

Prayer

- **Ask:** Is there anything the children are worried about?
- **Activity:** Before the session prepare 4 prayer ideas and encourage the children to try each of them.
 1. **Teaspoon Prayers:** Have some teaspoons with the letters T, S, and P. Encourage the children to choose a spoon and pray for what the letter shows: T=Thanks, S=Sorry, P=Please.
 2. **Lego/Duplo Thanks Tower:** Have a box of Lego and allow the children to take turns to say thank you to God for something. When you say 'Amen', add another brick to the thank you tower! (You may wish to build the tower up a little beforehand). Challenge the children to see if they can say enough thank you prayers to make the tower higher than you!
 3. **Bubble Prayers:** Have some bottles of bubble mixture and encourage the children to ask God to help them. When they say 'Amen', have them blow some bubbles as a sign of their prayers going to God.
 4. **Playdough Prayers:** Use the playdough to make the shapes of things you want to ask God for e.g. food, water, clothes houses, family or friends in need of help etc.
- **Sing:** Great Big God <https://youtu.be/eSTfM8M2Md8>, Superhero <https://youtu.be/1FY4C930M2Y>, Wiggle Freeze https://youtu.be/tM_wGFVBBmA, Wiggle like a worm <https://youtu.be/YenZbKXiYg>, Jesus Love is Very Wonderful <https://youtu.be/VC4eb8Pk-3g>, or Pray About Everything <https://youtu.be/X05FnYbugls>.
- **Talk:** What is Prayer? **It's how we talk to Jesus.** When should we talk to Jesus? **We can talk to Jesus at any time and about anything!** Where should we pray? **We can pray anywhere, it doesn't have to be in a specific place like a church. You can even pray in the toilet if you really want to!** Lets see if Micah and his friends are praying today.
- **Watch/Read:** Watch Lottie's Prayer video on YouTube at <https://youtu.be/CBRsNxk5kac> and read Ephesians 6:18 <https://www.biblegateway.com/passage/?search=Ephesians+6%3A18&version=NIV> Philippians 4:6-7 <https://www.biblegateway.com/passage/?search=Philippians+4%3A+6-7&version=NIV> 1 Thessalonians 5:17 <https://www.biblegateway.com/passage/?search=1+Thessalonians+5%3A17&version=NIV>
- **Discussion:** In the video, Gabe thinks God won't be interested in his sardine sandwich - what do you think? **God is interested in everything that we are interested in or care about.** When we pray should we use fancy words or a script to tell us what to say? **No God knows what's on our hearts so we can tell him all that concerns us, using our own words. But if we can't think of the words to say, some people find using prayers or prayer books that other people have written is a helpful way to pray.** What do you think we should pray for? **Family, friends, neighbours, even our enemies, problems big or small, poorly, those who are hurt, hungry, poor – anything at all!** In the video Micah says God cares about them all. Should we pray only when we are worried or sad? **No, God wants to know all about our lives when we are happy, thankful, angry, sad, worried, nervous, scared or excited.** Ephesians 6:18 says "Pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people." This means we should talk/pray to God about everything, requesting what we need and praying for everyone.
- **Pray:** Dear Jesus, Thank you that you always hear us when we pray and that you are always interested in what we say, no matter how big or small it may be. Forgive us when we forget to pray. Please help us to pray to you about everything and everyone, asking for what we need.

Amen. Leave time for the children to pray if they want to; you could encourage them to pray for you or for each other.

- **Make: A Moving Hand:** You will need: coloured paper, your hand, 5 straws, string/wool, a needle (optional), sticky tape, pencil and scissors. First draw around your hand including your wrist and cut it out. Then cut three small straw segments for each finger and two for the thumb. Use the long portion to go down the hand to the wrist. Line up the straw segments on each finger and tape them down without covering the ends. Starting with the thumb, tape the wool/string to the back of the thumb and then thread it through each thumb/finger segment down to the wrist. Using a needle to do this might be easier. Repeat with a separate piece of wool/string for each finger. Once you have done this, try pulling a string to see a finger move. Can you move all the fingers together?
- **Make: 5 Finger Prayer Picture:** You will need: an A4 piece of paper/card, your hand, a pencil, or paints, felt pens. Draw around one of your hands or paint your hand and do a hand print on your paper. You could even paint/colour each finger different colours. Colour/paint the **palm red**, **the thumb orange**, **the pointer finger purple**, **the middle finger blue**, **the ring finger green** and **the little finger pink**. Then write or draw on the thumb, 'family and friends'; on the pointer finger 'Doctors, nurses, teachers', on the middle finger write 'Leaders', on the ring finger write 'the sick and the poor' and on the little finger 'me and my needs'. You can then cut your hand out and pin it up somewhere (beside your bed, on the fridge etc) that will remind you to pray.
- **Make: A Prayer Diary:** You will need: 5x A4 sheets of paper, an A4 piece of brightly coloured card, hole punch or stapler, pipe cleaner/ribbon/string, felt pens, stickers, glitter etc. Take the A4 paper and cut in half to create 10x A5 sheets, then take your A4 card and cut it in half to get two A5 sheets of card. Take the paper and place it between the two pieces of card so one piece is at the top of the paper and the other is at the bottom, making a little card backed booklet. If you have a pipe cleaner, ribbon or string, use the hole punch to punch holes in the left-hand side of the booklet. This should be one of the shorter sides with the long sides across the top and bottom. Then thread your pipe cleaner, ribbon or string through the holes from the front and tie them together at the back of the booklet. Write 'My Prayer Diary' on to the front cover and decorate your booklet using stickers, glitter etc. You could make each page special by adding a title to it such as 'Things I am Thankful for', 'Things that make me happy', 'Things I am worried about', 'Things I need help with' and 'Answers to my prayers'. Put the book somewhere where you will remember to look at it when you need ideas or help with what to pray for.
- **Print:** The sheets below and do the Colouring, Maze, Word Puzzles
- **Have a drink and biscuit!**



5 Finger Prayer

4) The ring finger is the weakest. Pray for the sick, poor, and those most in need.

