



Ways to Pray

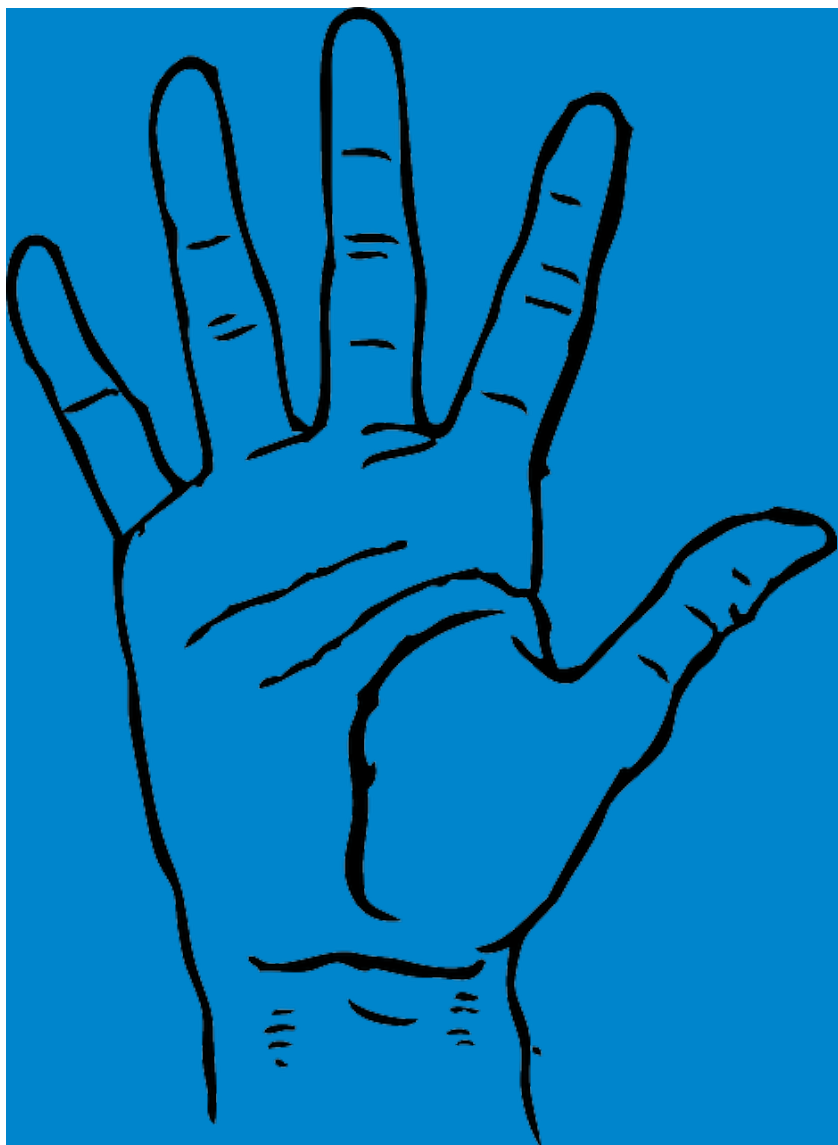
Teatime
CHURCH 



Teaching Children to pray is an invaluable gift – it is a gift that they can carry with them throughout life. Giving Children time and space to pray creatively helps them connect with God.

we hope the ideas below will help you and your Children to get started.

Prayer Ministry Team.



FIVE –Finger Prayer

Sit quietly with your hand palm upwards towards you or if your child(ren) would prefer get them to draw round their hand and write or draw their prayers on each finger

Each finger is used to pray for a specific thing – start with your thumb – encourage your child(ren) to pray out loud the things they think of, this will give them confidence in praying:

Thumb – pray for those closest to us

Index Finger – for those that teach, instruct and heal us

Middle Finger – is for those that lead us

Ring Finger- for those that are ill or need our help

Little finger – Ourselves





Rainbow Prayer

Either draw a Rainbow with your child(ren) or line up crayons or colouring pencils in the order of the colours of a rainbow.

Use a different colour to pray about something different, for example (or let your child(ren) think what each colour represents for them):

Red – pray for those that are having to be brave

Orange – pray for patience in what we are having to wait for

Yellow – yellow reminds us of sunshine and being thankful

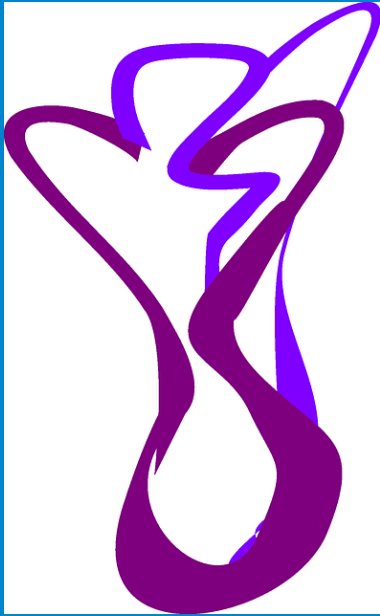
Green – Creation – pray that we will look after the world

Blue – pray for the places where there is war and peace needs to be found

Indigo – those that are sick

Violet – those that lead that they will make the right decisions





Prayer through movement:

Put some music on – a bit like musical statues, when the music stops, ask your child(ren) to say a simple prayer of thanks, next stop a prayer of praise to God, next stop pray for those that need our help etc.

