

Teaching Grandchildren to Pray



RESOURCES FOR GRANDPARENTS

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RESOURCES FOR GRANDPARENTS

One of the most referred to Scripture passages on the topic of family discipleship is Deuteronomy 6:4-9. Its words are spoken over parents during baby dedication services, a source of inspiration on social media graphics, and the keystone of many parenting seminars.

*“And these words that I command you today shall be on your heart.
You shall teach them diligently to your children,
and shall talk of them when you sit in your house,
and when you walk by the way, and when you lie down,
and when you rise.”*
Deuteronomy 6:6-7

But are you aware that these words also apply to grandparents? Let’s back up a moment to see this well-known passage of Scripture in context.

*“Now this is the commandment—the statutes and the rules—
that the Lord your God commanded me to teach you,
that you may do them in the land to which you are going over,
to possess it, that you may fear the Lord your God,
you and your son and your son's son....”*
Deuteronomy 6:1-2

Do you see it? Moses is addressing the entire nation of Israel with the words of God, and he says, “you and your son and your son’s son” – grandparent, parent, grandchild.

Grandparent, while the world around us is trying desperately to tell us that our work is finished, God’s Word clearly says otherwise. We have a critical role in the lives of our grandchildren, and it is centered around passing them a heritage of faith in Jesus Christ.

PRAYER

There are many discipleship practices we can employ as we endeavor to pass our faith in Christ to the next generations. Prayer is one.

"The prayer of a righteous person has great power as it is working."
James 5:16b

In addition to being an effective way to pass a spiritual legacy to our grandchildren, there are many other "benefits" to prayer. Ephesians 6:10-18 tells us that prayer is our strong weapon in the battle against Satan and his hosts. Prayer is also a powerful means for drawing close to God and communing with him. When our grandchildren pray, they are receiving and employing one of the most precious gifts given to them by God.

BEFORE YOU BEGIN

We want to help our grandchildren learn to pray, but most of us struggle with where to begin. Some of us even find the thought of the task a bit overwhelming. After all, this is *prayer*. We're talking about teaching our grandchildren how to converse with God. As we've already mentioned, prayer is a conversation like no other conversation we have or ever will have. It is a precious gift from God that wields mighty eternity-impacting power while at the same time making space for us to draw closer to him.

Truth be told, prayer is a complex spiritual discipline that offers to us the opportunity for continual growth. That's one thing that makes it so amazing and at the same time a little overwhelming when we think about teaching it. Honestly, we ask ourselves, how is it possible that we can help our grandchildren develop a daily habit of meaningful prayer?

Let me begin by saying there are no guarantees or easy formulas. God created each of us uniquely. Our grandchildren's learning styles and preferences are all different. As well, prayer is Holy Spirit work, and the Holy Spirit's working does not fit into a well-defined, predictable box.

That being said, following are some helpful ideas for teaching your grandchild how to pray.

BREATH PRAYERS FROM SCRIPTURE

Teach your grandchildren a short, easy, simple prayer that can be spoken in a single breath and repeated numerous times throughout the day. Cultivating the habit of Scripture-based breath prayers into the lives of your grandchildren will help them internalize God's Word and enable them to "pray without ceasing" (1 Thessalonians 5:17).

From Scripture, choose a brief sentence or a simple phrase that your grandchild can repeat in one breath. Guide them in developing the habit of praying that sentence or phrase as often as possible during their day so that it becomes deeply rooted in their heart.

Examples:

ON THE INHALE:

"Speak Lord,...

"The Lord is my Shepherd...

"Be still, and know...

"When I am afraid...

"Thank you...

"In Christ alone...

"My help comes from the Lord,...

"My help comes from...

"His steadfast love...

"Peace...

"Not my will,...

ON THE EXHALE:

for your servant hears." (1 Samuel 3:9, 10)

I shall not want." (Psalm 23:1)

that I am God." (Psalm 46:10)

I put my trust in you." (Psalm 56:3)

Lord" (Based on Psalm 57:9, 108:3)

my soul finds rest." (Based on Psalm 62:1, 5)

who made heaven and earth." (Psalm 121:2)

the Lord." (Psalm 121:2)

endures forever." (Psalm 136)

be still" (Mark 4:39)

but yours." (Luke 22:42)

CIRCLE PRAYERS

Form a circle, hold hands, and take turns praying one sentence at a time for each “round” of your prayer. For those who are praying via some form of technology due to distancing restraints, simply determine the prayer rotation (your virtual circle) beforehand.

You may find it helpful, especially in the beginning, to focus your prayer by using the following kid-friendly version of the “ACTS” model.

Circle Prayer Model:

ACTS MODEL:

Adoration

Confession

Thanksgiving

Supplication

KID-FRIENDLY REPLACEMENT PROMPT:

“God, you are”

“I am sorry for”

“Thank you, God, for”

“Lord, please....”

FIVE-FINGER PRAYER

Using the fingers on their hand as prompts, teach your grandchildren this simple prayer format.

Format:

FINGER:	WHO OR WHAT TO PRAY FOR:
Thumb (Closest to the body)	Those closest to you
Pointer Finger	Those who "point" you in the right direction (Classroom teachers, Sunday School teachers, pastors, doctors, police officers, school principals, etc.)
Tallest Finger	Our leaders (President, elected officials, etc.)
Ring Finger (The weakest finger)	The poor, the sick, the weak; those in trouble
Pinky (The smallest finger)	Personal needs



PRAYER CUBE

Incorporate all the parts of prayer into your teaching with prayer cube prayers.

