



Think about the things that you have wherever you are as you read this, take a minute to look around and notice them.

Is there anything that you could use to help you pray?

Is there anything that you would like to pray about?

Praying can use words, said out loud or in your head, but it can also use actions and doing things. There are lots of different ways to pray.

I wonder how many you'll think of.



## Introduction

This is not a complete list of all the possible ways there are to pray creatively. Instead it's a selection of prayer ideas based on things that I have used at different times and in different places, including at church, in school, at home, outside, on my own, with others, in training, at Messy Church and with people of different ages. The aim is to give you some ideas to try using the things that you have, which will hopefully encourage you to come up with your own creative prayer. You can share your ideas with others and even see how many different ways that you can come up with to pray with something.

## Something To Try



Think about a ball, it can be any ball; there are lots of different shapes and sizes but it may be helpful to start by thinking about one that you've used.

Think about the different things that you can do with a ball, some may be easier than others and some may work better if there are other people around.

Now think about different things that you might want to pray about, there are probably quite a few possibilities.

You might have thought about:

- People you know
- People that are ill
- People that help you
- Places that you go
- Thanking God for things
- Situations that you or people you know are facing
- Things you find hard
- Saying sorry to God (sometimes called confession)
- Asking for help top get on with people, perhaps brothers or sisters or friends
- Things you like to do
- Food you enjoy eating
- People struggling with difficult situations

- Hospitals, doctors, nurses and other people that work there. (There are probably more than you may realise.)
- Schools
- People that collect rubbish and recycling
- Church
- Things you're worried about
- You will probably have thought of other things too as there are lots of possibilities.

So now if you think about the things that you can do with a ball and the things that you want to pray about you can start to combine them.

For example you could throw or bounce the ball and say the name of someone that you want to pray for each time.

You will need to think about the space that you have to do whatever you decide to do and the type of ball that you are using. A giant ball in a small space won't work well as well as it would in a small space. A hard ball that could accidentally break something is better to use in a space where there aren't lots of things to damage.

If you are praying with others then it's also thinking about how you could use the ball to include them. Very

small balls can be tricky for toddlers, and sometimes older people, whereas a bigger ball could be rolled between people. Babies can clutch some balls, although they don't always want to let go so it could take a while.

Why not try praying with a ball in some of the ways you thought about?



## Next Steps

Now you can use the same type of process to think about how you can pray with other things that you have around you. If it helps you can write your ideas down and start a creative prayer book in some way.



## Ideas You Could Try

Some of the prayer ideas were created to use specific things, there are notes to help make that clear and to suggest possible alternatives although you may be able to come up with your own. The ideas are designed to encourage creativity and give some starting points, in the hopes that it will encourage you to come up with your own ideas based on the things you have around you.



People You Love



Move your hand across the cushion and think about the people that you love and how much God loves them too. Ask God to help them know how much they are loved. You can't see both colours on the same sequin but they are both there, just like love is always there even if you can't see it.

This prayer was originally designed to work with a heart shaped mermaid sequin cushion, where you can move the sequins and reveal a different colour, but it can also work with any type of cushion.



## Broken relationships



Sometimes people fall out with each other or argue and relationships seem like they are broken. Use a piece of the construction kit to link the pieces together and ask God to help everyone impacted by the broken relationship.

## Learn From Bible Characters



Are there Bible characters that you can learn from?

Pick a card, or find a character in the Bible and ask God to help you know what you can learn from the character.



## Chain Prayers



Add a link to the chain and think about someone that you care for and want to know that they are loved by you and God.

This was originally done with plastic chain links but can also work with paperclips.

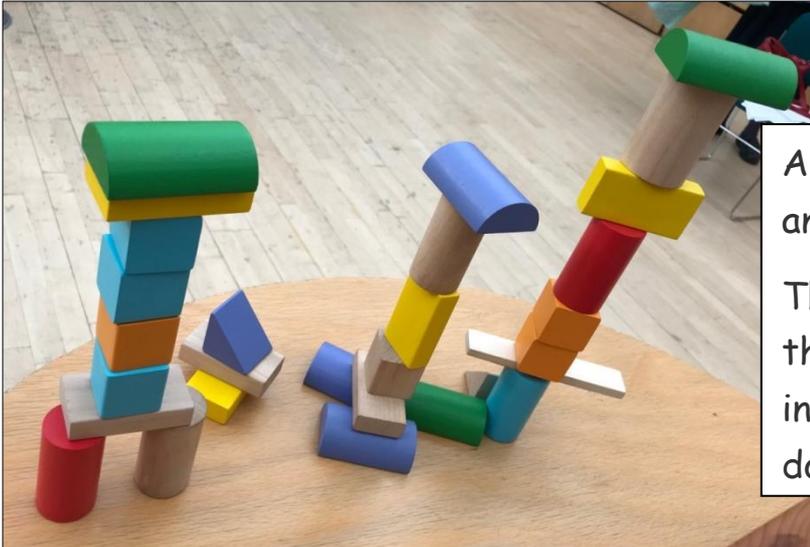
## Build a prayer



Prayer doesn't have to use words. Use some of the construction toys to build a prayer. As you add each piece to your creation, think about something, or somebody that you want to pray for. There are lots of possibilities including:

- Those you love and care for like family and friends
- People who build houses
- People who help us
- People who don't have enough food or somewhere to live
- Places where life is hard
- People with no home
- Things you find it hard to do
- People you know, including neighbours
- People who grow/ make the food we eat
- People that collect the rubbish and recycling
- Animals
- People who are poorly or are finding life difficult

Once you've finished your creation look at it and think about what your prayer looks like, or even take a photograph of it.



A picture of a prayer from an all-age service.