Use the following prayer with movement:

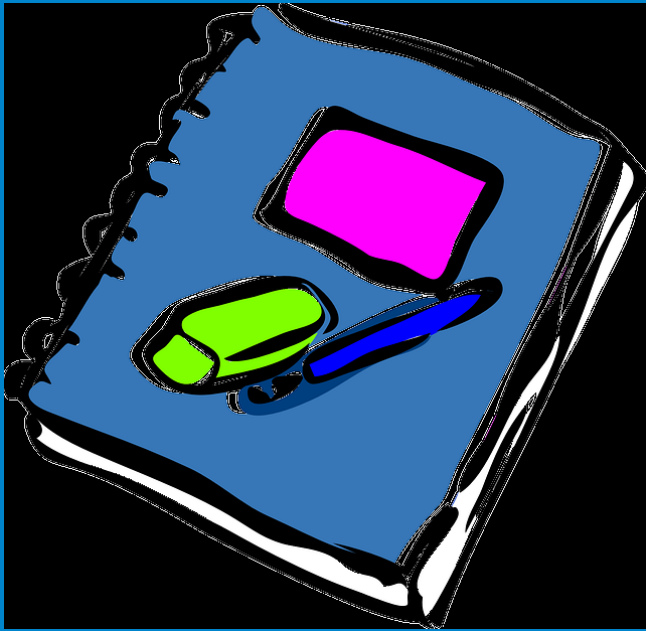
Take 3 deep breaths

God you are above (reach for the sky), below (reach for your toes), inside (hands to heart) and all a round (big arm circles)

I worship you (reach to the sky), and give my life to you (touch your toes)
And I love you (hands on heart) with all that I am (big arm circles)

Take 3 deep breaths to finish





PRAYER JOURNAL:

Encourage your child(ren) to use a book to either draw or write their prayers to God – which can then be revisited at different times.

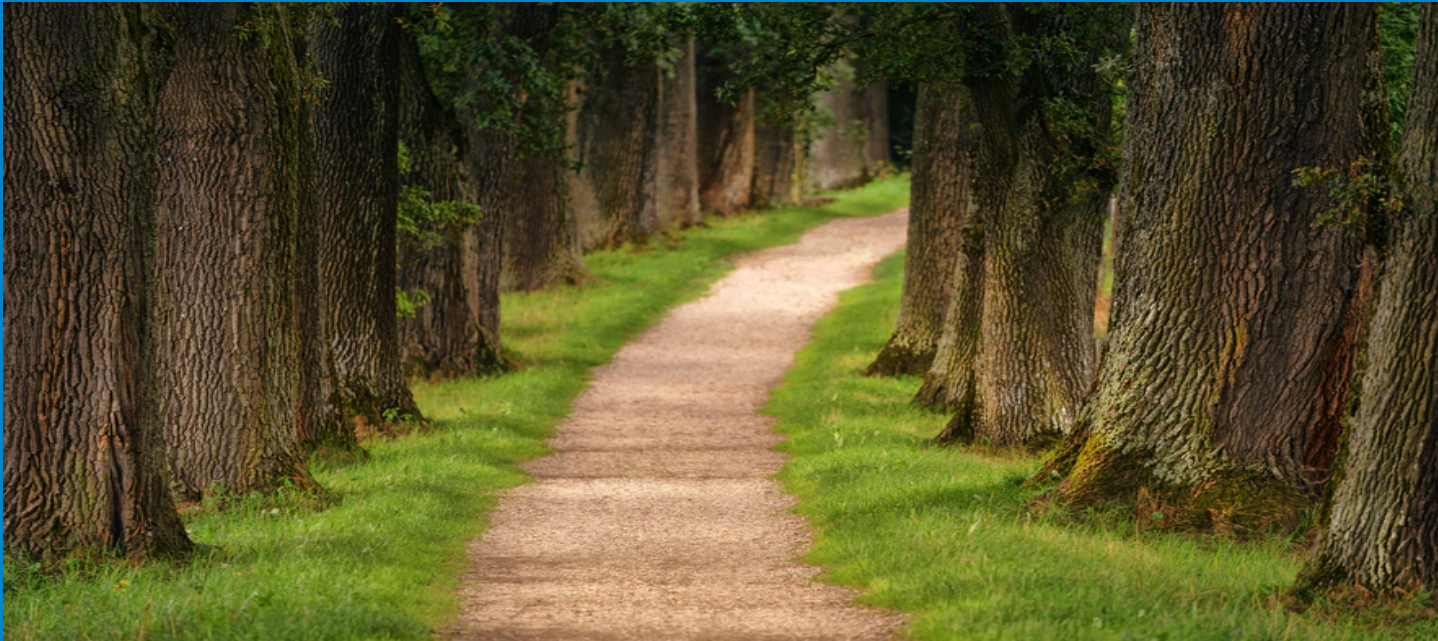
For older children encourage them to write a letter to God as a way of having a conversation with God.

Fill in the Blanks Prayer: a group thank you prayer

Taking it in turns to say “God is great, God is good, thank you God for.....”

See how long you can keep going!





PRAYER WALK: During a walk, search for things that you are thankful to God for. In the streets or in the countryside, look for the things that you appreciate and can thank God for.



Scripture Prayer:

Choose a short Bible verse with your child(ren) and use it as a prayer at the beginning and end of each day.

If it helps, write the verse on a piece of paper and ask your child(ren) to draw a picture about the verse – use the picture during the time of prayer as a focus.

