PRAYER

How many ways can you think of to send a message to someone?

Draw or write your ideas in the box……or maybe you could have a competition with your family to see who can come up with the most!

Prayer is how we speak to God. Do you think these statements about prayer are true or false? (the answers are at the bottom – no cheating!!)

* We can only pray in church T/F
* We have to use special words to pray T/F
* Only pastors can pray T/F
* We must always close our eyes and put our hands together to pray T/F
* You can only pray if you’ve been good T/F
* You have to pray out loud T/F
* You have to know lots about God before you can pray T/F

All the answers were False. Did you get it right? Praying is just talking with God – just like we talk with our families and friends. We can speak to him about anything – when we’re happy or sad, scared or excited or angry. We can speak to him anywhere, whether we’re at church, or school, in bed, or even on the loo!!! We can pray on our own or with other people. We can even write or draw our prayers! It’s also important to remember to be quiet sometimes and listen what God’s saying to us too – just like in any conversation!

Why should we pray? Imagine what it would be like if you didn’t speak to one of your friends or someone in your family – would you know them well? Would you be close to them? Probably not. It’s the same with God – if we don’t speak to him then it’s hard to stay close to him.

Here are some different activities to help us think about prayer……you can do as many or as few as you want!

ACTIVITY 1: How do we pray?

Sometimes it can be hard to know what to say.

To help we can ask ourselves questions

1. What is great about God?
2. What can I thank God for?
3. Is there anything I need to say sorry to God for?
4. Is there anything I can ask God to help me with?

Using the attached sheet A (You can print this one or make your own by folding a sheet of paper into 4 and copying the headings), draw or write something (or lots of things) in each of the sections to help you pray.

Activity 2: Memory Verse

Colour in the verse (Sheet B) for your wall – or maybe you could put it up in your window for other people to see!

Activity 3: String Telephones

Follow the instructions on Sheet C to make your own string telephone. (You can decorate it too! Maybe you could write the memory verse (See sheet B) on it. Sometimes we can forget to pray - use this telephone to remind you to chat to God when you see it!

ACTIVITY 4: Prayer Journal

Sometimes it can help to write own prayers – this also helps us to remember what we’ve prayed for and see when God has answered our prayers.

Take a new notebook, and decorate it in any way you want. Use this to write or draw prayers every day. You could write the questions from activity 1 at the start to help you remember things to pray for.