

4. Simple everyday ways to pray

Good times to pray together are those times you do something regularly, like brushing teeth, eating a meal or going to bed.

Keep prayer time short and simple, unless anyone insists on going on for longer.

Have a photo collage of family and friends to pray for and choose a different person to pray for each day.

Say thank you to God for one of the meals you eat each day. If you don't know any words to say, ask the children to say it.

Read a Bible story together and ask, 'What would you like to say to Jesus now?' and say 'Amen' at the end of whatever is said.

If you hear something tragic on the news, get into the habit of asking God out loud there and then to bless that situation, for example: 'God, please bless those people in Syria.'

If someone in the family talks about a difficult situation at work or at school, similarly pray for it briefly and matter-of-factly out loud there and then.

Lots of people like routine and ritual, so feel free to pray the same family prayer at the same time every day.

A good simple way of helping your family bring their concerns to God is to ask this set of questions each day (and be prepared to answer for yourself):

- What are you most thankful for today?
- What are you least thankful for today?
- When did you show love today?
- When weren't you kind today?
- What would you like to say to God about today?