

# The POWER of PRAYER

Many people might find they are spending more time praying during lockdown. Here are ten FUN ways you can talk to God at home...

## **IDEA 1: Prayers with objects**

Use 'found' objects to spell out the name of someone you want to pray for (e.g outside it might be stones/sticks/leaves, in the house paper clips/pens). Take a photo and send it to the person so they know you have prayed for them.



## **IDEA 2: Lily-Pad Prayers**

Draw 3 flowers with 5 or 6 petals. The flowers need to decrease in size, like this

Write prayers in the petals. Stick the 3 flowers on top of each other with the largest at the bottom. Fold the petals up to make a boat shape.



Place in a shallow tray of water - no more than 2cm of water. Put your flower onto the water and watch as the flower opens.

### IDEA 3: I'm thankful for....

Take 10 photos of things or people that you are thankful for.



### IDEA 4: Lie-down prayers

This prayer activity will help you to think about different people who might need our prayers today:

Lie down on:

- Hard floor & think about people who are homeless or refugees - people without a home
- On a bed & think about people who are unwell
- In a bath or in the bathroom & think about people who don't have clean water
- Lie in silence, maybe outside & pray for people who are on their own  
Try to do each of these for 1 minute



### IDEA 5: The Lord's Prayer with actions

Our Father who art in heaven

(raise your arms up)

Hallowed be your name

(Trace a big perfect circle in front of you)

Your kingdom come, your will be done

(slowly stretch out your arms to show the position of Jesus on the cross)



**On earth**

(Still with arms outstretched, turn palms face downwards)

**As it is in heaven**

(still with arms outstretched, turn palms face up)

**Give us today our daily bread**

(hold out hands as if receiving bread)

**Forgive us our sins**

(wipe the fingers of your right hand down the palm of your left hand)

**As we forgive those who sin against us**

(wipe the fingers of your left hand down the palm of your right hand)

**Lead us not into temptation**

(make a fist with one hand and cross that arm over your chest)

**Deliver us from evil**

(make a fist with the other hand and cross that arm over your chest)

**The kingdom**

(raise both arms upwards)

**The power**

(make a strong 'muscly' pose with both arms)

**And the glory are yours**

(reach up and make your fingers come slowly down as if you're showing  
raindrops falling)

**Now**

(point to your left with your left hand)

**Now and for ever**

(with your right hand make a spiralling movement from the left hand over  
towards the right as far as you can go)

**Amen**

(bring both palms up above your head and clap...shout Amen)

*Thanks to 'Messy Church' for this version of the prayer*

## IDEA 6: Lego prayers



Take a lego brick.

**Hold it** - pray for yourself. Thank God for what he has given you.

**Count the bumps on your brick.**

For each bump - pray for a different person. Ask God to be with them this week.

**Take a different coloured brick.**

Thank God for making people different and special. Pray that God will help us to learn how to celebrate and understand people who are different.

**Now get some more of your bricks and build a tower.**

Thank God for the church and for your school. Pray that God will help us to include others and to help people know they are valued and loved.

## IDEA 7: Button Prayers

You will need a few different sized and coloured buttons.

**Feel the hardness** of the button and pray for people going through a hard time at the moment. Ask God to help them.

Buttons are used to **fasten things together**. Ask God to bring together people who have fallen out. Pray that he will bring peace.

See how **many holes your button has**. Think of that number of things to say thank you to God for.

Look at **the colour of the button**. Think of something else that colour and to say thank you to God for.



## IDEA 8: Make a thankfulness jar



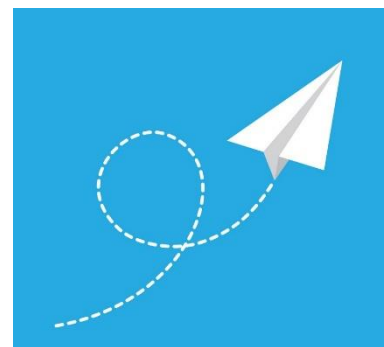
Decorate a jar with your favourite stickers or just bits of coloured or recycled paper.

Make it your 'thank you' jar. Every day write on a piece of paper something you are thankful for and put the piece of paper in the jar.

## IDEA 9: Paper Plane Prayers

Make a paper plane.

On the wings of the plane write a prayer.  
See how far your plane will fly.



As the plane flies imagine the prayer going to God.  
Shout 'Amen' loudly when the plane lands.

## IDEA 10: Pavement Prayers



Take some chalk outside your house.  
Use the pavement to write in big letters or draw things that you want to say 'thank you' for and things you want to pray for. Make the pavement look like a big graffiti wall but make sure they are only words and pictures to help you pray.

Maybe you could put up a notice by the pavement inviting others to add their prayers.