



# FAITH AT HOME

## PRAYING TOGETHER (0-6's)

### Thank you, sorry, please "teaspoon" prayers

Perhaps the most simple way of structuring a prayer is to use the three words thank you, sorry, please. Give younger children a teaspoon to remind them of these three basic categories for prayer. Have a short time of chat and discussion focusing on what the group might want to say to God using these three words. Explain that through talking about these things we've been talking to God who has heard our prayers and together say **AMEN**.

### Prayer Tree

A great visual prayer for all ages. For the Prayer tree, you will need a large branch or few branches arranged in a big vase. Go on a walk together to find some.

Give everyone a leaf shape and ask them to write or draw their prayer. It can be personal or they can write or draw something in God's creation for which they would like to say thank you.

Pierce a hole with a hole puncher and hang them on using wool or thread, on the branches of the tree.

Some of the prayers (leaves) can be read out loud to help create a quiet, still moment. End by reading the bible verse below:

*"I am the vine, you are the branches. Without me you can do nothing. If you love me and follow my teachings you can ask for anything and it will be given to you. Remain in my love."*

(John 15)

### Family Prayer Time

Take small pieces of paper, and write names of 10 to 20 people you know. Some you will know well and some not as well. Try to include all the people who surround your children's lives and community.

Fold the papers in half and put them in a bowl in the middle of the table. Every time you have a meal, let one child pick a paper from the bowl. Then, as a family, pray for that person, thanking God for the work that person does, how he or she affects your family's lives and the pleasure you have in knowing him or her.

If your little ones are not talking yet, you can teach them "thank you" in sign language. Have them touch the tips of their fingers to their chin, move their fingers two inches away from their chin and then raise their right arm to heaven, which is the sign for "God." In this way, even young children can thank God for the people in their lives.

### Hand Prayers

Encourage everyone to show their hand wide like a high five. For each finger talk about the theme below and as you go put one down into the fist (if that's tricky get them to point to the finger in question):

- ~ something to praise God for
- ~ something to thank God for
- ~ something for which they would like to ask for God's help
- ~ something they would like to say sorry about

This leaves the hand in the "thumbs up" shape a reminder that God has heard our prayers. As you bring the thumb down to join the fist say **Amen**.

