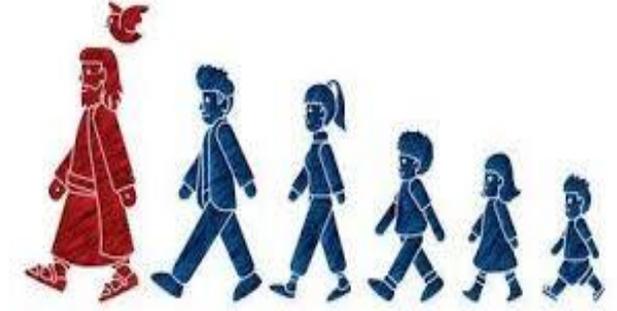


Faith at Home for families

Hello from St Mary's Church in Bottesford!

At the moment, we can't go to the usual places where we might be encouraged to talk to God, like school or church. But the brilliant thing about God is that he promises to be with us every day, wherever we are! So that means we can talk to him and pray to him anytime and anywhere!

As a church, we'd like to support families, to find ways of having a space at home for thinking, wondering and praying. This might be with others at home, or individually.



Prayer Spaces

Creating a prayer space at home reminds everyone that talking and praying to God can be a part of everyday life.

You might want to think about what happens in school when you have collective worship:

- Does someone light a candle?
- Does someone read a story from the Bible?
- Is there a cross to remind you that this is a time we'll be thinking about God?

At home it's a bit different from school, but there are other things we can use to help us think about God and to help us get ready to pray.

Talking to God

When you want to talk to God it helps if you're comfortable and in a quiet place.

You might take a cushion into the garden, or get cosy on your bed, or make a den and sit inside! Wherever you choose, God will be there too!

You might want to talk to God on your own, or with your family.

Some people like to close their eyes and put their hands together to help them concentrate.

About praying

Praying
is like talking
to God...

...so you don't need
to know any
'church' words

If it helps, you can
start your prayers with
"Dear God" or
"Dear Jesus"

Prayers often end with
the word "Amen"
(this means "I agree
with what you've said")

We can say
"Thank you " to God
for people, things
and situations

We can say "Sorry"
to God for things
we've done wrong

We can pray for people
who are sad or poorly.
Just saying their
name to God is enough

It's okay to pray
for ourselves!

You might like to say this prayer:

Dear God,

Thank you for my family and friends.

I'm sorry for the times I haven't been kind to my brother (or sister!)

Please help me to be their friend.

I pray for all people who are poorly at home or in hospital.

Please be with all the doctors and nurses who are looking after them.

Amen.

Something to think about:

So many things are different at the moment:

- Maybe you're not going to school, or perhaps you are, and there aren't many others there
- Do you miss school and seeing your friends?

It's okay to feel worried or upset – God understands and in the Bible it says:

"Leave all your worries with him because he cares for you."

1 Peter chapter 5 verse 7

