

My Prayer Bag

Inside your Prayer Bag – Pebbles, Candles, Ribbons, Love Heart Tags, Heart Balloon, Wooden Cross, Leather Bracelet/String, Wooden Hearts, Glow Stick, Luggage Tag, Post it Notes, Stones, Playdough, Star Tag

Glass Pebble Prayer - Sometimes we feel sad because we know that people, we know are sick or sad too. Look at the glass pebbles, some people think they look like tears. Do you know anyone who is sick or sad at the moment? Maybe you're feeling sad. Take a glass pebble as you think about that person. If you want you could say a prayer for them, you could ask God to comfort them and help them. When you're finished thinking about them you can put your glass pebble into your prayer jar as a sign that you're thinking about them.

Be the Light - Sometimes in life we go through hard times and things feel difficult. We often rely on those around us to light up our dark days, to encourage us and help us. But sometimes we need to be that light for others. Take your 2 candles and with your family light them and think of what you could do to support someone else. It might be making someone smile, bringing a gift, being a listening ear...

Ribbon Prayer - There are times in life when we struggle and find things difficult. When this happens, we can turn to others for support and strength. Take a ribbon. As you hold it, think of someone who helped you when you were struggling. How did they help you? How did you feel? If you want to, you can say a prayer thanking God for that person and their help.

Where Is the Love? - When tragic events and disasters happen, we sometimes feel sad or scared or even angry. It's OK to feel like this. If you want to, you can sit here and think about what's happened, the people involved, and about how you feel –give yourself 1 minute to do this. Now, think about the people that helped in some way – the emergency services, neighbours and friends – when bad things happen, people do good things too. If you want to, you can turn your LED Candle on to represent your thoughts and prayers.

Who is your neighbour? - Jesus says that everyone is your neighbour, not just the people who live near you, and not just your friends. People you don't know, even people you don't like, are your neighbours too. And Jesus says that we should love our neighbours like we love ourselves. Think of someone... in your class, or your street, or your town. If you want to, write or draw a kind thought or prayer for them onto a heart card. You can then place this in your jar or somewhere you can see this.

Please Beads - Have you ever prayed before? Here's a great way of praying. Christians believe that God hears all prayers, even when we think they're small and silly. Take a bead and hold it in your hand, if you feel comfortable then pray about something that's on your mind. Then place your bead back in the bowl with everyone else's prayers.

Thankful Ribbons - Think of someone or something that you are really thankful for. If you want to, you can write or draw a thought or prayer about it onto the ribbon.

Heart Balloon Prayer – *Balloons remind us of celebrations, thankfulness and people who we love. Blow up the balloon and as you do this think of all of the people in your life you love. Once you have done this, you can let this go and let the room be filled with all of those people. Or you can tie the balloon and write on it all of those people's names to remind you of all of the people who are filled with your love and you are filled with there love too.*

Heart Candle Prayer – *Candles can be a symbol of peace, hope, love. They also remind us that Jesus is the Light of the World. Who do you know who might need Peace, Hope or Love in the World now? Give one to someone at home and Light your Candles together praying for people in our World who need Peace, Hope and Love.*

Cross Prayer – *The Cross reminds us of Jesus love for us. The Cross helps remind us of Gods Love and our love for one another. Hold this Cross and pray to God whenever you need him. You can also use this when saying the Lords Prayer. A prayer that is written for us in times of need.*

Bracelet Knots Prayer – Think of 5 people who you know who needs Prayer? It might be someone in your family, or your friends, or someone who needs help? Take the Leather Bracelet or string and tie 5 knots in it for those 5 people. Pray for them everyday for whatever you feel they need.

Wooden Heart Prayer – Hearts remind us of Love. Write your name on this heart and on the back the names of people you love. Hold this in your hand and pray for those people you love and for yourself and know that God loves you. You can give one to someone else and ask them to do the same.

Glow Stick Prayer – Glow sticks when broken show the light, just like the light in the world. Jesus is the Light in our World and he loves us, protects us and cares for us. On your luggage tag write the verse “John 8:12 – Jesus is the light of the world. Whoever follows me will never walk in darkness but will have the light of life”. Attach this to your Glow Stick and snap your glow stick and read this verse knowing that God will bring light to your life.

Post it Notes Prayer – Prayer helps us to talk to God when we need to ask him for Help, Peace, Thankfulness, Forgiveness and so much more. It helps to write our Prayers down to God to remind ourselves of our Prayers for ourselves and others. Use the different shapes and coloured post it notes to write down your Prayers to God. Then turn on your LED Candle and place it on top of your prayers to give this to God who is the Light of the World. Or you can pop these in your Prayer Jar.

Stone Prayer – Stones are very heavy and can remind us of how sometimes we can feel sad or worried about something which can feel heavy on us. We can talk to God about our worries and sadness and he will lift that weight from us. Hold your stone and ask God to help you. If you want you can write this on a label and put it on your stone. Or you can wash your stone and wash away those worries and sadness.

Prayer Jars – Your Prayer Jars are important when you want to write down your thoughts, feelings and prayers to God.

Playdough – Playdough can be shaped into lots of different symbols and objects. Playdough can help us communicate our Prayers in a different way. With the playdough make an image of yourself and pray for you, Then make it into an image of someone or people you love and pray for them, make it into an image or symbol of someone who helps us in our community and pray for them, make it into a image or symbol of our world and pray for our world, finally pray for those who are sad or lonely in our world and pray for them.... You can use and make playdough into lots of different things to help communicate our prayers to God.

Star Tag – A Star can be a reminder of Hope in the World. A star shining brightly in the sky brings us a smile and reminds us of our beautiful world. Who needs hope in our world today? Write this on your tag and place it in your window to shine brightly to all those who need hope and happiness in our world today.

Knots Prayer – Sometimes we can be anxious and worried about things that are happening around us. It is okay to feel like this, God wants you to pray to him about it to help you. Take some string and tie some knots in the string of all of the things you are worried or anxious about. Pray to God about these then untie them knots to release those feelings once you have prayed to God for Help.

5 Finger Prayer – Use the Five Finger Prayer in your Prayer Bag to Pray for everybody who helps us, loves us, cares and protects us and for you!

You can use all these objects in different ways to Pray! Remember that God Loves You!

He is the Light in our World and you are loved by him unconditionally! He cares for you, protects you, loves you and wants you to talk to him in Prayer!

Let us Pray!