

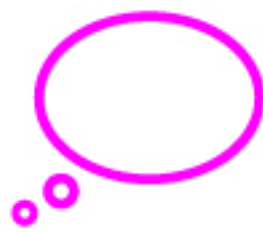
**DAY FOUR**

MATTHEW 6:5-13  
The Lord's Prayer



**SAY THIS:**

You can PRAY anytime,  
anywhere about anything.



**REMEMBER THIS:**

"Let us keep looking to Jesus.  
He is the one who started this journey of faith.  
And He is the one who completes the journey of faith."  
HEBREWS 12:2a, NIV



**DO THIS:**



**BED TIME**

Read Matthew 6:5-13. Do you feel like you know how to pray? When something makes you happy or sad, do you stop and pray? It can feel awkward to just start talking to God if you haven't done it very much. If you don't know where to start, begin with the Lord's Prayer in Matthew 6. Say it out loud as a family and know you can always come back to this prayer when you don't know what to say.

**FAITH:**

TRUSTING IN WHAT YOU CAN'T SEE BECAUSE OF WHAT YOU CAN SEE

**FROM PARENT CUE:**



**CULTIVATING A PRAYER HABIT**

By Nina Schmigdal

When my son was four years old, we started to prompt him to contribute his own prayer requests as we were getting him settled into bed at night. "Buddy, why don't you go ahead and talk to God? You can give Him thanks for something or ask him for something or just share with him."

In his little voice, he would say, "Thank you God for my sister. Thank you for my fish . . . and my dresser . . . and my bed. Oh, and thank you for my pillow."

Even if the prayers were simple, my husband I were committed to cultivating a prayer habit with and for our kids. As our children have grown, their prayers become much more involved.

When we pray with and for our children, we place a foundation of prayer in their lives that will be answered for generations to come. Here are few ways to help your children develop a prayer habit in your family . . .

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