

Family Rhythms

Morning Rhythms

- Help your child prepare for the day by looking ahead at the day's schedule. "Where do you expect to need God's help today?" Help your child pray: "Jesus, be with me and help me today when I have to _____."
- Help your child prepare for the day by having an "arrow prayer" ready to go. An "arrow prayer" (thanks, Sally Lloyd-Jones!) is a one-sentence prayer that you can "shoot" up to God in a hurry when you need God's help. Some examples:
 - Jesus, help me.
 - God, be with me.
 - Jesus, give me courage.

Meal-Time Rhythms

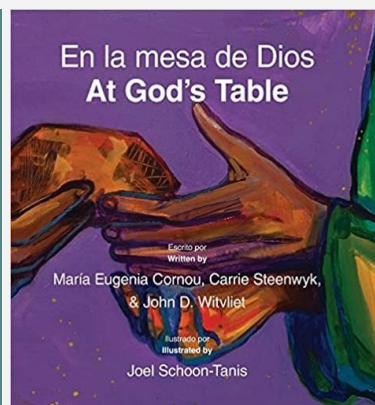
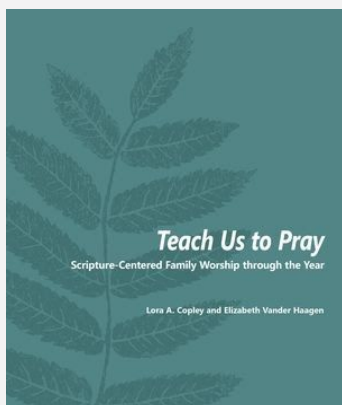
- Transform your dinner table conversation into a "Daily Examen" practice by reviewing your day and sharing everyone's highs and lows. Take a moment to thank God for the day's blessings and to ask for God's help for tomorrow.
- Use the [Teach Us to Pray](#) resource to structure family worship at breakfast or dinner.

Evening Rhythms

- At storytime, read from a Story Bible or one of the storybooks listed below.
- Pray with your child at bedtime. Ask your child what or for whom s/he would like to pray. Ask your child to pray for you. Then, pray together.
- Sing a hymn, doxology, or favorite worship song (like "Jesus Loves Me") at bedtime.

Family Resources

Family Worship Practices



Children's Story Bibles



Children's Books

