



PRAYERFUL PARENTING

Reflection/discussion guide

Do this activity on your own, as a couple or in your small group and discuss together.

- What is something about parenting in general...or your children specifically...that tends to cause you to worry?
- What might begin to change if you made a habit of turning those worries into prayers?
- How often do you pray with and/or for your spouse, or parenting partner? If you aren't satisfied with your answer, what might you do to make this a higher priority?
- Parents often do a good job of praying with their children when they are young, but become less consistent as their children enter the teenage years. Why do you think this is the case?
- The "trigger prayers" are some creative ways to incorporate praying for your children throughout the day. Add 2-3 ideas of your own to round out the list!
- Read Philippians 4:6-7

"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus."

What does this passage promise you as a parent? How might this promise impact the way we parent?

- **REMEMBER...** Prayerful parents aren't perfect; but they tend to be far less panicky!