



FAMILY GUIDE

FOR THE PRAYER ROOM

HOW TO TALK TO YOUR KIDS ABOUT THE PRAYER ROOM

What is the Prayer Room?

The Prayer Room is a special room at The Base for people to connect with God.

What is it like in the Prayer Room?

Sometimes there is a whole team on stage singing and praying on the microphone. Sometimes there will be one or two people singing and playing to Jesus. And sometimes it might be very quiet with music playing in the background.

Why are there specific guidelines for how we behave in the Prayer Room?

Different behavior is best for certain spaces. At a park, we run and jump and play and even shout! At a library, we whisper and read quietly. In a classroom, we learn and play games. In a gym, we throw balls and play tag.

The Prayer Room is a sacred space that is set apart for people to connect with God, so, in this special room, we keep our bodies calm and our voices quiet.

GUIDELINES FOR THE SPACE

Please empower your children to know what is appropriate in the Prayer Room by adhering to the guidelines below:

- Water, milk bottles and dry good snacks only
- Children should always be accompanied by an adult
- No Running
- No Jumping off bleachers
- No climbing or swinging from railings
- No yelling
- No taking communion or touching the communion table without an adult
- No going on the stage
- No going in the sound booth
- No going up the stairs to the Mezzanine
- No going in the elevator
- Children are welcome to worship with flags when the bucket of flags is set out by staff
- You're welcome to bring age appropriate flags + ribbons of your own



HELPFUL HINTS

CHOOSE A RHYTHM

Children thrive with consistency! Choose what day(s) and time(s) you will be at the Prayer Room and be as consistent as possible. The more your children are there, the more they will come to love and thrive in the environment!

[Prayer Room Schedule \(link\)](#)

PACK A FAMILY BAG

Pack (and decorate) a bag as a family! Having a special bag with activities that are unique to the Prayer Room will not only create excitement to go to the Prayer Room, but also to help empower your child to find ways to engage in their own way. We recommend packing a simple, small bag to begin; you can always add more as you need fresh activities!

[HERE ARE SOME IDEAS TO GET YOU STARTED!](#)

TALK ABOUT THE GAME PLAN ON THE WAY

On your drive to the Prayer Room, set expectations by reviewing what the Prayer Room is and walking through the guidelines with your children. Remind them of what is not okay, and spend extra time discussing all the things they CAN do. Think “proactive” so you can be less “reactive” once you arrive.

BATHROOM BREAK

Avoid constant interruptions and take a quick visit to the restroom before walking into the Prayer Room.

SAVE ACTIVITIES FOR LAST

It's always a great idea to start your time in the Prayer Room with intentionality (see “ways to help your child engage” below). See how long your child can engage with God without additional activities. When they run out of steam, get them started on their activity bag.



HELP YOUR CHILD CONNECT WITH GOD

PROVIDE OPTIONS (see below)

Here are your options for our prayer time today (see ideas below). Let's practice asking Jesus questions! Repeat after me - "Jesus, which activity should I choose for soaking today?"

Jesus loves to speak to us! What did He say?

CHOOSE YOUR SPOT

Give your child the boundaries of where you plan to sit together. Avoid having children sit next to other children whenever possible. Help them get set up with the supplies they will use.

PROMPT A QUESTION

If it feels helpful, prompt your child with a question to help get them started!

Jesus loves to share His heart with us. Let's ask Him this question - (see ideas below).

Repeat after me - "Jesus, what is one of your favorite things to do?"

Whatever you see, hear, or feel Him say - you can draw/write/create/dance about it!

HINT: Repeat the SAME question to your child several times throughout soaking time - "Remember, we are asking Jesus the question..."

CELEBRATE + SHARE

Giving your child space to explore their own relationship with Jesus is one of the best things we can do as parents, but feel free to check in with them as they go, too! If you don't get a chance to do this while you're at the Prayer Room - it's a great conversation for the drive home!



Ways to Engage

- Draw
- Journal
- Read the Bible
- Take Communion as a family
- Copy down Bible Verses
- Make up a Song and Sing to Jesus (quietly)
- Worship and Dance with Flags
- Lay, Rest, Listen to the Holy Spirit
- Make intercession tangible by praying over photos of friends and family, favorite athletes on sports cards, lonely classmates in the school yearbook, unreached people groups on a world map etc

Questions to Ask Jesus:

We can ask Jesus anything we want, but here some ideas to get you started:

- Jesus, what is a story in the Bible I could read?
- Jesus, what is one of your favorite things to do?
- Jesus, what is one thing I could do to obey you?
- Jesus, what is something that makes you smile?
- Jesus, what is one of your favorite things about me?
- Jesus, where is one of your favorite places to spend time with me?
- Jesus, is there anyone you'd like me to apologize to?
- Jesus, is there anyone you'd like me to forgive?