

Prayer Family Faith Trail



The Uniting Church in Australia
Synod of South Australia
Mission Resourcing

Blueprint
ministries

INTERGEN
TEAM



LUTHERAN
CHURCH
OF AUSTRALIA
SOUTH AUSTRALIA
NORTHERN TERRITORY

Welcome!

*Welcome to the Prayer Family Faith Trail –
an opportunity to explore prayer through a variety
of activity stations and to grow faith at home.*

In the midst of our everyday lives, we each have the opportunity to develop our prayer life and celebrate our story in “God’s big story”. This includes modelling and inviting children in our homes to pray too.

This trail is about equipping families and households (of ALL ages) to grow in faith. One size does not suit all!

You are free to pick and choose what activities to do – there is no expectation that you’ll do everything. We are aware that not every activity will connect with every family, particularly depending on the age and interests of the people in the household.

We encourage you as a family (or group of families or even an intergenerational group) to **decide on at least one thing** you could use or adapt from this resource to do together to encourage prayer in your home.

You might choose to do one activity station (one page) each week of the month. You may prefer to do different parts of each station on different days of the week, depending on your family or group’s schedule and attention span, (particularly younger children). This resource is yours to adapt and use in whatever way is most helpful to encourage developing regular prayer practices for you and your household.

We hope this booklet provides a few ideas and resources for you and your family’s faith to grow. This is not about adding another thing to the busy-ness of life. Instead, in the midst of everything, as you go about your day whether at home or out and about, playing or working, indoors or outside ...

*May you play, talk, and ask questions;
pray and bless each other; and invite
God into your ordinary everyday
places and plans so that you may
grow in faith together.*

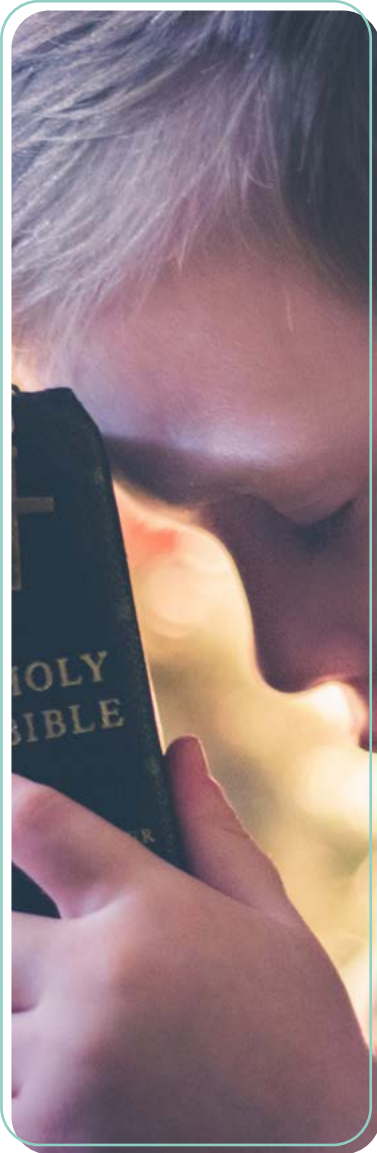
*We pray that
your family,
household, or
small group will
grow together
as followers of
Jesus as you pray
in the day-to-day
places of life.*

Let’s be people who pray for ourselves, our children and our homes. Let’s be people who pray with our children and with other parents and families too.

Pray For:

- parents, yourself, and others, for God’s love to shine through.
- children, yours and others, for their faith development.
- wise Christian mentors in the lives of children and household members of all ages.
- people in other places around the world to know Jesus and grow in faith.

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What does this mean?

Growing in faith – can also be called ‘discipleship’ or ‘growing as a disciple/follower of Jesus’ or ‘faith formation.’

Blessing: a blessing is a type of prayer asking for God’s favour (gifts of love, peace, joy ...) and protection. Each station has a short blessing that you can pray for each other in your household or for yourself. You could make the sign of the cross or a heart shape with your finger on each other’s foreheads or the back of their hands as each blessing is said.

Station 1:

Morning Prayer

LOCATION:

Lounge or bedroom floor (space for stretching).

FROM THE BIBLE:

Psalm 5:3; Psalm 113:2-3. What does the Psalmist do in the morning?

Lamentations 3:22-23 What does this writer remember each morning?

ACTIVITY PRE-SCHOOL:

Prayer through Movement: Take 3 deep breaths, then pray:

God, you are above (reach up), below (touch toes), inside (hands to heart) and all around (big arm circles).

I love you (hands to heart) with all that I am (big arm circles).

Amen (hands together).

Take 3 deep breaths. *(Adapted from Illustrated Ministry)*

ACTIVITY PRIMARY:

Head-to-toe Prayer: Pray using different parts of the body to shape your prayers. Point to each body part as you pray.

For example:

- Toes: Help me God to walk in your ways.
- Knees: I kneel in prayer before You, God. For you are great and full of grace. (Honour God with words you might use for a King.)
- Tummy: Thanks God for all that You provide for my family, including our food!
- Hands: God, help me to serve my neighbours and friends. (Ask for opportunities).
- Ears: May I hear Your voice, O Lord above all others. Help me to listen to the needs of people around me.
- Mouth: Help me to speak Your Word boldly to those who need to hear it.
- Eyes: God give me eyes to see people who need to know they are known and loved by You.
- Head: May I have the 'mind of Christ' (1 Corinthians 2:16) and not be anxious or afraid.

