



CHURCH@HOME

SUPPORTING PRAYER

Prayer is simply spending time with God – talking, listening, thanking, wondering and sharing what is on our hearts. Children often find prayer easiest when it is woven into everyday life rather than set aside for special occasions. Here are some simple and enjoyable activities you can try at home to encourage prayer together as a family.

Thank You Jar



Place a jar and some slips of paper somewhere visible in your home. Throughout the week, family members can write or draw things they are thankful for and place them in the jar. At the end of the week, read them together and thank God for each one.

Prayer Walk



Take a walk around your neighbourhood, a park or the countryside. As you walk, pray for the people, homes, schools, shops and places you pass. Encourage children to notice things that make them smile and thank God for them.

Prayer Stones

Collect smooth stones and decorate them with pictures or words such as "family", "friends", "school" or "peace". Keep them in a basket and choose one each day as a prayer prompt.

Pray continually

(1 Thessalonians 5:17)

Bedtime Blessings

Before bed, take turns sharing:

- One thing you are thankful for
- One thing you are worried about
- One person you would like to pray for

Finish by asking God to watch over your family through the night.



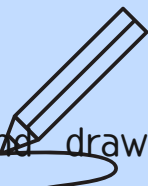
Finger Prayers

Use your fingers to remember different people to pray for:

- Thumb – family members
- Index finger – teachers and leaders
- Middle finger – government and community leaders
- Ring finger – people who are sick or struggling
- Little finger – yourself



Draw a Prayer



Some children find drawing easier than speaking. Encourage them to draw a picture of something they would like to thank God for or ask God about. Talk about the picture together and pray.

Nature Praise Time

Spend a few minutes outside noticing God's creation. Listen to birds, watch clouds, smell flowers or feel the wind. Invite children to tell God what they love about His world.

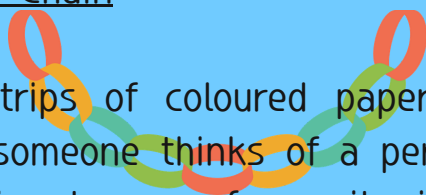
Mealtime Prayers

Try a different prayer each day:

- Thank God for the food.
- Pray for those who are hungry.
- Pray for the people who grew, transported and prepared the food.
- Share one blessing from the day.



Prayer Chain



Cut strips of coloured paper. Each time someone thinks of a person or situation to pray for, write it on a strip and add it to the chain. Watch the chain grow as your family's prayers grow too.

Dear God,

Thank you for our family, our friends and all the good things you give us each day. Help us to see your love around us, to care for others and to trust you when things are difficult. Teach us how to talk with you and listen to you. Bless our home and everyone we love.

Amen.

Remember, there is no perfect way to pray. What matters most is helping children discover that God loves them and is always ready to listen.