

# Praying with Your Baby

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Spiritual Support for Beginning the Journey

From The Blessing Center

~Ministries of Spiritual Nature throughout Life~

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The rest of this booklet introduces a number of kinds of prayer to try with your baby. We encourage you to try each of them several times. Some, you will know immediately as prayers, others will feel less so. Over time, you will discover the ones that help you and your baby most closely connect with God. You will probably find some on your own once you start praying regularly. It doesn't matter which prayers you use most, or if you leave some of these prayers out. What is most important is that you pray together and find the peace it brings. Try to pray at least

...some people it is helpful to set  
...s prayer time. For others, it's

...ket contains ideas for you to use while praying with  
...y. Many people would insist that you pray "for" your  
...ead of "with" your baby. But we believe that, while  
...for your baby is important, praying with your baby brings  
...e of you closer together—you, your infant, and God.

...ayers are designed to help you spend time with God and  
...that holiness with your child. There is no right or wrong  
...pray. We are sure you will discover many  
...r baby that are not in this book. We hope  
...ons are only a beginning, a starting place.

...yes new parents feel silly pray-ing with  
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...and isn't old enough to comprehend concepts li  
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...with their children until they acquire verbal  
...or make prayer sen

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## Praying with Your Baby

But as for me, my prayer is to you, O Lord  
(Psalm 69:13)

Your baby is a gift from God. You hold your baby, look into his or her eyes and know that this child is a miracle - a miracle that is now your responsibility. You want to be the perfect parent, provide the proper guidance and wisdom, and make the choices that will be best for your baby. While these feelings are great—they can also become overwhelming. Remember, you are never alone! God loves your baby as much as you do, in fact, more than you do and God will be with you every step of your parenting journey. That is why praying with your baby is so important. During the prayer time, you and your child will simply spend time in the holiness of God's love, assurance and light.

Life with your new baby may so joy filled, as well as overwhelming, so hard physically and emotionally, that you might find yourself trying to pray and lacking the words you seek. This experience is so profound that there are often no words to express it.

Sometimes prayer is simply being still and listening to the quiet breathing of your baby. It may be walking and soothing your baby when he or she cries, reciting scripture or counting your blessings. And sometimes it is asking God for patience and courage, for endurance and good humor.

No matter what practices you use to pray, the heart of prayer is beyond any "form." It is even beyond the content of what is being done or said or hoped for. Prayer is resting in the holy presence of God and realizing that God is always near. God will never leave this job of parenting up to you alone, for you have been blessed with strength from God, available inside you and through the support of others. Your child is being raised by you and God, together in a bond of common love and good will for your baby.

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## Your Baby Prayer Blanket



The blanket included with this booklet has been made with a prayer in every stitch. You may want to use this blanket exclusively as a sacred space for your prayer time. As you get the blanket out and find a place for it, you will begin to settle your mind and spirit, shifting your energy towards this special time.

You can begin by holding the blanket and asking God to use it to remind you of the wonderful opportunity you have to pray with your baby - and to help you remember that God blesses by providing the energy and wisdom you, the parent(s), will need and the baby will need to continue growing each day in the presence of a loving God.

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