Adapted from <https://ministryspark.com/creative-ideas-teaching-kids-prayer/>



ACTIVITY ALL AGE:

2 Minute Stretch and Pray: Stretch only as far as is comfortable. Keep your hands open as a symbol of trust in God.

Stretch arms up high — 30 seconds: focus on God, raise your eyes to heaven. Offer prayers of adoration and praise for who God is.

O God-Enthroned in heaven, I lift my eyes toward you in worship (Psalm 123:1 TPT).

Bend over and stretch down — 30 seconds: bowing in reverence and humility to God. Thank God for new mercies each day and ask for what you need for the day ahead.

Stretch arms and body to the left — 30 seconds: pray for God's blessings in the lives of family and friends.

Stretch arms and body to the right — 30 seconds: ask God to direct your activities, conversations, and thoughts for the day ahead.

Adapted from <https://arabahjoy.com/short-morning-prayer/>



BLESSING:

May God's love bless you in the morning and throughout the day. Amen

REFLECTION:

At breakfast or while you are waiting for the toast to pop, talk about and pray for:

- What you are doing today.
- Who you are meeting or who you would like to talk with / help out today.

OTHER IDEAS:

A prayer for younger ones:

Good morning Jesus,
I give this day to you.
Please be with me
In all I say and do. Amen

Go for a prayer walk: while you walk down your street, on a nature trail or around the outside of your house, as you see and think about people and places, say a prayer for them.



Chat Bubble

What do you like about the morning?

What do you like to do when you first get up?

What do you think Jesus did in the morning when he lived on earth?

Station 2:

Meal-time

LOCATION:

Dining table (space to share stories, food and hospitality).

FROM THE BIBLE:

Romans 12:13 What are we encouraged to do?

Acts 2:42-47 What did the early church do?

ACTIVITY PRE-SCHOOL:

Prayer pail: You will need a small pail or container, large wooden pop sticks and textas.

Write prayer ideas on each pop stick. (Children can help choose these topics and parents can write them if needed.) Ideas to pray for: My family, God's creation, People who are sick, Animals, 'Thank you God for ...', 'Please help me to'

Put all pop sticks in the tin and place the tin in the middle of the table. At mealtimes, take turns to choose one pop stick each and pray for what is written on it.

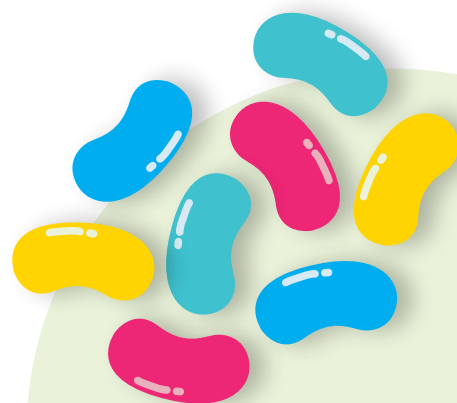
ACTIVITY PRIMARY:

Jelly bean prayer: Have a selection of jelly beans or coloured candy (M&Ms or Smarties). Discuss and decide what each colour represents as a topic for prayer. For example: blue = water and air; green = plants and nature; yellow = friends and family; red = people who are sick, lonely etc. As each person selects a lolly, have them pray for something/ someone in that category using simple sentence starters such as: 'Thank you for ...' 'Sorry for...' 'Please help with ...'

ACTIVITY ALL AGE:

Prayer placemat - see Appendix 1 to print and laminate this one pictured here or search online for other prayer placemat options.

The Big Scrumptious Faith Filled Feast – <https://kitchentable.org.uk/feast/> for lots of ideas on hosting a feast, includes a link to order free activity placements too.





BLESSING:

May God's love bless you as you eat this meal and throughout the day.
Amen

REFLECTION:

Talk about:

- What do you think meal-times were like in Jesus' time?
- What stories about sharing food and eating together are in the Bible?
- What does this say about mealtimes?
- What can you do to offer hospitality to others?

OTHER IDEAS:

Before a meal we can say or sing our thanks to God for the food we're about to eat. This is often called grace. What meal-time graces do you pray or know?

Try out one of these before your meal:

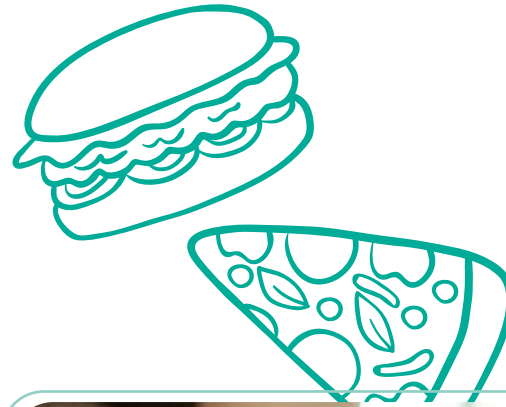
We Will Praise Him: to the tune of 'We will rock you'. Use cutlery ends to tap on table twice then clunk cutlery together in this pattern: xx O xx O:

Jesus was a cool dude,
40 days with no food,
Then he wrote the golden rule and that's O.K.
He's got love on his face,
Full of grace!
He's spreadin' his word all over the place!
Singin', We will, we will
Praise him yeah, praise him WOO (2x).

God is Great: to the tune of 'Rock Around the Clock'. Optional: clap as you sing:

God is great, God is good
And we thank You for our food
We're gonna thank You morning, noon, and night.
We're gonna thank You, Lord, You're outta sight!
Amen (clap clap) Amen (clap clap)
Amen Cha Cha Cha (jazz hands).

