

7-5-2 PRAYER MODEL

WHY PRAYING AS A FAMILY IS IMPORTANT

Studies have shown that the simple routine of praying at home makes it much more likely that you will...

- Build a life-long, thriving marriage.
- Strengthen your relationship with your children.
- Nurture strong faith in the hearts of your children.
- Reduce the levels of tension in your home.
- Increase levels of marital trust, respect, and intimacy.

In short, creating a consistent prayer life with your family is not only something that you benefit from immediately, it is one of the greatest ways you can disciple your children into becoming lifelong followers of Christ.

COMMIT TO PRAY

Commit as a family to make praying this year as a family a habit using the 7-5-2 method. Here is how it works...

7 - Pray seven days a week individually for your spouse, kids, grandkids, parents, siblings, etc.

5 - Pray five times a week as a family. This can include meals and bedtimes.

2 - Pray at least two times a week with your spouse.

SELECT A TIME

Look for already existing times in your family activities or special occasions that you can leverage as a time for prayer.

EXAMPLES

- Meal time | at the end of dinner, take time as a family to pray together before heading to other activities.
- Bedtime | Gather together as a family to pray before going to bed, possibly have each person lead a portion of the prayer.

- Drive Time | Use the time you travel to work, or when you are taking the kids to school to pray together.
- Wake Up | As you wake up, or as you wake your children up take time to pray with them.
- Physical Activity | Substitute prayer for listening to music or a podcast while working out or at practice.

MAKE A PLAN

Examples:

- **COUPLE** | Pray for 10 minutes on Tuesday and Thursday evenings at the end of dinner, or on the ride to pick kids up from practice.
- **FAMILY** | Pray together on Monday and Friday at the end of family dinner, and as we put the kids to bed Tuesday, Wednesday and Thursday.
- **INDIVIDUALLY** | Find a consistent time each day that you can spend praying to God for your family.