

Prayer Walking Your Home with Your Children

Prayer walking your home with your children is the perfect and practical way to invite God's blessing, peace, and love into the spaces you live, in the laugh, cry, and the share your hearts, hurts, dreams and love. It becomes an adventure where your kids get to participate in seeking God's best for their home, as everyone prays. It is here that children learn to value the power of prayer and begin to be aware of how God is at work in their lives.

For families, prayer walking helps children make connections between their faith, their feelings, and their everyday surroundings.

Before you begin, gather your family and explain what you'll be doing.

- Choose a special time—a time when you are not rushed.
- Let each child know that their voices and ideas are welcome.
- Decide on a route through your home so you can visit every room and even walk around the outside of your home

As you enter each room, pause together. Take time to look around the room and think about the things that happen in that room. Then, take turns offering short, simple prayers out loud. Below are examples of what you might wish to pray.

Family Room/Bonus Room

- Thank you for the times we spend together in this room.
- Let this room be filled with joy, kindness, and laughter.
- Help us to always listen to each other and share good stories.

Kitchen and Eating Areas

- Father God, we thank you for the food we have to eat.
- Bless those who cook and all who gather here.
- Let there be laughter, prayer, and meaningful conversation at our table.

Bedrooms

A bedroom is a place to rest, dream, and feel safe,

- Thank you for a comfortable bed and a safe place to sleep.
- Thank you for nighttime prayers and bedtime hugs.
- Thank you for bedtime stories and the "I love yous" that are shared.

Bathrooms

Even the bathroom can be a place of gratitude, for cleanliness, and self-care.

- Thank you for clean water to wash and stay healthy
- Bless us with health and strength
- For toothbrushes and toothpaste

Study or Play Areas

Even a corner can be used for homework or creativity, learning, and discovery.

- Thank you for the chance to learn new things.
- Bless us with creativity and curiosity.
- Let the space be filled with imagination and wonder.

Entrances

Ask for safety and a warm welcome for everyone who enters.

- Thank you for bringing us safely home.
- Bless all who come and go through these doors.
- Help us greet each other with kind words and smiles.

Outside (As appropriate)

Give thanks for the outdoors

- Thank you for flowers, grass, and trees.
- Bless our times outdoors playing or walking.
- Keep us safe as we ride bikes, play ball, and have fun times with family and friends

Nancy Duggin

Prayer Catalyst, Tennessee Baptist Mission Board

nduggin@tnbaptist.org