For more ideas: <https://www.ultimatecampresource.com/camp-songs/camp-songs-for-grace/>



**Chat
Bubble**

Share your highs and lows:

- *What's something good that might happen/has happened today (thumbs up)?*
- *What's something not so good that might happen/has happened today (thumbs down)?*

Station 3:

Listening Time

LOCATION:

A space with minimal distractions, such as, at a table, by a window, outside (turn off devices too).

FROM THE BIBLE:

Mark 1:35; 6:31-32 and **Luke 5:15-16** What did Jesus do?

Why do you think he did this?

Psalms 46:10 Why might being still help us to know God?

ACTIVITY PRE-SCHOOL:

Freeze prayers: Move or dance around the room. On the count of 3, freeze and have a quiet moment. Whisper a prayer to God ... Thank you for ... or Please God ...

ACTIVITY PRIMARY AND ALL AGE:

Focus prayers: Choose something to help you focus on God, for example, light a candle; hold a rock or a leaf; trace a fish shape or infinity symbol on your palm. Don't let the object distract you.

Focus on the object and remind yourself - God is with you, perhaps by praying:

God of quietness, here I am, listening. Please speak to me God.

Then wait in silence ...

Gently conclude your time of 'listening prayer' by thanking God for being present with you.



BLESSING:

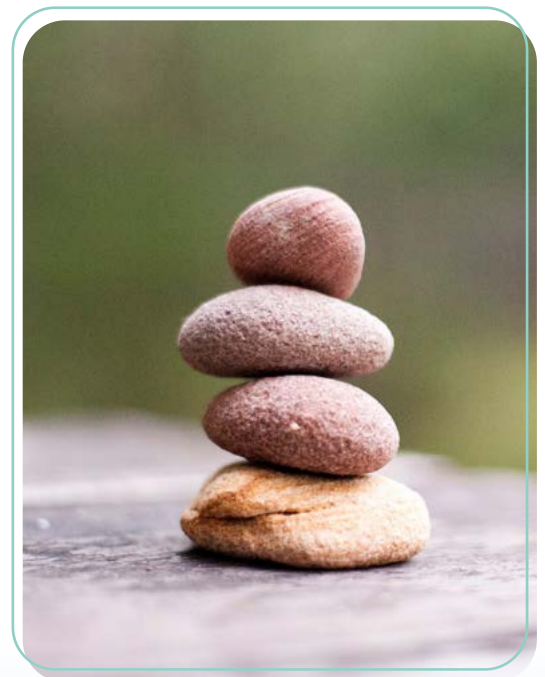
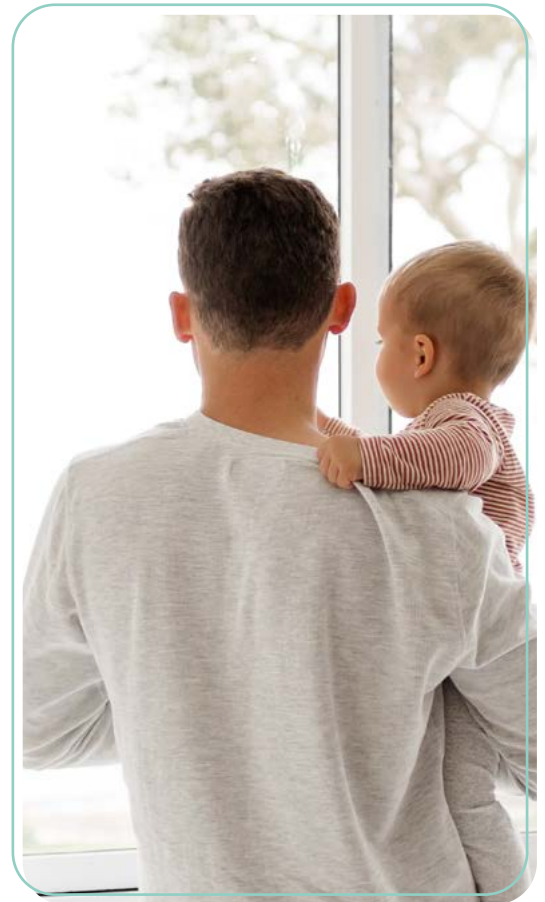
May God's love bless you as you listen to God throughout the day. Amen

REFLECTION:

Talk about:

How can you spend time listening to God this week? Brainstorm when, where and how you can spend quiet time listening to God. Choose one of the ideas to try this week.

When we feel busy how can we encourage each other to take unhurried time to sit with God?



OTHER IDEAS:

SOAP Bible reading method: This stands for *Scripture; Observation; Application; Prayer*. There is more information about this method online.

Scripture: Read a Bible passage then write a verse(s) or a phrase.

Observation: Think about what this says about God and what God might be saying to you.

Application: How might you apply this to your life?

Prayer: Pray and ask God to help you.

Take an internal inventory: Ask God to help you do some self-reflection. How are you emotionally, mentally, physically and spiritually? What might your emotions, thought patterns or body be telling you about what you need to pay attention to? Ask for God's help in doing this.

