

## What can you do for Mom and Dad?

Sometimes you feel so lonely, and actually really in the way when things are going wrong at home or when Mommy and Daddy fight. Is it your fault? Can you perhaps do something to change things so that everything will get better? Sometimes you just want to show them you love them and help them with all the difficult things they have to do. There is something very powerful that you can do; you can ask your heavenly Father to help them. Your prayers can really change their lives; praying is one of the most important things you can do for them. Why don't you start praying for your parents with one of your trusted friends every school day during break for 5 minutes, or in the evening before dinner? Do not wait for bedtime, then you may be too tired to pray. Here are five things you can pray.

1. **Lonely...** When your parents fight it makes them feel really lonely, especially if they are still angry when they go to sleep. Every time you hear them fight, or if they are unhappy, go and find a place where you can spend a few minutes alone with God. Ask His help and pray that Jesus will give them peace and that they will understand how much Jesus loves them.
2. **Afraid...** In many homes money is a problem. Sometimes there is not enough money. Ask your Heavenly Father to help you as a family. Remember that Jesus taught us to pray: Our Father who is in heaven, give us our daily bread. Ask and you will see how God will provide for everything. And many times it will help Mom and Dad if you go to them and ask if you can pray with them that God will provide for all your needs.
3. **Angry with you...** Sometimes you do something that you realise afterwards was wrong. Pray that they will help you to do the right things and show you the right way. Pray and ask the Lord to help them to forgive you and make sure you say that you are sorry.
4. **Give a hand...** When your parents come home, see if there is something that you can help them with. Sometimes you can offer to make them a cup of coffee, do the dishes or wipe the table. Ask the Lord to show you small things that will make them proud of you and be a blessing to them. Reaching out to them like this will definitely change their heart and attitude towards you.
5. **Their relationship...** Pray for them to live in peace with one another. Also ask them to sometimes do something together at home as a family and pray that God will make them willing to do that. Tell them that you love them, and that you want to spend time with them. They do not always realise that you need them.