

A Week of Family Prayers

from the GenOn Christian Parenting Project



Monday: Praying for Justice Theme: Liberation and fairness

PRAY: Loving God, today we pray for justice in our world. Help us notice the people who need kindness and fairness. Show us how we can help. Amen.

WONDER: What is one way your family can show fairness this week?

ACT: Write a note or draw a picture for someone who may need encouragement.

Tuesday: Gratitude in Community Theme: Belonging and togetherness

PRAY: God who brings us together, thank you for our family and all the people who love us. Help us to see the good things you've given us and to share them with others. Amen.

WONDER: What are you thankful for today, and how can you share it?

ACT: Create a "Gratitude Jar" and add one blessing each person notices today.

Wednesday: Courage to Be Ourselves Theme: Freedom to be who God made us

PRAY: God of love, thank you for making each of us special. Give us the courage to be who we are and the wisdom to celebrate the differences in others. Amen.

WONDER: Share one thing you love about yourself and one thing you love about someone else in your family.

ACT: Draw a self-portrait or write a short poem about yourself.

Thursday: Caring for Creation
Theme: Stewardship and care 🌱

PRAY: Creator God, thank you for this beautiful world. Help us take care of it by being gentle with all living things. Teach us to be good stewards of Your gifts. Amen.

WONDER: How can your family take care of the Earth this week?

ACT: Go on a walk, pick up trash, or care for a plant together.

Friday: Sharing Hope
Theme: Building a better world 🌈

PRAY: God of hope, we pray for a world where everyone feels safe and loved. Help us to be people who bring hope and joy wherever we go. Amen.

WONDER: Who might need hope today? How can your family share hope with them?

ACT: Call or send a card to someone who may need encouragement.

Saturday: Resting in God's Presence
Theme: Sabbath and renewal zzz

PRAY: God of rest, thank you for giving us time to slow down and be with you. Help us to find peace in our hearts and joy in our togetherness. Amen.

WONDER: What helps you feel rested and closer to God?

ACT: Spend 15 minutes as a family in quiet reflection or doing something peaceful like reading, journaling, or drawing.

Sunday: Dreaming Together
Theme: Vision and hope for the future ✨

PRAY: God of dreams, help us to imagine a world full of love, kindness, and peace. Give us the strength to make those dreams come true. Amen.

WONDER: What is one dream you have for your family, community, or the world?

ACT: Create a "Family Vision Board" with drawings or cut-out images of your shared hopes for the future.