Preparation:

First, you will need a cube.

Option 1: Simply use an empty cube-shaped tissue box “as is” or cover it with plain paper.

Option 2: Use the cube template in this resource packet to print out and make your own cube.

Next, on each face of your cube, write one of the following prayer prompts:

“I praise you for” (Adoration/Praise)

“My favorite part about you, God, is” (Adoration/Praise)

“God, you are.....” (Adoration/Praise)

“I’m sorry for.....” (Confession)

“Thank you, God, for.....” (Thanksgiving)

“I ask you for” (Supplication)

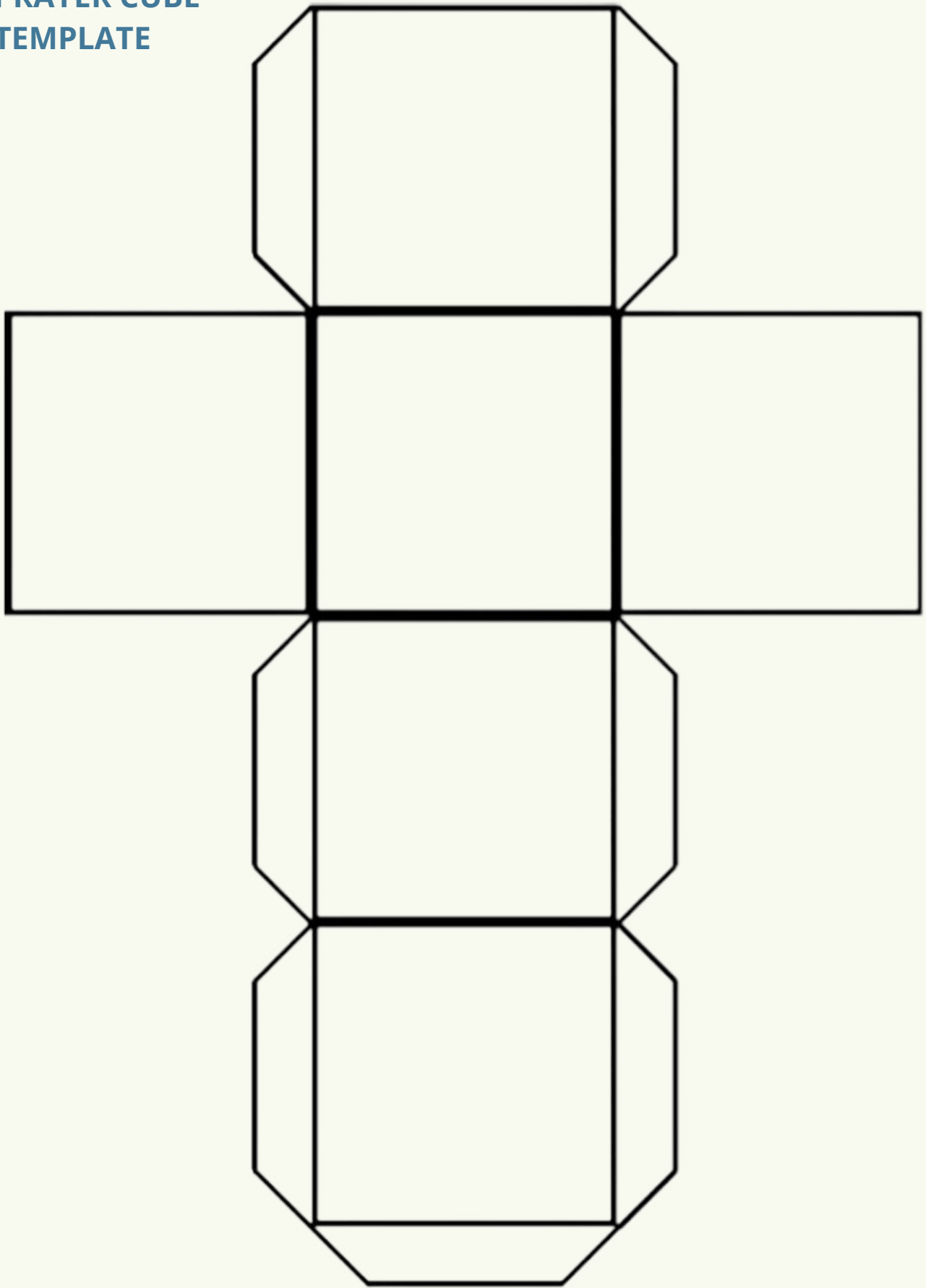
“Please” (Supplication)

Implementation:

In turn, grandparents and grandchildren will roll the prayer cube. On each roll, the “face-up” prayer prompt will be used to guide the “roller’s” sentence prayer.

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**PRAYER CUBE
TEMPLATE**



MORE RESOURCES AVAILABLE AT CHRISTIAN GRANDPARENTING NETWORK:

[31 Scriptures to Pray Prayer Card](#)

[Teaching Grandchildren to Pray Downloadable Booklet](#)

[30-day Prayer Challenge for Grandparents Downloadable Booklet](#)

[Grandparents at Prayer \(G@P\)](#)

[Grandparent Prayers](#)

[GrandCamps](#)

Additional Resources:

Weekly blog posts, seminars, retreats, conferences, and more.

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