5) The pinkie finger is the smallest. Pray for yourself and your own needs.

3) The middle finger is the tallest. Pray for leaders in government, business, and the church.

2) The pointer finger is used to give directions. Pray for teachers, coaches, therapists, doctors, and first responders.

1) Your thumb is closest to your heart, so pray for those closest to you - your family and friends.



How to Teach Children to Pray



Brandy for BrandysHappyHome.com



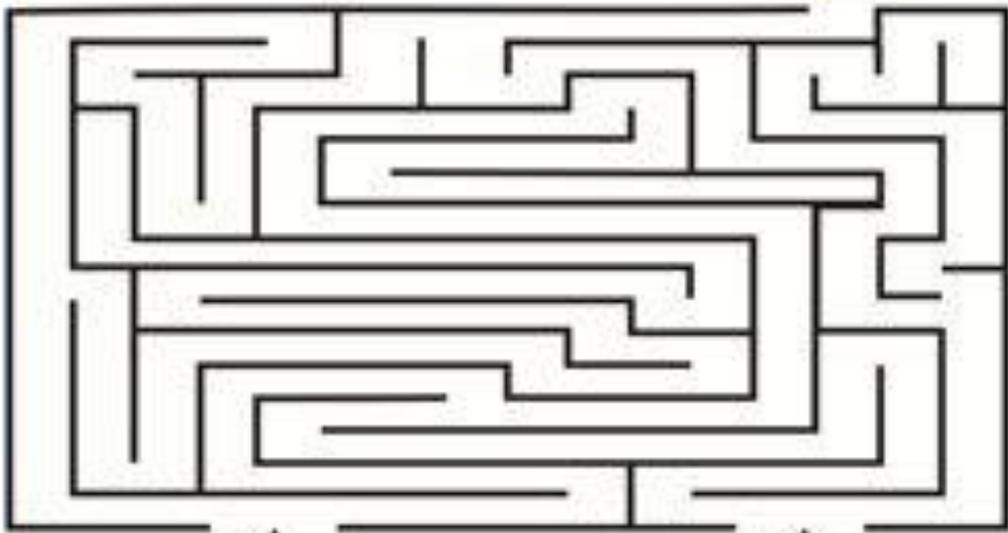
Be joyful

♥ in hope, ♥
patient in
affliction,
faithful
in prayer. ♥

Romans 12:12

Maze: Let's Pray

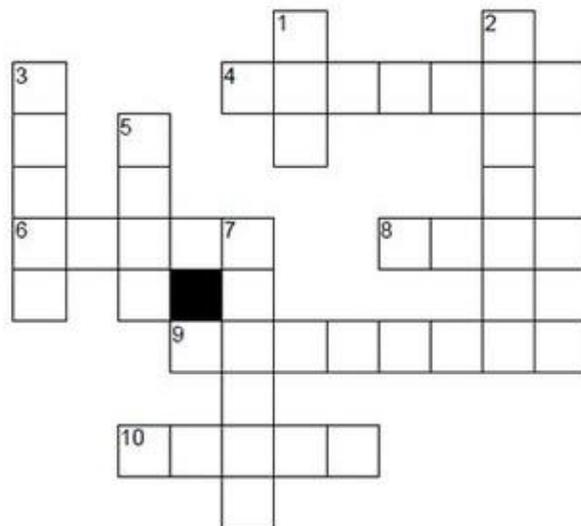
Help the children's prayers reach Jesus!



The puzzle is based on Luke 11:1-4

Y L T P H W D V H U H T W A G
 F O J E A E H K E O W E M W F
 Y R C O M P A S I N Z A C Y S
 M D N S E P T V J Y D C R A R
 E T N X Z G T R E E V H N M J
 P I Q D M R K A W N D O O W V
 S H X I A A F O T Z C D F E H
 F U M H W I L O C I G T E A H
 Q A U B U L L B R N O V E R A
 V P T C A X H Y I G E N Z T V
 P N A H D Z K K Y B I V P H N
 V R A Q E G U R K I U V I G H
 C Q A M R R H P W B H F E L G
 O I B Y E F K U W H O F E Z G
 D J O C F B R E A D Q N C Q M

TEACH	FATHER	HEAVEN	EVIL	DAILY
FORGIVE	KINGDOM	HALLOWED	NAME	BREAD
EARTH	SINS	PRAY	TEMPTATION	LORD



ACROSS

- 4. A country whose ruler is a king or queen
- 6. To instruct someone on how to do something
- 8. Something bad; wicked
- 9. Holy, sacred, worthy of praise
- 10. A baked food made from flour

DOWN

- 1. To break God's laws
- 2. To remove the blame for doing wrong
- 3. The planet where we live
- 5. To speak to God with praise, confession, asking, or thanksgiving
- 7. The place where God is

KINGDOM	FORGIVE	EARTH	PRAY	BREAD
HALLOWED	EVIL	HEAVEN	SIN	TEACH



God Hears and Answers Prayer