

# Ten Prayer Reminders for Busy Moms

..pray without ceasing... | Thessalonians 5:17

1. Kneel before the bed first thing in the morning and say a quick prayer with your kids. What a wonderful way to set them up for a lifetime routine of prayer, depending on God and putting Him first.
2. Turn your shower into a prayer closet/war room. You can even purchase a waterproof note pad to write PRAY as a reminder in the shower and write what you want to pray about.
3. Say a quick prayer for your kids as you hug them goodbye before school. Have kids pray for each other before school or in the car on the way to school, games, lessons, etc. On the way home, instead of asking, "How was your day?" ask questions such as, "What about your day would you like to pray about?" "What would you like to ask God's help for today?" "Who would you like to pray for today?" "What would you like to thank God for today?" And then pray or encourage them to pray in the car before you get home. These could be prayer starters for the next day as well. (You may want to place a reminder note in your car.)
4. Involve little ones in your quiet time. Read to them, or have them read/look at their own Bible books while you read yours. Discuss what you're reading. Make it their routine, too. (And in the note you leave in the older kids' lunches to tell them how awesome they are, remind them to pray as well.)
5. Take a picture for your phone's home or lock screen of your kids praying, or of them holding a sign or the letters PRAY. Share your picture on social media to encourage others to pray (hashtag: #pursuingPRAYER).
6. Schedule prayer into your bullet journal or planner.
7. Set alarms on your phone to pray short prayers at various times throughout the day (you can download a Christian ringtone for this).
8. Choose a prayer partner and appoint a time to pray over the phone, text, or Facetime.
9. You don't have to wait until they're under the covers to pray at bedtime. Bedtime routines can be stressful, so take some time to pray before the routine begins.
10. Don't beat yourself up or let today's failures keep you from trying again tomorrow. Confess, ask for God's help, and try again tomorrow.

**Train up a child in the way he should go;  
even when he is old he will no depart from it.**  
Proverbs 22:6 ESV

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