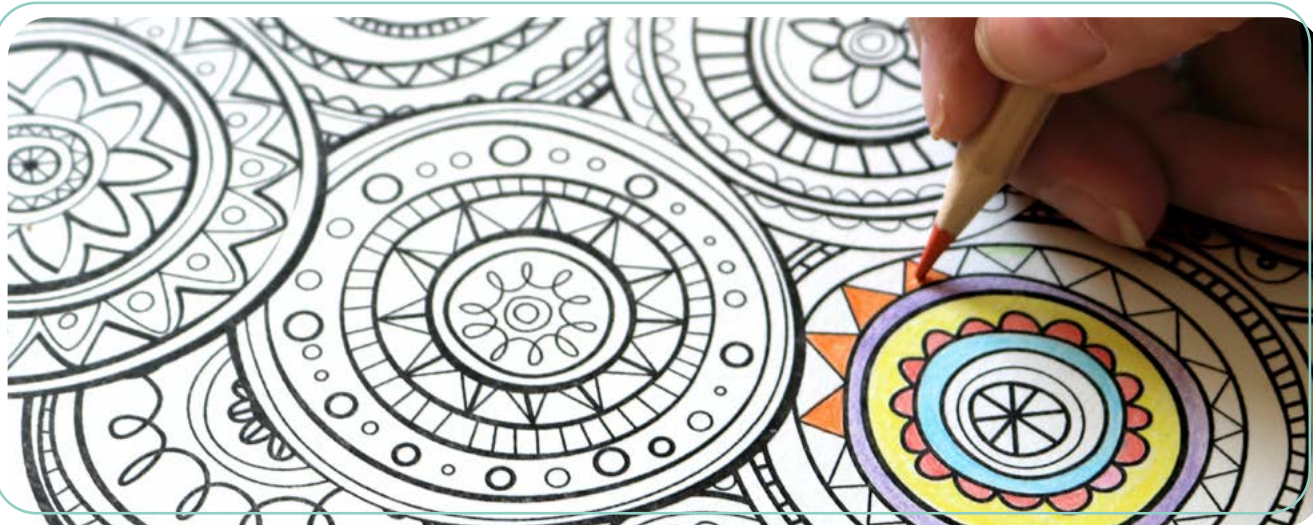
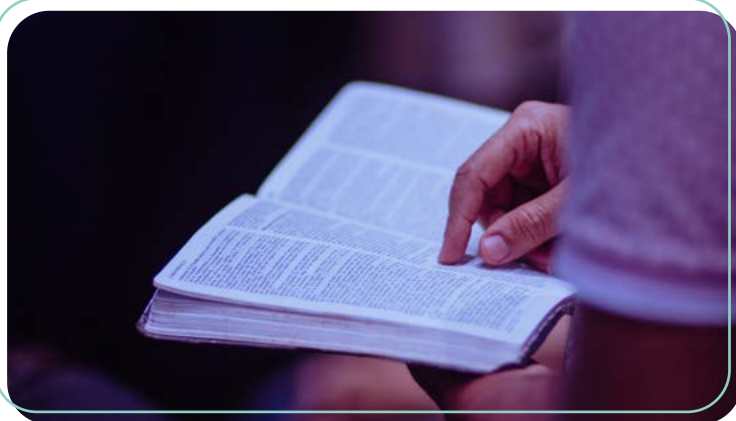
'Christian mindful Colouring': Search online for pages to print with a Christian message. As you colour, listen for God to speak to you and pray as you are prompted.



Chat Bubble

What helps you to be still and listen to God?

When have you heard from God? What happened and how did you feel?



Station 4:

Through the day

LOCATION:

Anywhere (space to connect with God).

FROM THE BIBLE:

Recall times when 'God thoughts' or prayers have unexpectedly popped into your mind.

1 Thessalonians 5:16-18; **Ephesians 6:18** What do these words from the Bible say about prayer?

Romans 12:9-18 How are we encouraged to go about our day and our lives?

ACTIVITY PRE-SCHOOL AND PRIMARY:

Doodle Prayers

Need: paper and textas/pencils for each person.

Discuss who you can pray for and about what you can pray. Consider things that might happen in your day. Give everyone a piece of paper and textas or pencils. As you pray, either aloud or quietly, start to doodle or draw your prayers. You can play worship music while this is happening if you wish.

Adapt this idea by using a colouring-in book. Use the items in the colouring picture as a focus for your prayers.

For great ideas about Doodle prayers visit: <https://www.prayerandpossibilities.com/prayer-doodles-drawing-your-mind-to-focus/>

Pray the alphabet – ABC Prayers:

Take turns offering a prayer about something starting with each letter of the alphabet. You could do this while doing chores, walking to school, waiting in a queue, driving in the car or while having morning tea. For more ideas: <https://www.guideposts.org/faith-and-prayer/prayer-stories/how-to-pray/pray-the-alphabet-wherever-you-are>

ACTIVITY ALL AGE:

Prayer pockets (prayers to carry with you).

Write short, simple prayers on cards (like a business card) and keep them in your pocket, wallet/purse, or next to your keyboard or coffee cup. You could also use Bible Verses as prayers.

Another idea is to keep with you a list of names or events to pray for. (Maybe one for each day of the week.) Adapt this by praying through your diary/ calendar or your to-do list. Whenever you open your diary to see what's next on your schedule or when you add a new item, pray for the people you are meeting with and the things that you are doing.





BLESSING:

May God's love bless you in each moment throughout the day.
Amen

REFLECTION:

Talk about:

How do you think God is with us through every part of our day?

Why is prayer a gift?

OTHER IDEAS:

List Prayers – Pray About the Little Things.

