

Prayer Resource

Ways to pray with your group.....

Leader praying up-front with your group.

Quieten the children down and get them to sit or stand facing you or in a circle. You could light a candle! Encourage them to close their eyes as that will stop distractions or you could introduce a "prayer drill" i.e. 1) Arms out in front in silence 2) Arms folded 3) Eyes closed and head lowered.....

Keep the prayer short and simple, using plain language that the children can understand and say Amen to. Pray about things that you have covered in the group that day.

You could introduce the Lord's Prayer, maybe a modern version, as a lot of children these days do not know it!

Participatory, involving the whole group

Ask the children what they would like to talk to God about. You could write a list on a large piece of paper or the children could write their own prayers. Use an object such as a "prayer bear" to pass round the circle and whoever is holding it says a prayer. At first there may only be a few who will be confident to say a prayer out loud. Do persevere with this as over the weeks, the children will become bolder! Lead by example!

Playing quiet reflective music can be a good way of getting the group to focus on Jesus.

Praying in pairs or small groups

Encourage the children to pray for one another.

Split into small groups with a leader, this might be less intimidating than a big circle.

Crafty prayers (some ideas!)

Use Post-it notes (you can get heart shaped ones) to write or draw on and stick to a cross.

Write on balloons and let them go!

Take a large piece of paper and invite the group to write all their prayers on it.

On strips of paper, ask the children to write a prayer and then fasten the strips to make a paper chain.

Look at a newspaper and get the children to cut out articles that they feel could be prayed about.

Draw round hands or feet asking God to bless us.

Paper airplanes

Make choosers

Use a globe and pray for the different countries.

Threading beads on to string, each colour can represent something to pray for.

