



# FAITH AT HOME

## PRAYING TOGETHER (7-11's)

### After a difficult day

Dear God,  
Sometimes life is good and sometimes it's not.  
Help us to know that you are with us in all of it.  
Where we have done wrong today, forgive us;  
when we have felt sad, comfort us;  
where we have been afraid, strengthen us;  
When we feel we've had enough,  
Give us strength to try again.  
For we are on an amazing journey of faith,  
and we know that you never leave us.  
Bless this home tonight  
And let your peace be known.  
In Jesus name, we pray, **Amen**

### 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. Have a short time of chat and discussion focusing on what everyone might want to say to God using these three words. Finally have a short time of open prayer or weave together all the topics mentioned, in a closing prayer.

TSP, the first letters of Thank you, Sorry, Please, remind us of the recipe book abbreviation for teaspoon. This helps us to understand that this is a good recipe for talking to God.

### Hand Prayers

Give everyone a piece of paper and ask them to draw around and cut out the shape of their own hand. On the four fingers they should write:

- ~ 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

Once it's been made spend a moment on each finger folding it down as they move on. This leaves the hand in the "thumbs up" shape a reminder that God has heard our prayers. You could finish your prayer time by saying the grace or a prayer together.

### To pray together with a child

*(You might like to draw imaginary decreasing circles for each group of people)*

Dear God,  
Thank you for your wonderful world.  
Be close to all the people who need help.  
Thank you for my lovely friends and family  
Help us to be kind to each other all the time.  
Thank you for me.  
Keep me safe, and let me grow well in every way.  
Thank you for Jesus.  
Be very close to me always. **Amen**

### Prayer paper chain

Give everyone a strip of coloured paper and encourage them to write or draw a one-line prayer. It might be thank you's, or prayers for other people in need.

Fasten all the strips together to make a paper chain that you can hang across your room. You might want to give each person two or three strips of paper or add to the chain week by week.

After you've taken time to add to it say "thank you God for hearing our prayers. Amen"