This activity helps us understand that Jesus cares about each of our lives - the big things and the little things.

Together, make a list of topics or people for whom to pray. You could use headings such as, Thank you God for ... Please bless ...

Be as creative as you like in how you make your list. You could:

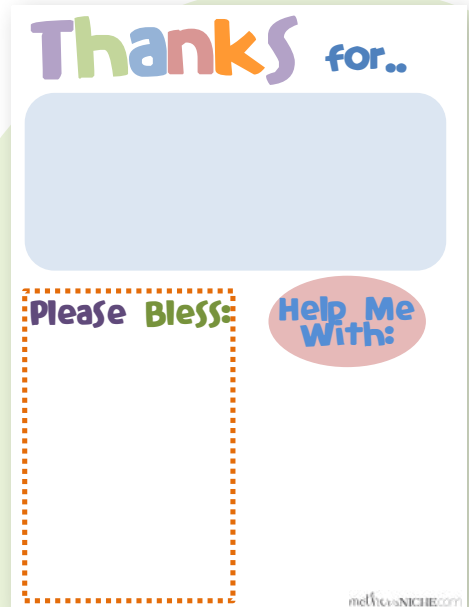
- write or draw your prayer ideas on paper
- make a folding pop stick list (see image top right):
<https://www.daniellesplace.com/html/thanksgiving-Crafts-2.html>
- make a poster (see image bottom right):
<https://mothersniche.com/wp-content/uploads/2013/08/kids-prayer-journal.pdf>

Put the list in the kitchen, bathroom or car and as you go about your day, pray through the items on the list.



Chat
Bubble

*When, where and how do you pray during the day?
Does prayer change your day? If so, in what ways?*



Station 5:

Recreation or Play time

LOCATION:

Where ever you engage in a hobby or with toys (space for fun).

FROM THE BIBLE:

Romans 12: 1-3 How might we renew our minds?

Phil 4:6-7 How might God's peace guard our hearts and minds?

ACTIVITY PRE-SCHOOL:

Add Faith: As your children play

In the sandpit: chat about and build Bible verses/stories about sand, such as building houses on sand/rock, desert stories of the Old Testament.

In mud puddles: chat about and thank God for making dirt, water and legs to jump. God made humans out of dirt, what can we make out of mud? Chat about how God forgives us when we make mistakes and cleans our hearts.

In the garden: Look at all the beautiful things God has made, race around and point to things God has made and say/shout/sing, 'Thanks God for ...'. Sing 'If I were a butterfly'. Find things of a particular colour and then thank God for those things.

You could adapt these conversations for most toys and games that children play. As they engage with something ask 'I wonder' questions and talk together about where God is or how their play/toy connects to a Bible story. Tell a Bible story with toys/crafts or turn it into a prayer, perhaps asking God something or giving thanks.

ACTIVITY PRIMARY:

Romans 1:20 says "God's eternal power and character cannot be seen. But from the beginning of creation, God has shown what these are like by all he has made". (CEV)

When we look at all that God has made in the world we can start to see what God is like. Creation gives us a glimpse of God.

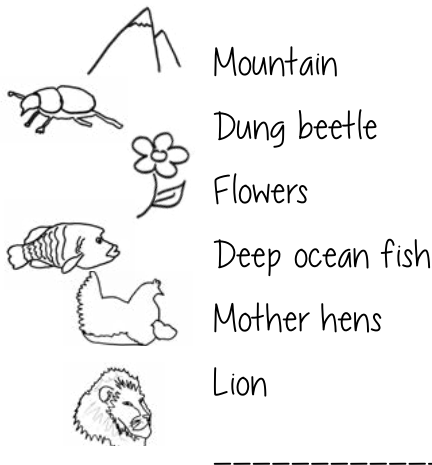


Pray together: Each person calls out something in nature to thank God for - *Thank you God for*

Call out something about what God is like – this is called praising God. *God you are*

If you are outside you could, notice something in nature and ask: What does this 'thing' tell us about God? Can you turn this into a prayer of praise and thanks?

Discuss different ways to match up the thing in nature with what it might tell us about God.



God is mysterious



God is imaginative



God is big



God is caring



God is a teeny bit scary



God thinks of everything



God -----

Can you think of some more?

ACTIVITY ALL AGE:

Choose a recreational activity to do either on your own or with your household; perhaps a board game, kicking a ball, gardening or going for a walk.

As you play, discuss together or reflect to yourself about how we live into the ways of Jesus during our recreational time and activities. You might like to consider the two great commandments (Matthew 22:36-40) or the 'fruit of the Spirit' (Galatians 5:22-25) or how we show love as Christians (Romans 12:9-21). For example, talk about how we can observe and name, in ourselves and others, being genuine or showing self-control when playing a game or baking. Pray for each other to be more like Jesus and praise God for when we see "Jesus' love in action" in ourselves and others.



BLESSING:

May God's love bless you as you play (enjoy recreation) and throughout the day. Amen

REFLECTION:

Talk about:

How does our recreation or play time help us become more like Jesus and grow in faith?

How can we use our things and our time to help other people, and share God's love?

OTHER IDEAS:

Listen to music about faith. Sing and dance along.

When painting, colouring or drawing, talk about the colours God has made.

If drawing/taking photos of people and nature, talk about how God has made us. Then praise and thank God!



Chat
Bubble

What do you like to do
in your 'free time' to
relax/re-create?

(For example, hobbies,
sport, toys, games ...?
Indoors or outside?)