This one was about using the gifts God has given us in whatever God calls us to do.

## Distractions



Move the balls from one container to the other, one at a time and think about all the things that distract you from doing the things that you need to do or could do to help someone.

In your head, or out loud, ask God to help you to be able to do them without getting distracted.

## Family members



Create a shape using one pipe cleaner for each person that you count as family. Make sure that the pipe cleaners link together.

Hold the shape in your hand and toss it up to pray for your family.



## Forgiveness

Sometimes people hurt us, even when they don't mean to, and it can be very hard to forgive them.

Think about someone you would benefit from forgiving and spin a fidget spinner to ask God to help you forgive them. If it's really hard get more than one spinning.

## Fidget Spinner Prayers



How can you use the fidget spinners to pray?

You can try different ways and praying for different things.

You could try praying for things that you find hard, if it's really hard set more than one spinning but there are lots of possibilities.

## Marble Run Prayers



Life isn't always simple or straightforward, there can be twists and turns.

Create a marble run and then release a marble to represent yourself or someone else. As the marble runs down with the support of the run, think about and thank God that He is always with us even when we don't realise it.

## Praying For The World



Look at the globe, think of all the different places that there are, all the people and all the situations that people are facing.

Use the globe to help you pray, you could try holding it, gently throwing it up in the air and catching it or rolling it between a few of you.

This was originally created to use with an inflatable globe, but has been used with a smaller globe ball.

## People that need help



Eat a piece of breadstick and think about all the people in the world that need help. Ask God to help them and to help you to help people.

The picture shows chocolate covered breadsticks, as but plain ones work well.



## People Who Help Us



Turn the measure over and watch as the blobs fall and think about all the different people that help you and ask God to look after them.

## People you care for



Choose a hand or feet shape to represent someone that you care for and place it in the heart and ask God to look after that person.

You can get hand and feet shapes or make your own, which could include drawing round hands and feet and then cutting them out. You could decorate them in

different ways or use different coloured paper. If you don't have a heart shaped bowl/ plate/ box use what you do have.

Things we find hard to do or don't like doing



There are things that we can find hard to do, like getting on with brothers and sisters, tidying up, work, exercise and trying new things.

Throw or drop a ball into the box and ask God to help you with the things you find hard.

Helpful Bible Stories



Think about the different stories that Jesus told and ask God to help you notice how they can help you.

Look at bible story books and Bibles if you need reminding of some of the stories.

Saying Sorry



Throw or roll a ball and think about something you want to say sorry to God for, as you let go God takes it.

## People You Trust Prayers



Think about the people that you trust.

As you hold a person shape in your hand think about them and ask God to look after them and thank God that you can trust them.

This was originally done with pre-cut people shapes, but you can make your own. Think about how you can make each one unique.

## Cog Prayers



Think of different people or situations that you would like to pray for, one for each cog.

Arrange them so they link together and then turn the handle to pray for all of them.

This was originally inspired by a cog game, where by turning one cog you could also turn any that were connected to it. If you if you don't have a game then you could always try making your own, it might be a challenge but could be a project.



## Twist and Lock Prayers



Think about how you can use the twist and lock blocks to pray.

You could try praying for a different person or situation you know about for each different block, but there are lots of possibilities.

This was created to make use of mini cubes held together with elastic which allows the blocks to be bent and moved, originally found in a garden centre toy department. It would be hard to make your own version, but not completely impossible although you could use beads on a string as an alternative.

What do you need *God* to help you with?



Rub the heart and think about what you need help with to ask *God* to help you with it.

This was originally created to use a stone shaped heart although has also been used with wooden and solid glass ones but can work with any heart shape. If you're making your own heart shapes, don't forget to make sure there aren't any sharp edges that could hurt people.

Who can you help?



How could you help someone?

As you eat a sweet, ask God to give you the chance to help someone. You could ask for the opportunity to help more people!

### Praying With Edible Things



Praying with edible things can be good, although you need to make sure that you use things that are safe for everyone, as some people have allergies and can't eat certain things.

There are lots of possible ways, but a good one to start with is to think about the good things in your life and thanks god for them as you eat whatever you are using.

It may be that a particular food makes you think about something that you can pray for immediately, or you can just think about what you want to pray for as you eat it.

## Bubble Prayers



Praying with bubbles can be fun, but can be best done outside as if you spill it then it can be very slippery and hard to clean up. You can use bubble machines or individual bottles of bubble mixture.

Some of the ways include

- Praying for people that live near you
- Thanking God for the creative gifts we have
- Taking bubbles on a walk and blowing bubbles every time you see something that you want to thank God for, or to blow bubbles to pray for the people that you pass
- Popping bubbles to thank God for the things that you can do
- Looking at the colours in the bubbles and thanking God for the world and wonders of creation.

Now

Hopefully having tried some of these ideas you're ready to develop more of your own, don't forget to record them if you are using a creative prayer record or think about starting one if you haven't already.

Other Children and Family Friendly Resources Available To Download On The Diocese Of Leicester Website, <https://www.leicester.anglican.org/>

### Worship Planning Cards

A range of question cards and prompts to help you plan your own times of worship.

### Bible Story Cards

A selection of questions, all except one open ended, to help you explore Bible stories in an accessible way.

### Living Active Faith Questions

A set of questions to help you think about and talk about your everyday faith, they're particularly good when you're not sure where to start.

### Give It A Go Cards

Simple ideas of things that you can do to share God's love, some are quick while others can take place over a longer time.

With thanks to everyone that has joined me in praying creatively in a variety of situations, especially when stepping out of their comfort zones to try praying in new ways.

Louise Warner, Children and Families Officer Diocese of Leicester