

# Intercessory Prayer For Kids

## Intercessory Prayer for Kids: Planting Seeds of Compassion and Faith

Intercessory prayer, the act of praying on behalf of others, is a powerful spiritual practice with profound implications for individual growth. When introduced thoughtfully to children, it can cultivate empathy, compassion, and a deeper understanding of their faith. This article explores the importance of teaching kids about intercessory prayer, offering practical strategies and addressing common concerns.

### Understanding Intercessory Prayer in a Child's World

For adults, intercessory prayer might involve complex spiritual considerations. For children, however, it's best presented in a simple, understandable way. Instead of focusing on intricate tenets, emphasize the act of showing concern for others and asking a higher power for their well-being. Think of it as a powerful form of friendship, where you use your trust to support your friends and family.

A helpful analogy could be a child pleading their parent for help with a issue. They don't necessarily understand the parent's processes, but they trust the parent to help. Similarly, children can learn to trust a higher power to mediate on behalf of those in need.

### Practical Strategies for Teaching Intercessory Prayer:

- **Lead by Example:** Children learn best by observation. Let your child see you engaging in intercessory prayer for others. Express your prayers, explaining who you are praying for and why.
- **Keep it Simple:** Use age-appropriate language and avoid intricate theological concepts. Focus on feelings and sentiments. For example, instead of saying, "I'm praying for their salvation," you could say, "I'm praying that Emily feels better and that everything works out okay for her."
- **Make it Personal:** Encourage children to pray for specific people they know – friends, family, community members. This personalizes the experience and makes it more significant.
- **Use Visual Aids:** Images or stories can help children grasp the concept. Read biblical stories about prayer, or create your own simple illustrations.
- **Incorporate Prayer into Daily Life:** Make intercessory prayer a regular part of your family's daily practices, such as before meals or bedtime.
- **Encourage Gratitude:** Coupling intercessory prayer with expressions of gratitude can enhance the child's appreciation for what they have and fosters a spirit of giving.

### Benefits of Intercessory Prayer for Children:

Teaching children intercessory prayer offers a multitude of benefits:

- **Develops Empathy and Compassion:** It encourages children to consider the needs and feelings of others, fostering empathy and compassion.
- **Strengthens Faith:** Regular prayer strengthens their faith and trust in a higher power.

- **Promotes a Sense of Purpose:** Knowing they can make a difference through prayer can instill a sense of purpose and responsibility.
- **Enhances Emotional Well-being:** Praying for others can be a strong way for children to cope with their own emotions and anxieties.
- **Builds Community:** It connects children to a larger community of faith, strengthening their sense of belonging.

### **Addressing Potential Challenges:**

Some parents might question introducing intercessory prayer to their children, apprehending it might be too complex or result unrealistic expectations. It is crucial to emphasize that prayer is not a miraculous solution to every problem, but rather a way of interacting with a higher power and expressing concern. Explain that God's will is supreme and that sometimes the outcome might not be what we initially hope for.

### **Conclusion:**

Teaching children about intercessory prayer is a valuable investment in their spiritual and emotional development. By employing easy strategies and focusing on compassion, parents can help their children cultivate a lifelong practice of praying for others, building empathy, faith, and a deeper connection to their faith community.

### **Frequently Asked Questions (FAQs):**

#### **Q1: At what age should I start teaching my child about intercessory prayer?**

A1: You can begin introducing simple concepts of prayer and caring for others at a very young age, perhaps as early as three or four years old. Adjust the complexity of the concepts to your child's age and understanding.

#### **Q2: What if my child doesn't understand the concept of God?**

A2: Focus on the act of caring and wishing well for others. You can frame it as sending good thoughts or positive energy towards someone in need. The concept of a higher power can be introduced gradually as your child matures.

#### **Q3: What if my child's prayers don't seem to be answered?**

A3: Explain that prayer is not about getting what we want, but about connecting with a higher power and expressing our care. Sometimes, the outcome might not be what we expect, but the act of praying itself can be soothing.

#### **Q4: How can I deal with a child's frustration if their prayers are not immediately answered?**

A4: Validate their feelings. Remind them that prayer is a process, not a quick fix, and that sometimes the answers take time or come in unexpected ways. Encourage patience and continued prayer.

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