



Gospel Light®

HOME DISCUSSION GUIDE
for Elementary

FALL D
Lesson 4

Praise Always!

“Let everything that has breath praise the Lord. Praise the Lord.”

Psalm 150:6

I wish praying were as natural and innate to me as breathing! There are always errands to run, practices to attend, school events, concerts, recitals—you know, you have them, too! But when my family is on the go and driven by our to-do lists, it feels as though it's just too much to take the time to stop and pray anytime beyond our typical before-meal and before-bed routines. One thing I do is keep a CD of my favorite Christian music in the car so that I can play it to relax and refocus us when we are caught up in the busyness of our lives. It creates a little space for us to talk about God while we're driving.

Try This:

When you're driving to school, sports practice or other activities, take the time to pray with your child a prayer of thanksgiving. Start by thanking God for what you see out your car windows as you travel! Then give thanks and praise to God for all the opportunities you and your children have, and ask His help to use the abilities He's given you to show His love to others you'll be meeting.