

## The Importance of Family Prayer Time

Communication is the key to the success in any human connection. In fact, communication is a basic building block in relationships between individuals. Because that is true, it should not come as a surprise that in order for families to have a strong faith, talking to God together is essential. Most families pray at the “appointed” times such as bedtimes and mealtimes. However, setting aside some special opportunities through the week to pray together can have lasting, positive eternal effects for your family. While there are many more benefits to family pray time than I can list in this article, consider the following for motivation to begin or to continue to pray together in your family.

Firstly, family prayer time **initiates appreciation**. Part of prayer is praising and thanking God for His manifold blessings that He gives each day (Psalm 105:1-3; 138:1-2; 1 Thessalonians 5:17-18; James 1:17). Sadly, we live in what has been labeled “a thankless society.” Yet, praying together causes families to stop and think about the blessings they have been given. Someone has correctly said, “He who thinks, thanks.” Interestingly, a heart filled with gratitude causes us to be happier and much more optimistic. When your family joins together in prayer, discuss some of the many blessings that God has given, noting some blessings that are extra special personally to family members. Surely, the very fact that we can pray with our families is a reason to thank God!

Secondly, family prayer time **inspires agreement**. When a family sets precious time aside from all of life’s activities to pray, it brings each one closer to God and to each other. It gives individuals an opportunity to share together the ups and the downs that life sometimes brings. By bringing God into our family communication, the Lord becomes part of the very core of the family. Each one can learn to express his or her emotions, which in turn will strengthen the family and the spiritual bond. “The family that prays together, stays together!” Of course, the opposite is often true as well. Interestingly, praying together also helps individuals to forgive and to understand each other better in the family, and what family does not need forgiveness and understanding?

Thirdly, family prayer time **instills awareness**. Sadly, many children grow up with little awareness of Who the God of Heaven really is. In fact, many young people are growing up today with doubt that God even exists. Moses of old reminded Israel’s parents of their responsibility to teach their children to know God (Deuteronomy 6:6-7). By knowing God and His Word, our families are less likely to go astray and to become unfaithful (Psalm 119:9-11). What is the greatest combatant against atheism? Raising a generation to know God! As a family joins together to pray, it creates a legacy of faith and conviction for spiritual things.

So often, parents think about making memories for their children, so that when those children are grown, they can look back on their upbringing and have good recollections. No greater memories can be intertwined into the minds of our children than those times when, as a family, we sought the counsel of Almighty God. Take time today to pray with your family and to watch as God strengthens and sustains your faith and the faith of those with whom you have been entrusted. In the final analysis, it will be the spiritual things a family did together that really matters!

By: Rodney Nulph, Associate Editor