Station 6:

Bed time

LOCATION:

In a comfortable and safe space, such as a couch, bean bag or on a bed (space for rest).

FROM THE BIBLE:

Deuteronomy 6: 4-7 What does God command us to talk about?

ACTIVITY PRE-SCHOOL:

Hands of Prayer (Prepare earlier in the day or do as a special activity before bedtime).

Option 1: Trace around your child's hand on a coloured piece of paper. Cut it out and together suggest things to pray for and write or draw them on each finger. At bedtime pray for these things.

Option 2: Hold your child's hand and point to each finger while naming something to pray for:

- Thumb = thank you for a great day (thumbs up)
- Pointer = help me to do good (point as if you're giving orders)
- Middle = we praise you God for everything (or name something specific) (high five)
- Ring = thank you for my parents/those who care for me
- Little = please bless and care for me (pinky swear – link little fingers together)
- Clasp your hand and your child's hand together = Amen!

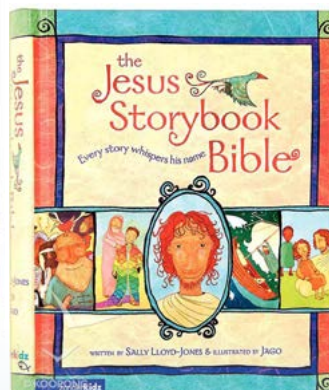
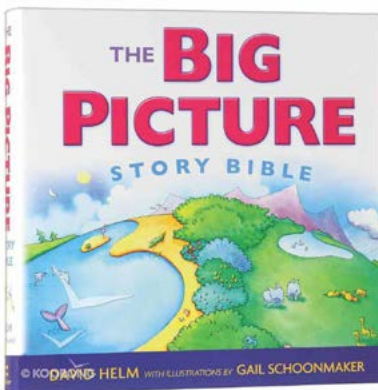
ACTIVITY PRIMARY:

Find a Bible story book to read at bedtime. Choose one story each night. Talk about what it tells us about God and turn that into a prayer. Find a book that works for your family. Some ideas are:

Pre-School: *The Big Picture Story Book* – David R Helm

Primary: *The Jesus Storybook Bible* – Sally Lloyd Jones

Primary: *The Action Bible* – Sergio Cariello



For younger children, encourage them to find or make a bookmark and put it in the place you are up to. Find colourful bookmarks from Lutheran Tract Mission <https://www.ltm.org.au/>. For older children, they may choose to read the story aloud.

ACTIVITY ALL AGE:

Prayer Cards - See Appendix 2 for the sheet of cards.

Use the template of 16 cards or write your own.
You can decorate them if you wish.

Roll or flick a small rock/toy/
pumpkin seed over the sheet and
answer the question it lands on.
Alternatively, you can cut up the
cards and laminate them.

Allow time to answer and respond.
Finish with a prayer about what has
been discussed.

Who are you thankful for?	What is the best gift you've ever received?	What has been the hardest thing you've ever done?	What are you most fearful of?
What brings you joy?	What's the best thing about God?	What's your favourite characteristic of God?	What image best describes God?
When have you needed help?	What is something you've had to ask forgiveness for?	When have you made a mistake you regret?	What's your biggest stress at the moment?
What do you desire most right now?	What is one of your favourite Bible verses and why?	Who are you praying will come to faith or grow in faith?	Who do you know who is hurting right now?



BLESSING:

May God's love bless you as
you sleep through the night.
Amen

REFLECTION:

Talk about:

Share with one another about the things that
have happened in your day.

When did Jesus rest? why?

OTHER IDEAS:

Use glow in the dark crosses, stars or a night light to reflect on the meaning
of 'light' in the dark. Where can you see traces of light? Remember that Jesus
is the Light and he is with us always, even when we're sleeping.

Bed time is a time of rest. Who do you know in your community that could
use a rest? Pray for them.

**Chat
Bubble**

*What helps you sleep?
Share some ideas.*

Questions on Prayer

What is prayer?

Prayer is a conversation with God.

Who are we praying to?

In Christianity, we believe in the Triune God – Father, Son (Jesus) and Holy Spirit. These Bible passages talk more about this: 1 Corinthians 8:6 and John 14:26.

Why do we pray?

Believing in God means learning to trust God and accepting God's love for us – and we do this in relationship with God (1 John 4:13-16). All relationships require communication. We pray because God loves us and we can respond to God's love in prayer (1 John 4:19).

How do we pray?

You can pray out loud or silently inside your head and heart. You can also sing prayers or even sigh! You can write or draw prayers. There are lots of different ways we can pray and some are included in this resource.

As we talk to a friend or a parent, we don't need to use big words to impress God. Ultimately, prayer is you communicating with God – listening and talking – whether you speak, sing, think or write – God will hear your prayer.

In the Bible, Jesus was asked, "How do we pray?" Read about this in Matthew 6:9-15. We can look at this prayer that Jesus gave us as an outline for our prayers or we can pray from our hearts about anything and everything.



Where can we pray?

Anywhere! Some people find a quiet space to talk with God. We can also pray with others in church, outside, at home, in groups or at the dinner table. You can talk to God anywhere as God is always with you.

When can we pray?

Any time! Some people choose particular times to pray – like at bedtime, before and after meals, or when at church. But you can also pray to God when you're walking or in a car or bus, when shopping or even when brushing your teeth! (But that would only work if you said a silent prayer in your head, otherwise toothpaste would go everywhere!)

What can we pray about?

