

5-Minute Family Faith Practices

Resource for families

Table prayer dice--spontaneous prayer

Before or after a meal, have a family member roll a single dice. Use the following guide (or make up your own) to spend a brief moment in praying and sharing together:

If you roll a 1: Thank God for the gift of relationships. Name 1 person not present for whom you are thankful.

If you roll a 2: Thank God for creation. Name 2 ways you have experienced and celebrated creation today.

If you roll a 3: Thank God for forgiveness. Take a moment to name ways you've hurt others (known or unknown). This can be silent or out loud. Thank God for the gift of forgiveness.

If you roll a 4: Thank God for those in leadership. Name 4 people you know in positions of authority/leadership/influence, and ask God to give those people wisdom and strength in their leadership.

If you roll a 5: Thank God for family. Name the people in your household, and those relationships that are just as dear as family. Thank God for these people and pray that they experience God's love today.

If you roll a 6: Pray for the world. Name a story from the news headlines or something that you are aware of that is going on in the world. Ask God to be present in that situation, and for God's people to show care and compassion.