

## INTRODUCTION

# ASPECTS OF PRAYER

Prayer is just one way in which we can talk with and hear from God. God loves all of us to be talking and listening to him.

Prayer isn't always words, although it is always good to learn some prayers to say to God. Here are 2 prayers you could start with.

The first prayer is the prayer Jesus taught us to pray– The Lord's Prayer! (You should be familiar with this from the Cheeky Pandas.)

***Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins  
as we forgive those who sin against us.  
Lead us not into temptation  
but deliver us from evil.  
For the kingdom, the power,  
and the glory are yours  
now and for ever.  
Amen.***

Or you might like to learn this prayer for when you wake up:

***Good morning God  
Thank you for this new day  
Help me to be kind to others  
Help me do all I have to do today.  
Amen***

Or at night time

***Dear God, thank you for today  
I think about all the things I did,  
All the people I saw.  
Bless them in your special way.  
Amen***





We can use many things to be creative in our prayers.  
Encourage your group to try some of the following.

- **We can paint or draw our prayers.**
- **We can use modelling clay to show God something that we have done in this day to say thank you to Him.**
- **We can gather flowers or leaves and make them into a picture to thank God for all of creation.**
- **God loves us to listen to Him. Go into a garden or a park. Why not try being silent for a few moments and listen to the sounds that you can hear and simply thank God for them?**
- **Why not keep all your creative prayers in a special place, or in a special book so you can look at them and remember that time when you prayed.**



# Physical Prayer

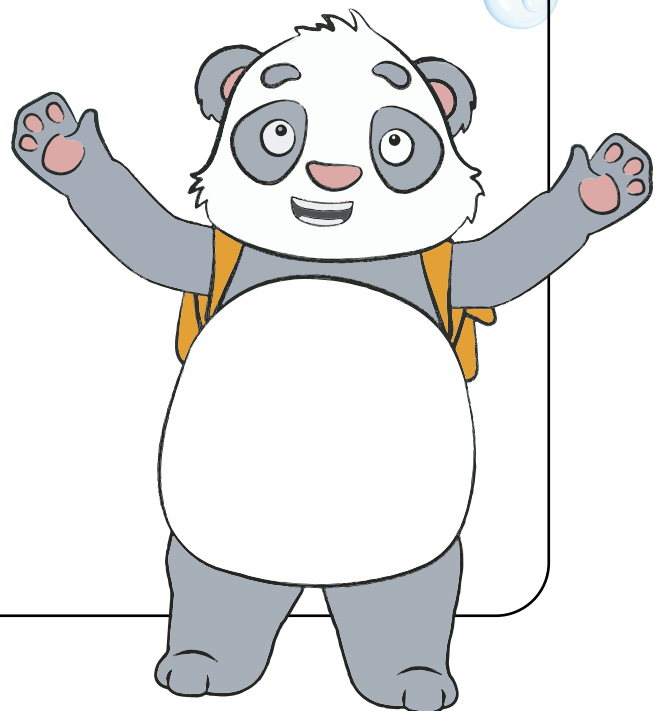


Prayer isn't always about sitting still, using words or having our eyes closed.

We can use our bodies and the space that we have around us to pray. Might you be able to encourage your children to try one of the following activities?

Why not try one of the following ways to pray?

- **We can think of things that make us happy. For example, the friends we have, the games we play, the holidays we have had or the food we enjoy. Think of the happy thing, say it out loud and clap your hands to God as a way of saying thank you. End with a big Cheer – Hip, Hip Hooray!**
- **Find a space and if you can lie on the floor or sit in a chair. Hold your hands out as if you are holding something very precious. Slowly lift your hands up in a prayer to God. No words need to be said at all as God knows you.**
- **If you able find a space and simply walk or run around it thanking God for the space and energy you have.**
- **Blow some bubbles in an act of thanksgiving to God.**





The Lord's Prayer is the prayer that Jesus taught us to pray. The Lord's prayer can be split into different sections. Here are a few ideas to help the children to understand some of sections of *The Lord's prayer* which was given to us to help us pray and understand God better.

### ***Thy Kingdom Come***

Make a cut out crown for each child and talk to them about what a king does or is. Then give them some words to stick on their crown that tells us more about the type of King Jesus was, the children might have their own words. You could use words such as KIND, CARING, SERVING, HUMBLE, PRAYING, HEALING, CREATING ETC.

### ***What kind of Kingdom?***

What do we think that God's Kingdom is like? Draw a large circle on a big piece of paper and using magazine pictures make a collage of the type of world the children would like to see.

It would be interesting to know if this ties in with what they think heaven is like?

### ***Give us this day our daily bread***

Being aware of allergies, use a packet of bread dough. Get the children to help knead the dough and then give them some and ask them to try and make the first letter of their name with it. This is to remind them that God knows them by name, and He loves them.

Then give them some more dough to make the initial of someone else. Because the prayer is give US OUR daily bread and not just my daily bread.

Then have a small gift for each child, maybe a small bag of fruit, sweets or small items to colour.

Then ask them to take an item from the bag and give it away to someone else. This could yield some interesting results.

The Lord's Prayer is a prayer for ourselves, but also a prayer for other people and other countries in other parts of the world!

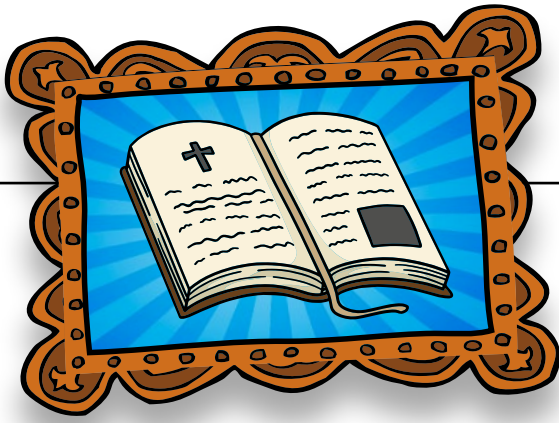
### ***Forgive us our wrong doings.***

Using a white board or some other wipeable surface, write something silly on it. Realise what you have done and take a cloth and wipe it out and start again.

Carrying a bowl of water simply go round the group and ask them if they would like to place their hands in the water as if washing them. Have paper towels handy for them to dry themselves.

Simply to say that when we do anything wrong God longs to make us right again just like washing out hands to start again or wiping the board. All we have to do if we have done something wrong is tell God and He washes the wrong things away.





# using the Bible in Prayer

Why not use one or more of the following verses to make a huge banner that the children can colour or make collage of to hang in church or their homes?

Here some potential scriptures to use:

**Philippians 4:4** *Rejoice in the Lord always; again I say rejoice.*

**Matthew 22:39** *Love your neighbour as yourself.*

**Numbers:24** *The Lord bless you and keep you.*

**Psalms 56:3** *When I am afraid, I put my trust in you.*

**Psalms 118:24** *This is the day that the Lord has made, let us rejoice and be glad in it.*

Then have the verses cut up into pieces. Place each verse in a bag. Then get the children to put them into the right order for the verse. When they have completed one, put it back in the bag and get another one – creating a bit of a race!

Choose a particular bible verse for each of the children and write it on a piece of card and before they leave the group read it out over them and give it them to take home.

