

APEST

in Parenting



praying the five modes of Christ's presence

by Jon Ritner

After reading 5Q, I wondered if the APEST acronym would make a meaningful prayer guide. I asked a friend to create a graphic summary of the five gifts using all the synonyms and titles I found in 5Q. Then I printed one and put it in my kids' room by their beds. At night, I pray through each of the five modes of Christ's presence in my kids' lives and in the life of our family. I try to filter the events and opportunities of the week through the five functions. I am amazed how each night the Spirit leads me to specific behaviors, character qualities, and habitual practices that I want to see become evident in our life as a family. As these prayers begin to bear fruit, I believe we will become a more effective example of Jesus and the Kingdom of God to the world around us. Here is the summary sheet created by my designer friend, Kevin Miller, as well as some examples of how I have been praying.

Apostle

"Give our family the courage to take risks rooted in the Spirit's leading. Help us to step out into adventure and liminality where real growth most often occurs." "Thank you for my daughter's bravery to try new things and may she not lose that innovative and creative passion as she enters Middle School."

Prophet

"Help our family to see systems that need reforming in Hollywood so that we can advocate for those with less influence than us." "Grow in my son a heart that is willing to tell the truth when confronted about his behavior."

Evangelist

"Give us a deep love for those living around us in our apartment complex and provide space and opportunity for us to be Jesus to our neighbors through hospitality and friendship." "Help my kids to always see those on the margins, the left out, and the looked over, and let them be leaders at including them at school."

Shepherd

"Thank you for my son's tenderheartedness and empathy for others. Help him to know how to use that gift to serve others but also protect him from those who seek to harm him because of his generosity." "Deepen within my kids a heart to help and serve each other and their friends first before they seek their own interests."



Teacher

“Create a passion for your Word in our life. Help us to learn and live out your truth, especially our memory verses.” “Help my kids to retain their French language skills that they learned in Brussels.”

Notes of Reflection:

Key areas for growth -

Next steps-