

Becoming Closer as a Family During Unsettling Times

Seeking God during Quarantine, Unrest,
Social Distancing, and Fear

Dear Friend,

As a family of seven, we have had a lot
of different feelings during these uncertain times.

We have cried, laughed, felt fearful, stressed,
missed friends, and hurt for our country. Some nights, a
whole-family sleepover in mom and dad's room was what
settled fears. Maybe you are like us and are searching for ways
to bring peace and rest into your home. We designed this
family prayer guide and packet in the hope it would draw
each of our families closer to the true source of peace and rest,
which can only be found in Jesus.

We are praying for you and hope this is a
wonderful resource for your family. Hugs and blessings
to you and yours!

Sincerely,
Krystle

& The Help Club for Moms Team

HelpClubforMoms.Com

7-Day Family Prayer Guide

Praying Through Hard Times

Seeking God during Quarantine, Unrest, Social Distancing, and Fear

Day 1:

Pray for God's peace. Read John 16:33.

Ask that God would draw the people of our country closer to Him, find the lost, and give people the peace that surpasses understanding.

Day 2

Pray for the sick. Read Revelations 21:4.

Pray for those affected by coronavirus, and those who are grieving the loss of family members. Ask God to heal the sick and give them strength and hope!

Day 3:

Pray to *not* be fearful as a family. Read Isaiah 41:10.

Pray that God would gently remind you as often as you need, that He cares for you and loves you. God has already overcome this world. We don't need to fear. We just need to rest in His presence and peace daily..

Day 4:

Pray for the friends we miss. Read 3 John 1:2.

Pray for friends and family members you miss seeing. Ask God to keep them healthy, safe, and joyful during this time.

Day 5:

Pray for wisdom and compassion. Read Galatians 6:2.

Pray that God would teach your family the best way to care for people who are hurting, oppressed, lonely, sad, or without a job. Pray that God would guide your family with wisdom on how to care for them and carry each other's burdens.

Day 6:

Pray for the leaders of our country. Read 1 Timothy 2:1-2..

Pray that our leaders will be careful, wise, courageous and humble. Pray that they would use compassion and integrity as they lead our country. Pray that they would seek God before making decisions.

Day 7:

Pray for justice. Read Romans 12:19.

Pray for justice. Pray for justice in both the hearts of people and through the law. Pray for the peace in knowing that God is the perfect judge. He is just, compassionate, and kind. We never need to seek revenge, but trust God.

Day 1:

Pray for God's peace.

Read John 16:33.

"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."

Day 2

Pray for the sick.

Read Revelation 21:4.

"He will wipe every tear from their eyes. There will be no more death' or mourning or crying or pain, for the old order of things has passed away."

Day 3:

Pray to *not* be fearful as a family.

Read Isaiah 41:10.

"So do not fear, for I am with you; do not be dismayed, for I am your God.

I will strengthen you and help you; I will uphold you with my righteous right hand."

Day 4:

Pray for the friends we miss.

Read 3 John 1:2.

"Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well."

Day 5:

Pray for wisdom and compassion.

Read Galatians 6:2.

"Carry each other's burdens, and in this way you will fulfill the law of Christ."

Day 6:

Pray for the leaders of our country.

Read 1 Timothy 2:1-2..

"I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people— 2 for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness."

Day 7:

Pray for justice.

Read Romans 12:19.

Do not take revenge, my dear friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord."

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Staying Positive & Present as a family through hard times

Seek Jesus Daily- Both Personally & as a Family

Center yourself on God's word daily. Take time to worship as a family. Listen to worship music throughout your day.

Reduce Social Media & Screen Time

Resist the urge to always know "what's happening". Designate a time of a day to update yourself, then put your screens down and be present. Encourage your kids to do the same. Keep your home as peaceful as possible.

Get Some Fresh Air- Play Outside Together

Spending time outside is proven to lift spirits and help depression from setting in. Take advantage of God's creation and spend 30 minutes to an hour each day outside- whether that's playing sports together walking, biking, or picnicking.

Create a Rhythm/Routine for Your Day

During uncertain times, having a routine can give your kids something to hang on to and stand firm in. Plan to eat together at mealtimes, have designated screen time, outside time, etc. This can be helpful for long summer months as well.

Read Aloud Together and/or Watch Uplifting Movies

Spending quality time reading or watching movies together with cookies or popcorn can bring a family closer together. Focus on the books and shows that lighten your spirit and remind you of the good in the world.

Serve as a Family- Look for Opportunities to Help

"When I was a boy and I would see scary things in the news, my mother would say to me 'Look for the helpers, you will always find people who are helping.'" Fred Rogers
Find a way, even if it's small, for your family to help. Ask God to show you where He wants your family to be a blessing. Your kids will remember helping.

Make a Family Prayer Board

Pull out a board, and fill it with prayer requests. Dedicate 5-10 minutes a day to pray together as a family. This will be a wonderful anchor in your day and a big way your family can help during these times.