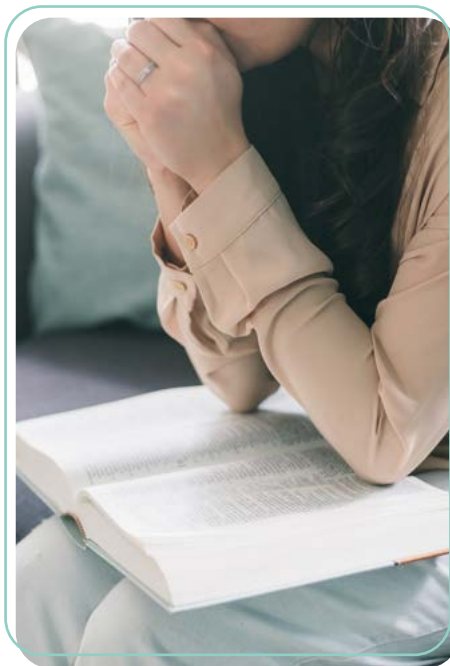
Anything! Like a conversation with a friend or parent, God is there to talk with you about anything in life (Philippians 4:6). You can pray about things you are thankful for, things you love about God's greatness, things that worry you, things that excite you, things that you're looking forward to, and things you regret and want to say sorry for. God is almighty and gracious so if you ask for forgiveness – God will forgive you! (1 John 1:9)

Who can we pray for?

Anyone! You can pray for yourself, family, friends, teachers, people you don't know and people who are unwell. You can also pray for people who are in positions of authority like politicians, pastors or police. It's about asking God to bless and help in whatever way is needed.

A final word about prayer:

1 Thessalonians 5:16-18 (ESV) says: "Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you."



Resources

Prayer bags or a Prayer spot for your home:

Gather a variety of items from around your home that could prompt prayer. Perhaps as you go through this *Prayer Family Faith Trail* resource, you could gather any suggested resources and put them in a cloth bag or a gift bag or basket. This could become a Prayer Bag for your family. You might also create a space, on a coffee table or windowsill where these items could go and create a Prayer Spot for your home.

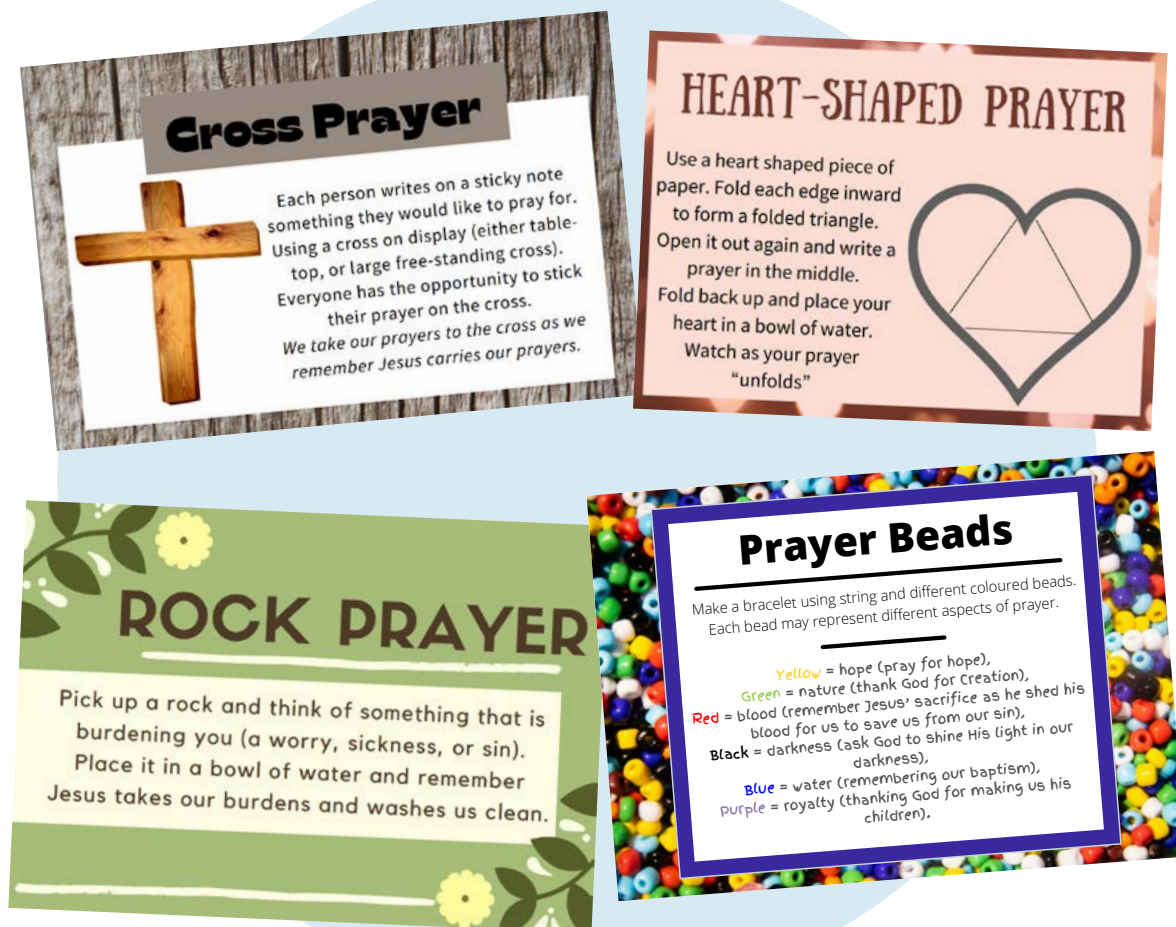
You could include: hand held cross, battery operated candle, prayer focused colouring pictures, textas/pencils, prayer cards, a beaded bracelet or toys that link together to use for sensory prayers.

