

# God Be With Me

By Stacia McDermott



As a family with adolescents, your life is filled with commitments. Sometimes we forget that keeping God at the forefront of our thoughts can directly change how we interact with others and experience daily frustrations. This simple prayer can be said together in the morning before you leave to start your day and posted on doors in your house.

## For

Teen Family

## Season

Summer

## Prepare in Advance

Print the prayer (last page) and hang it on each door your family uses to come and go.

## Activity Plan

1. Choose a morning or evening when everyone will be present to introduce this family prayer.
2. Read the introduction of this activity aloud:

With our busy lives and different schedules, we're going to try to pray the same prayer before we leave to start our days. In doing so, we ask God to be with us in every thought and interaction—thus transforming our day. We ask God to be on our mind so our thoughts turn to God; to be on our lips so that when we speak we use words of kindness and love; to be in our heart as we deal with the ups and downs that we encounter throughout day.

3. Say the prayer together as a family:

*God, be on my mind, on my lips and in my heart.*

4. Tell family members that this prayer will be posted on all the doors as a reminder.

## Additional Idea

Check in with family members after a week or so of saying this prayer to see how it has impacted their daily lives.



God,  
be on my **mind**,

on my *Lips*

and

in my **heart**.

