

FAMILY CREATIVE PRAYERS

Below are a few examples for you to involve the kids in some creative ways to help them pray. Please approach this as fun whilst praying. It is totally ok if the tasks don't turn out the way they were meant to! Improvise and include the heart behind the craft to help your children pray. These examples do not need to be tried or completed within the hour and there are also lots of other examples you can find online to help you involve children and young people!

Action:

On a piece of paper, draw around your hand. Ask God to give you helping hands to do what is right, using your hands for kindness and goodness. Think of something good you can do with your hands today and write it on the hand (e.g. staying home and safe, tidy your room, set the table, write an encouraging letter).

In difficult times it's also important to look out for the helpers, those with helping hands who are doing their best to show kindness and make things better. Who are the helpers in our world right now? Take a moment to pray for them and ask God to give them wisdom as they do what they can to help others. If you want, on the other side of the hand you can write your prayer or draw a picture of the helpers you are praying for.

Prayer:

God, I thank you for those helping hands in our lives...our families and our friends.

I ask that you bless them and help me to encourage them. Jesus, I thank you so much for those who are on the frontlines - the nurses, doctors, and health workers who are giving of themselves to help others. Give them wisdom, courage, strength, compassion and even joy today.

Jesus, protect them and be their help as they try to help others.

“Greater love has no one than this: to lay down one's life for one's friends.” John 15:13

Supplies: You will need paper, pens/pencils

HELPING HANDS

Action:

Fill the sandwich bag with water (leave some space at the top) and seal it.

Take a sharp pencil and poke it all the way through the bag so that part of the pencil is sticking out both ends. Don't worry it works! Leave it in there. There is no leakage whatsoever.

Ask your child what they think will happen if you poke the bag with the pencil? The pencil is like the thing we are scared of. We are worried it will hurt us (or make our strength leak away), but we can pray to God to give us the courage we need to get through.

Today, in a world with coronavirus and social distancing, we find ourselves in an extraordinary situation. What are the things that scare us? The things that we worry will hurt us? Think of the things that worry you and ask God for the courage to get through the difficult times. As a symbol of your prayer, push the pencil all the way through the bag of water.

Prayer:

God, we thank you that Love is greater than fear. We know that there is a lot to be afraid of these days, and it can feel HUGE. I thank you that you are not overwhelmed or afraid and you give us your courage. Your love is greater and your love is with us. Jesus, fill me with your love and give me courage to cast out all fear.

"There is no fear in love, but perfect love casts out fear." 1 John 4:18

Supplies: You will need a sealable sandwich bag, water, sharp pencils

FINDING COURAGE THANKFULNESS - GRATITUDE JAR

Action:

Decorate the empty jar using sharpies or paint or stickers. Make this your 'Gratitude Jar'. Every day write on a piece of paper something you're thankful for and as you drop it into the jar, say a prayer of thankfulness to God. Then in future days when you're feeling down and wonder if God is still good, you can read through your prayers and remind yourself of all the good things God has given you!

Prayer:

Father God, thank you that even in the midst of the hard times, there is so much to be thankful for. Thank you that we can lift our eyes up above all of the challenges of today and we can see you and remember that you hold us in your hands. Thank you for a new day every day. Thank you for your peace which is better than I can understand. Thank you for your goodness.

Thank you for your love. And for the sun when it shines. And for the rain when it rains. Thank you that you give me all I need each day.

"And let the peace of Christ rule in your hearts...And be thankful." Colossians 3:15

Supplies: You will need an empty jar, sharpies, stickers

NEIGHBOURHOOD ACTION

At the end of our prayers today, we will all be kneeling and praying together across the land as a sign of unity and togetherness. As we do this in our homes together, we also want to turn our focus outwards as an act of prayer and a reminder to pray for our neighbours and the world around us.

As a sign of that, we invite you to make a sign to hang on your window or door. All you need is a felt tip and a piece of paper or cardboard and a bit of tape, or you can paint it or create something on your computer and print it off.

Get creative or keep it simple! Just write down "Praying for You" and hang it in your front window or door where neighbours and callers (i.e. postmen, delivery personnel, etc.) can see it. Our hope is that they'll be blessed by it and that it will be a reminder for us to pray for them.

It's a small gesture, but let's not underestimate the power of prayer.