

Praying Psalm 23 for your family:

- Psalm 23:1-2 — Shepherd — Pray for the Lord to be the shepherd of each family member—leading them step-by-step through their unique season of life, helping them to rest and be refreshed from their specific challenges and transformations
- Psalm 23:3 — Restorer — Pray for God to restore their souls and lead them in path of righteousness — Restore means to bring back, almost like hitting “reset” on the way that He made them. Where do your family members need to “come back from”— Anxiety? Choices? Sickness? Striving? Picture a loving Father pulling them close.
- Psalm 23:4 — Comforter — Talk to God about the hard places, the valleys and shadows, that your family members are walking through right now. Thank Him for being their protector and comforter who will not leave them there.
- Psalm 23:5 — Provider — Thank the Lord for his overflowing provision, even (or especially) if it doesn’t feel like it. Recall His past faithfulness and rest in his future faithfulness to each of your family members.
- Psalm 23:6 — Mercy-Giver — Thank Him for his endless and specific goodness and mercy to your family. Name the ways for each family member.

Praying God’s Character Over Your Family — Choose a character trait of God and pray for each family to experience and be transformed by that quality.

1. Comforter — to soothe, console or reassure; to strengthen — Talk to God about what it would look like for each family member to experience His comfort like never before. How would that change him/her? What relief or healing could that release? Matthew 11:28-30
2. Refuge — a shelter or protection from danger or trouble. Talk to your Father about the dangers or troubles your family members are facing. Pray for eyes to see and embrace his shelter and protection in those spaces. Psalm 46:1-3
3. Healer — to make healthy or whole; to cleanse or purify. Talk to your Father about the broken places in your family, not just physical. What needs to be made whole again? What needs his cleansing and purifying presence?
4. Shepherd — a person who protects, guides, or watches over — What would it look like to lean into God as the shepherd over your family members, trusting him to protect, guide and watch over? Talk to Him about the specific places that your family needs protection and guidance. Psalm 23:1-3
5. Counselor — to advise, counsel — Talk to God about the places that your family needs *the* expert, the One and only who sees what we don’t see and knows what we don’t know. Isaiah 9:6

Prayer stacking for your family:

- When brushing your teeth — Pray for the words of their mouths and meditations of their hearts
- When making dinner — Hunger — Pray for your family members’ appetites — What do they hunger for? Where do they look to be satisfied?
- Set a daily timer for each family member on your phone — Share that you are praying for them at a specific time each day and ask what you can pray for them.
- When you go up or down stairs — Pray for God to guide their steps/paths