For more ideas: <http://flamecreativekids.blogspot.com/2012/02/pray-at-home-bag-for-under-5s.html> includes smiley and sad faces on paper plates, duplo bricks, playdough pots, bubbles, balloons, birthday cake candles, prayer cards and a Lion Storyteller Bible. They also have instructions on how to use each item in prayer. Consider creating instruction cards for any items you include.







Prayer Prompts

The above prayer bag could also include these cards and supplies:
See Appendix 3 for the cards.



(of course, these ideas would work with people of any age!)

- 
- # TEACHING YOUR CHILD HOW TO PRAY
- ## PRAYER PROMPTS
- 
- I'M SO THANKFUL THAT YOU
GAVE ME _____.
- I'M SO GLAD THAT YOU
HELPED ME WITH _____.
- I LOVE YOU, GOD BECAUSE
_____.
- PLEASE HELP ME TOMORROW
AS I _____.
- PLEASE WATCH OVER
(PERSON) _____.
- 
- 
- 
- WWW.GATHERFORBREAD.COM

[illegible]

10 Ways to Find Time for God in Your Busy Day

- 1) Early morning - before everyone else gets up
- 2) While getting ready in the morning
- 3) During your commute
- 4) Over lunch
- 5) During waiting time
- 6) In the evening
- 7) In the bath
- 8) At the gym
- 9) While putting the kids to bed
- 10) _____ Fill in the blank with your ideas...

Download the FREE workbook to find daily prayer time in even YOUR busy schedule!

www.KathrynShirey.com

Ways to pray throughout the day

2 habits and 7 ways to pray through the day based on the Lord's Prayer from a message by Rick Warren <https://saddleback.com/connect/Articles/MAP/2017/11/8/HOW-TO-PRAY-THROUGHOUT-YOUR-DAY>

10 ways to pray all day: <https://arabahjoy.com/10-easy-ways-to-pray-all-day/>

20 prayers with an image, Bible verse and short prayer: <https://www.crosswalk.com/slideshows/20-prayers-to-pray-throughout-a-busy-day.html>

Prayer Cards

Mainly for adults or generations together: 16 different prayer cards to print, cut and clip together and reference during your prayer times: <https://www.prayerandpossibilities.com/prayer-cards-deep>

For younger kids or people of any age (see image below)
(From: <https://truewaykids.com/5-creative-prayer-ideas-for-preschoolers/>)



PRAY



Talk

Ask someone from another generation:
Who impacted your faith journey?

Play

Use playdough to make something that reminds you of prayer.

Read

Romans 12:13

Acts 2:42

Discuss what stood out to you in these verses.

Bless

Turn to the person next to you and say:
Child of God, may God bless you today and always.
Amen.



Find time this week to connect with someone from your church community.

Who are you thankful for?	What is the best gift you've ever received?	What has been the hardest thing you've ever done?	What are you most fearful of?
What brings you joy?	What's the best thing about God?	What's your favourite characteristic of God?	What image best describes God?
When have you needed help?	What is something you've had to ask forgiveness for?	When have you made a mistake you regret?	What's your biggest stress at the moment?
What do you desire most right now?	What is one of your favourite Bible verses and why?	Who are you praying will come to faith or grow in faith?	Who do you know who is hurting right now?

Cross Prayer



Each person writes on a sticky note something they would like to pray for. Using a cross on display (either table-top, or large free-standing cross). Everyone has the opportunity to stick their prayer on the cross. *We take our prayers to the cross as we remember Jesus carries our prayers.*

ROCK PRAYER

Pick up a rock and think of something that is burdening you (a worry, sickness, or sin). Place it in a bowl of water and remember Jesus takes our burdens and washes us clean.

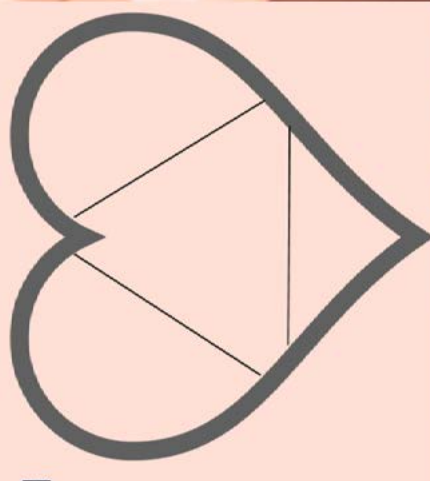
Prayer Beads

Make a bracelet using string and different coloured beads. Each bead may represent different aspects of prayer.

Yellow = hope (pray for hope),
Green = nature (thank God for Creation),
Red = blood (remember Jesus' sacrifice as he shed his blood for us to save us from our sin),
Black = darkness (ask God to shine His light in our darkness),
Blue = water (remembering our baptism),
Purple = royalty (thanking God for making us his children).

HEART-SHAPED PRAYER

Use a heart shaped piece of paper. Fold each edge inward to form a folded triangle. Open it out again and write a prayer in the middle. Fold back up and place your heart in a bowl of water. Watch as your prayer "unfolds"





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