

Whiteboard Prayers

By Audrey Cox

Family members will post their prayer requests on a whiteboard and be reminded to pray for one another daily through this quick and easy prayer activity.

For

Teen Family

Season

Fall

Needed

Bible, whiteboard, fine-tipped dry erase markers—a different color for each family member



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Prepare in Advance

- Mark Philippians 4:6-7 in your Bible.
- Post a whiteboard near the door that family members use most often to exit your home.

Activity Plan

1. Gather the family. Ask someone to read aloud Philippians 4:6-7 from your Bible (or see the text below). Take a moment to imagine what it means for God's peace to "guard your hearts and your minds."

Philippians 4:6-7

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

2. Show the whiteboard and explain that it will be a place for everyone in the family to jot down any prayer requests they have. Have each family member pick a color of dry erase marker and write his or her name in that color at the bottom of the whiteboard.
3. Invite each family member to write a prayer request on the board. If any need ideas, suggest one of these: thank you for; help me; a friend in need; a challenge I'm facing. Perhaps you will want to write a suggested topic at the top of the whiteboard each week. Be sure family members know they can erase or add prayer requests whenever they like.
4. Encourage each family member to pause on the way out the door each morning to pray for the requests written on the board.
5. Close by asking someone to pray aloud:

Dear God, thank you for hearing every prayer. Help us remember to pray for each other everyday and to support our friends through prayer. Amen.