the main menu.

Then select “Submit an Idea”.

Easy!

Learn From Others

It is easy to Learn Stuff That Works from others.

Simply click on “Contribute” from the main menu.

Then select “Search for Stuff That Works”.