

Prayer at home



With thanks to Sr. Susan and St Marie's Primary School

Introduction to praying at home

You can use these resources in whatever works for you to support prayer in the home.

It can be a good idea to create a prayer journal for reflection and to record the ideas you like best. That way, you start to develop a sense of HOW you like to pray to God and WHAT you think is important in your prayers.

For each prayer, reflect: *This made me think of... This made me feel...*

Be Still



You could put on a piece of calming music for a minute or two before you begin but turn off the music when you are ready to begin.

Sit comfortably. Close your eyes. Listen to the sounds around and then let the sounds go.

Choose a word (e.g. Jesus, peace, Shalom). As you breathe in, say the word slowly to yourself. As you breathe out, let any thoughts that come to you flow out. Eventually just be still.

Asking God for... - using stars



You will need a small bowl of water.

Draw a star and cut it out. Fold the points into the middle.

Think of what you want or feel you need to be to be the person God wants you to be.

Open the folded star and write your request in the centre. Re-fold it, put the star in the water and watch it open up.

Think about how we need to open up to God to receive His gifts.

A Stone in my Hand



Find a stone.

Hold it and turn it over. Really look at it. See its colour and shape. Feel its texture and weight. How does it feel in your hand?

Think about the story of this stone: the rock from which it came, the wind, sun, frost and water that has shaped it into its current form.

Think about your own story and what has led you to today.

As you hold your stone, know that you are held in God's hand. God is with you always. What do you want to say to God?

Praying Hands

In your journal, draw the shape of your own hand.

On the four fingers, write:

- Someone to thank God for
- Something to thank God for
- Something for which you would like to ask God's help
- Something you would like to say sorry for



Bubbles



You will need bubbles for this activity.

Bubbles are a way of experiencing our prayers going up to God.
Blow bubbles slowly and carefully. They are sent by your breath.
Look at them carefully. What do you notice? Each bubble is unique.
As you blow a bubble, say a word of praise to God.

Candle Prayers



You will need a candle for this activity.

Light the candle.

Read the scripture slowly: ‘Jesus said “I am the light of the world. Whoever follows me will have the light of life and never walk in darkness.”’ (John 8:12)

The light of Christ came into the world to shine in all the dark places.

As we think of Jesus the light, we ask his light to shine in our lives. Look at the candle and see how it brings light.

Healing Heart



Draw a heart in your prayer journal.

Think of someone who needs God's healing touch or perhaps there is someone you need to say sorry to.

Write their name on the heart.

Ask God to be with that person.

The Knots



You will need a length of string or wool. Tie some knots loosely.

Think about the knots – do I have knots in my head or my heart? What are they?

Do I sometime get angry because of what I have NOT got? Do I sometimes think I can NOT do something – because of fear or worry? What about the time I should NOT have done something?

Spend some time trying to undo one knot. Ask God to help you with the knots in your life.

Dear God, please help me to untie the knots in my life, my mind, my heart. Take away the have NOTS and the can NOTS, the will NOTS, the may NOTS and the might NOTS that I sometimes have inside of me. Help me to remove the am NOTS that hold me back – especially the thought that I am NOT good enough. Amen

Loom Band Prayers



You will need some loom bands to make a prayer bracelet.

Blue band – I pray for my family. *Loving God, hear my prayer*

Red band – I pray for children everywhere. *Loving God, hear my prayer*

White band – I pray for those who feel sad today. *Loving God, hear my prayer*

Yellow band – I pray for our beautiful world. *Loving God, hear my prayer*

Green band – I pray for all my friends. *Loving God, hear my prayer*

Orange band – I pray for peace in our world. *Loving God, hear my prayer*

Purple band – I pray for all those in my school. *Loving God, hear my prayer*

Pink band – I pray for everyone in my community. *Loving God, hear my prayer*

Walking the Walk

In your prayer journal, draw around your foot.

Who walks with you on your journey? Who do you walk with?

Write what you have learnt that helps you go through life.



Scented Tissues



You will need a scented tissue (or add a scent to an unscented tissue using perfume etc)

Even though we can't see the smell, we know it's there because our nose tells us!

God is with us all the time even though we can't see Him.

Ask God to be with you today. Keep the tissue as a reminder that God is there. The smell may fade but God never will.

Fruits of the Spirit



You will need some jelly sweets.

Choose a sweet and eat it slowly – what flavour is it?

Think of the Fruits of the Spirit – love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control.

Which Fruit of the Spirit does the sweet taste like to you?

Think about what this Fruit of the Spirit means?

How can you live this Fruit?



Web of Community

Draw a simple spider's web in your prayer journal.

Take time to think of all the people who help you in a day – write their names on the web.

Don't forget people who grow the food you eat, make the clothes you wear, keep the roads safe etc.

As you write their name on the web, ask God to bless them.

Fizzy Prayers



Use a fizzing tablet and bowl of water.

Sometimes we get hurt by other people. When this happens, we feel angry and sad. Once things are sorted, we have a choice – to forgive or not forgive. Holding onto bad feelings makes you feel worse which is why we need to forgive other people.

Think about a person who has hurt you and who you need to forgive. Take your time and think about forgiving that person.

Imagine your fizzing tablet contains all the hurt, anger or sadness you feel about that person.

Drop it into the water. As you watch it dissolve, try and let go of the hurt and anger you feel. Let it go and forgive, just as God forgives us

You are Special



Make a fingerprint in your prayer journal. Perhaps colour it in.

Watch You are Special by Max Lucado

<https://www.youtube.com/watch?v=15QuHygLwFU>

Paper Planes



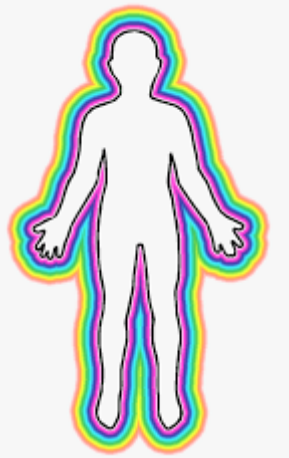
Sometimes it is hard to move on. Sometimes we have to let go of things to enable us to move on.

Spend some time making a paper plane and while you do so, think about what you might need to let go of.

Write something on your plane.

Fly your plane while letting go of what is holding you back.

Building the Kingdom of God



Draw a body outline in your prayer journal.

On your arms and hands, write what you do to build God's Kingdom.

On your legs and feet, write the paths you should follow.

On your head and neck, write the thoughts you should have.

Over the heart, write what values are important in building the Kingdom.

Seeing Others Differently



Sometimes it is the way I see people that I need to think about.

Ask God to help you see others / yourself through God's eyes of love.

God loves everyone – and God loves those people I don't like as much as He loves me.

Read the reflection:

I didn't see her. I was blind. I saw her only as a problem to be solved.

I didn't see the treasure; I didn't see the love.

Your question was what I needed: "Do you see this person?"

The answer was obvious. She is precious, valued. Loved. And loving.

Grant me eyes to see the way you see.

Help me to see others through your eyes of love.

I Am Wonderfully Made



You will need a mirror for this activity.

Gaze into the mirror. Look at the reflection that stares back at you.

Think about God's abundant love for you.

Give thanks to God for the amazing creation that is you.

As you look at your reflection, say a few times to yourself:

"Thank you God, for I am wonderfully made."

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