



FAMILY SERIES - ISSUE 2 - APRIL 2023

FAMILY TIME

Quarterly Newsletter of "The GRIDS Family"



Pray Together!

Why Family Prayer Matters More Now?

In today's fast-paced world, where everything seems to be moving at a breakneck pace, family prayer has become more important than ever before, especially for Christian families. In this current context, where there are so many external forces that can challenge our faith and values, family prayer can provide a much-needed anchor. It offers an opportunity for families to come together and connect with each other and with God. Through prayer, we can seek guidance, strength, and wisdom to navigate through the challenges of our daily lives. Family prayer can also be a way to find comfort and support during difficult times, such as illness, stress, or personal struggles. By making family prayer a priority, we can ensure that our spiritual lives remain grounded and that our family relationships remain strong. In today's world, where so much can pull us apart, family prayer can be the glue that holds us together.

Strengthening Bonds With Prayer!

There's something that's really important I'd like to share with you - family prayer. It's not just about growing spiritually but also about strengthening our family relationships. When we pray together as a family, we create a special bond that's hard to find elsewhere. We get to share our joys and struggles, and seek guidance from God. It's also a safe space where we can be open with each other, which leads to a deeper understanding and empathy for one another. And let's not forget about forgiveness, humility, and growth within the family - family prayer promotes all of these things. Plus, it's a great way to teach our kids about faith and values that they can carry with them throughout their lives. And when times get tough, family prayer reminds us that God is always with us, providing hope and comfort. By making family prayer a priority, we can build stronger connections and love within our families, which will help us navigate through life's challenges. Let's come together and focus on what really matters - our relationship with each other and with God.

"Family prayer is not just an occasional event, but a daily habit that strengthens our spiritual foundation and builds unity in our homes." - Billy Graham.



Benefits!

Families have been benefiting from family prayer for centuries, and the reasons are clear. Regular family prayer can help to deepen relationships, build trust, and create a stronger sense of community. It provides an opportunity for family members to express their gratitude, seek support, and offer comfort to one another. In addition to strengthening family bonds, family prayer has been shown to have positive effects on emotional health, stress levels, and overall well-being. When families come together to pray, they experience a sense of peace and connectedness that can carry over into other areas of their lives. By making family prayer a priority, families can experience the power of faith and community in their daily lives.

Scoops of the Quarter!

Family prayer is a time to honor God and each other. Show respect by being fully present and free of distractions.



Let family prayer be a place of inclusion and warmth, where all can share openly and without judgment.



Creating a Prayer Routine

So, you're convinced about the benefits of family prayer, and you want to give it a try. That's great! If you're looking to start a family prayer routine, there are a few simple steps you can take. First, decide on a time that works for everyone and set aside a few minutes each day to come together as a family to pray. It could be before breakfast, after dinner, or any other time that works for you. Next, choose a format that works for your family. You could read from the Bible, or share personal prayers. Make sure to include time for each family member to share their thoughts and feelings. You could also incorporate singing or playing music if that's something your family enjoys. Finally, stay consistent with your routine, even if it's just a few minutes each day. Over time, family prayer can become a meaningful and cherished part of your family's spiritual life.



Get Started!

If you haven't started a family prayer routine yet, now is the time to get started. It might feel a bit awkward or unfamiliar at first, but with time, family prayer can become a cherished part of your daily routine. Take a few minutes each day to come together as a family, put away all distractions, and focus on connecting with each other and with God. Choose a format that works for your family, and encourage each family member to participate in a way that feels comfortable for them. Don't be afraid to share your thoughts, feelings, and intentions - this is a safe space for everyone. By making family prayer a priority, you'll be strengthening your relationships and nurturing your spiritual lives. So, let's get into action and start a family prayer routine today!

Engaging Ideas!

- **Start small:** If you're new to family prayer, start with just a few minutes a day and gradually increase the time as your family becomes more comfortable.
- **Keep it simple:** Don't worry about having a perfect prayer or reading. Just speak from the heart and keep it simple.
- **Get creative:** Incorporate different types of prayer, such as singing, scripture reading, or meditative prayer, to keep things fresh and engaging.
- **Be flexible:** It's okay to miss a day or change the time if something comes up. Just get back on track as soon as possible.
- **Keep it positive:** Use family prayer as a time to express gratitude and share positive thoughts and intentions.
- **Involve the kids:** Encourage children to participate in family prayer by allowing them to choose a prayer or share their own intentions.
- **Make it a priority:** Prioritize family prayer by setting a regular time and sticking to it. This will help create a routine and ensure that everyone is on board.
- **Embrace imperfection:** Family prayer doesn't have to be perfect. Embrace the imperfections and let it be a time of growth and connection.

