

SELF-GUIDED COURSE



WELLSPRINGS OF FREEDOM INTERNATIONAL

People of Prayer Series

PARENTS WHO PRAY

A COURSE FOR PARENTS GROWING IN PRAYER

Class Three Reflection Exercises: Involving Your Kids in Prayer Pastor Cara Burke

This exercise is designed to help you personally apply the foundational truths from Class Three: "Involving Your Kids in Prayer" of the "Parents Who Pray" course.

1. Prayer Modeling Moment

Intentionally model prayer in front of your child this week (in the car, during stress, etc.)

Reflect:

- How did they respond?
- How did you feel?
- What might you try next time?

2. Let Your Child Lead

Invite your child to lead a short prayer (e.g., before dinner or bedtime).

Reflect:

- What did they say?
- What did what or how they prayed increase or challenge your faith?

3. Prayer Invitation Jar

Create a jar or box with your kids help that contains prayer request slips. As a family, draw and pray over 1-2 each day.

4. Talk About the "Worry Whisperer"

Have an age-appropriate conversation about fear and lies from the enemy. Then write a simple prayer together your child can say when scared.

Example: "Jesus, help me when I feel scared. You are stronger than any fear."

You may also think of a verse from the Bible that gives them comfort or strength. Print it out (perhaps they can create something themselves) and put it in their bedroom where they can see it

5. From Lesson to Lifestyle

What reflection exercises from the first three classes have you put into practice.

- What worked?
- What was challenging?
- What did God show you?

Encouragement: Progress, not perfection. You're modeling a lifestyle of dependence on God