

Hello! I'm so glad you're joining us for this 7 Day Fill their Bucket Challenge! Our main focus will be on praying the Psalms for our children but feel free to pray for your spouse, yourself and others around you using these scriptures.

If you have a strong desire to become a prayer warrior but you're not quite sure where to begin cultivating faith and connection in your home, you're at the right place.

We desire to be parents who are going before the throne of Grace on behalf of our children. So we will dive into the book of Psalm and explore various passages throughout the book.

You can use these scripture blessings to pray for your children, your spouse and other family members and friends. I've also included other fun ways you can connect with your kids with encouragement and questions prompts.

We will be creating life-giving habits of faith and connection in 3 ways (PAC):

01

Pray

You'll insert your child's name in the blank and pray this verse for each of your children, yourself and/or your spouse. This is just a guide if you're not sure where to begin but feel free to make it your own prayer by adding your own thoughts to it.

02

Ask

This section is just a fun way to learn more about your child. Some of the questions are silly others are reflective. Have fun with it!

03

Connect

One of the things I have come to realize is I'm good at spotting the areas that need work way before I see the areas of strength. So this encouragement prompt is here to remind you to focus on the good. Again, feel free to use it as is or tweak it to fit your situation.

By His Grace,
Mari Hernandez-Tuten

7 Days of Praying the Psalms for our Children

Pray & Connect:
-Scripture Blessings
-Questions to Connect
-Affirmations to Encourage

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Day 1

Pray:

May ___ delight in your *Word*
meditate on it day and night
and be like a *tree* planted by the streams of
water that yields fruit in its season and its leaf
does not wither... Psalm 1:2-3

Ask:

DESCRIBE YOURSELF USING TWO WORDS.

Connect:

CATCH THEM DOING GOOD NO MATTER HOW SMALL
AN ACT. SAY,
"I NOTICED WHEN YOU DID--- THAT WAS A GOOD
CHOICE! THESE GOOD CHOICES MAKE YOU STRONGER
INSIDE."

Day 2

Pray:

I pray ___ will know your
Goodness and your *Love*
that *endures* forever.
Psalm 136:1

Ask:

WHAT ARE TWO THINGS I DO OR SAY THAT MAKE YOU
FEEL LOVED?

Connect:

I WANT YOU TO KNOW THAT I WILL ALWAYS BE HERE
FOR YOU.

Day 3

Pray:

Lord, open the eyes of ___ heart today, to see
how *Majestic* is your name
in all the earth and your glory
above the heavens.

Psalm 8:1

Ask:

DESCRIBE GOD IN TWO WORDS.

Connect:

I THOUGHT OF YOU TODAY AS I PONDERED ALL OF
THE WONDERFUL GIFTS GOD HAS GIVEN ME.

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Day 4

Pray:

Father, I pray ___ will hold fast to you in love
and remember to call on you.

In times of trouble, you answer us,
rescue us and are with us .

Psalm 91:14-15

Ask:

IF YOU COULD ONLY TAKE 3 THINGS WITH YOU TO A
DESERTED ISLAND WHAT WOULD THEY BE?

Connect:

I HAVE 10 MINUTES TO HANG OUT! WHAT WOULD YOU
LIKE TO DO TOGETHER?

Day 5

Pray:

Lord, sometimes our emotions take over.
Help ___ be a person who does not
sin in anger but
searches the heart in silence.

Psalm 4:4

Ask:

WHAT ARE SOME THINGS THINGS THAT MAKE YOU
FEEL SAD OR MAD?

Connect:

IT'S OKAY TO FEEL ANGRY, SAD, AND HURT. YOU CAN
ALWAYS TELL ME WHEN YOU'RE FEELING THAT WAY.

Day 6

Pray:

Lord, may the light
of your face
Shine on ___ today.
Psalm 4:6

Ask:

WHAT IS A "RULE" IN OUR HOME THAT YOU
APPRECIATE? WHY?

Connect:

OUR FAMILY MAKES A GREAT TEAM!

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Day 7

Pray

In *peace* ___
will lie down and sleep,
for you alone, Lord,
make us dwell in safety.
Psalm 4:8

Ask:

WHAT IS SOMETHING FUNNY OR EMBARRASING THAT
HAS HAPPENED TO YOU?

Connect:

I HAVE 10 MINUTES TO HANG OUT. WHAT WOULD YOU
LIKE TO DO?

Day

Pray

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Ask:

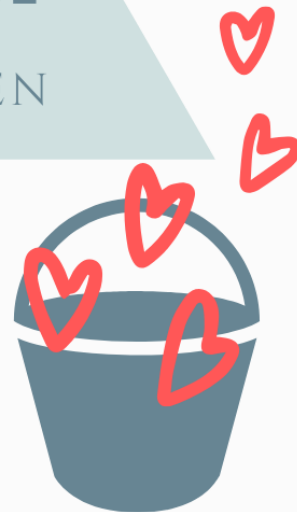
Connect:

THE 7 DAY "FILL THEIR BUCKET" CHALLENGE

PRAY & CONNECT WITH YOUR CHILDREN

START OFF EACH DAY BY SAYING TO YOURSELF,
"I'M GOING TO FILL MY CHILD'S BUCKET TODAY!"

YOU CAN FILL YOUR CHILD'S BUCKET BY DAILY DOING THESE 3 THINGS:
PRAY, ASK & CONNECT(PAC). YOU CAN DO THEM IN ANY ORDER BUT
TO MAKE THE HABIT STICK I'D ENCOURAGE YOU TO START BY DOING
THESE AT THE SAME TIME EACH DAY.



PRAY:

- ♥ PRAY FIRST THING IN THE MORNING.
DO IT WHEN YOU'RE STILL IN BED OR
WHILE YOU DRIVE THEM TO SCHOOL OR
WHILE YOU'RE MAKING THEM BREAKFAST.
- ♥ PRAY SILENTLY, OUT LOUD OR IN THEIR PRESENCE.

PRAY A VERSE FOR YOUR CHILD , YOURSELF,
♥ YOUR SPOUSE... USING THE CONNECTION
CARDS.

ASK:

- ♥ ASK A QUESTION USING THE DAILY
CONNECTION CARD. SHORTLY AFTER
SCHOOL OR DURING DINNER IS A GOOD
TIME.
- ♥ SHARE YOUR OWN ANSWER OR A
CHILDHOOD MEMORY.
- ♥ YOU CAN ASK THEM TO HANGOUT WITH
YOU.

CONNECT:

- ♥ BUILD A STRONG FOUNDATION WITH YOUR CHILD USING ENCOURAGING WORDS.
- ♥ MAKE YOUR PRAISE SINCERE. LOOK AT WHAT THEY ARE DOING WELL AND PRAISE IT!
OR PLANT SEEDS WITH WORDS OF HOPE BY PRAISING WHAT YOU HOPE TO SEE IN THEM ONE DAY.

*Then Christ will make his home in your hearts
as you trust in him. Your roots will grow down
into God's love and keep you strong.* EPHESIANS 3:17