

Preschool Family Prayer Ideas (collected from both inside and outside RMC)



Missionaries

Take one of the RMC missionary cards and commit to pray together for them, the kids in the family, and the people that they are serving.

Did You Remember?

Have each family member select someone they will pray for each day of the month. Write the names of these people on your fridge or a family whiteboard. Add checkboxes next to each person and encourage each family member to check off when they have prayed for that person each day.

Maps & Snacks (Focus on the Family)

Spread out a map during snack time and add small treats, such as mini marshmallows, chocolate chips or blueberries, around a state or country. As your kids munch, tell them the name of the place and some general information about it. Then pray for the people who live there.

Five-Finger Prayer

Put your hands together and look at your hands:

Thumb: Since it is closest to you, pray for those closest to you.

Pointer Finger: Pray for those who “point” you in the right direction.

Big Finger: Pray for the president and other “important” people in the world.

Ring Finger: Since it is the weakest finger, pray for those who are sick.

Pinky: Lastly and because it is the smallest, pray for yourself.

What are You Thankful For?

Ask your preschool kids for some things they can thank God for today. Then encourage them to pray and thank God with you. This gets them into the healthy habit of praying to God out loud and also regularly expressing gratitude to Him.

Prayer Circle

Sit in a circle with your young children telling them it is time to pray. Assign each child a specific request, such as “Pray for the president” or “Pray for a family member or friend to know Jesus.” Also assign yourself someone or something to pray about so that everyone has something to pray about. Then go in a circle and have each person say a quick prayer.

Picture Prayers (Focus on the Family)

Print off and/or cut out pictures of people that you can pray for regularly (i.e. family members, the President, your pastor, etc.) Then help your child put them up somewhere in their bedroom. At bedtime refer to this display and remember to pray for those people together.

Pray per Day

Pick someone or a group of people to pray for each day of the week (notice the letter matching):

Monday: **M**issionaries

Tuesday: **T**eachers

Wednesday: **W**idows/Orphans

Thursday: **T**hose who don't know Jesus

Friday: **F**riends and **F**amily

Stuffed Animals

Have your preschool kids grab one of their favorite stuffed animals and have it sit with the family to be included in your family prayer time. Point out how well the stuffy sits still and listens while you pray!

Bowl of Names

Write the names of people in need of prayer on separate slips of paper. Put the names in a bowl and dedicate a time to have everyone pick a name and pray for that person. Then pray together for all of the people selected.