

# Family Prayer Guide



## Creative prayer ideas for families, children, and youth.

**PRAYING WITH SCRIPTURE JAVELIN PRAYERS** – Prayers that can be offered quickly and with accuracy. Usually simple but meaningful phrases from Scripture, based on the premise that there is power in God’s Word! The phrases can also be repeated. For example:

*God is our refuge and strength. Psalm 46:1*

*This is the day which the Lord has made; let us rejoice and be glad in it. Psalm 118:24*

*Rejoice in the Lord always. Philippians 4:4*

*I can do all things through Christ who strengthens me. Philippians 4:13*

**MOVEMENT IN SCRIPTURE PRAYERS** –Read and create hand motions to the powerful prayers from the Bible such as from the Psalms, Job, Daniel, Jonah, and Ephesians.

**SCRIPTURE MADE PERSONAL** – An important way to be empowered in prayer and to gain confidence is to use the Word itself. As you pray, just insert the name(s) of those for whom you are praying. Here is an example:

\_\_\_\_\_, who dwells in the shelter of the Most High, will rest in the shadow of the Almighty. \_\_\_\_\_ will say of the Lord, “His is my refuge and my fortress, my God, in whom I trust.”

He will cover \_\_\_\_\_ with His feathers, and under His wings \_\_\_\_\_ will find refuge. Psalm 91

### LORD’S PRAYER FROM SCRIPTURE AND IN OUR OWN WORDS

Our Father who art in heaven

*Thank you, God, for creating me and everything.*

Hallowed be your name

*May everything I say honor you, God.*

Thy Kingdom come

*May everyone I meet know that I love You.*

Thy will be done on earth as it is in heaven

*Help me, God, to do what you want me to do.*

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**ABC** – Each person is invited to offer a prayer about a different letter of the alphabet

**PLEASE, SORRY, THANK YOU** – An easy way to help young children in their prayer life.

**ACTS** – Adoration, confession, thanksgiving, Supplication

**BEGIN WITH SILENCE** – Prayer begins with silence to allow the Holy Spirit to shape and form our words.

**BODY PRAYER** – Touch your *head* and remember the ways you are close to God; *forehead*-for wisdom; *mouth*-to speak kindly and Christ-like; *heart*-be open-hearted and love generously; *belly*-feel deeply, belly laugh, belly cry and deep compassion; *hands*-service; *legs*-walk in the way of the Lord.

**HEADLINES PRAYER** – Lay out the local newspaper or school paper and let each family member choose a story to pray about.

**CHOCOLATE CHIP PRAYER** – Make chocolate chip cookies. When finished, each family member gets a cookie and for each chip discovered, a prayer of thanks is offered.

**CANDLE PRAYER** – Light a candle for each person, joy, or concern that is offered.

**FILE FOLDER PRAYER** – This prayer format is wonderful for children and families. You'll need: manila file folders for each person, post-it-notes, colorful stickers and markers to decorate. Once the outside of the folder is decorated, give each Family member several post-it-notes. Write one prayer concern on each note. Place them inside on the right-hand side of the folder. Pray over them daily. At the end of a week's time, consider each prayer concern. If prayers have been answered the post-it-note is moved to the left side of the folder. If the concern is cause to continual prayer, it stays on the right.

**SCULPTURE PRAYERS** – Use play dough, aluminum foil, pipe cleaners, shaving cream and even mashed potatoes!

**MAP PRAYER** – Post a large map of the world (USA or State) at home. With eyes closed, each family member will spin around and then point to a place on the map. Lift up that particular place and its people in prayer.

**LIGHTHOUSE PRAYER** – Use a darkened room and soft music playing. Each family member has a flashlight (colored tissue paper covering the light adds variety) and with each prayer that is offered, the light is flipped on and then turned off. This can be done in circle fashion or randomly, creating a wild light show!

**PAPER AIRPLANE PRAYER** – Ask each family member to write a simple prayer on a sheet of paper. Form into a shape of an airplane and fly it to another member. When each person has a plane in hand, go around the circle and offer the petitions on behalf of each other.

**OREO PRAYER** – The filling in the middle does the praying! Ask each person to offer a brief prayer for the family member standing to the left and to the right.

**PICTURE POEMS** – Write a prayer in the outline of a simple shape....a star, a butterfly, a scallop shell, etc.

**POETRY** – Write your own or read one that someone else has written. A simple form is the cinquain (a five line poem). First line: one word, a noun. Second line: two adjective words to describe the noun. Third line: three action words about the title. Fourth line: four words describing a feeling about the title. Fifth line: rename the title, one word.

**BREATH PRAYER** – An excellent way to center yourself. Children in particular love breath prayers. As you inhale, think of one phrase. Another phrase is used as you exhale. *Almighty God watch over me. Lord of Love have mercy.*

**LETTER TO GOD** – Often it is easier to write or draw our prayers in a letter to God.

**PRAYER CALENDAR** – Before the beginning of the month, fill in a blank calendar with at least one prayer concern for each day. Encourage family members to remember to pray for their own family, members of the congregation, the community, things that are happening in the country and around the world. Decorate the calendar with simple drawings or artwork and display in a common area.

**RAILROAD TRACK PRAYER** – An old favorite. Each time you cross a set of railroad tracks, everyone (except the driver) raises their feet in the air and offers a prayer for a safe journey.

**HAND PRAYER** – Use your hand as a reminder of those we need to pray for. *Thumb*-those closest to you, family and close friends; *Pointer*-those who lead and guide you, teachers, pastors, police, coaches; *Middle*-the tall finger reminds us of those in authority, presidents, mayors, student government officials; *Ring*-this weak finger is for those in our life who are ill, disabled, lonely, unhappy; *Pinky*-the smallest and last finger is a reminder to pray for ourselves!

**PRAYER CHAINS** – Write prayers on strips of paper and link them together or write a prayer on construction paper cut into shapes and link them all to colored string with tape. Display in a common area.

**PRAYER JOURNAL** – Write simple words, phrases, emotions and questions to God.

**M & M PRAYER** – Using M&Ms (or another favorite multi-colored candy) designate specific colors for specific prayers such as red=church, green=family, brown=friends, blue=the world, yellow=God's creation. Family members take a small handful of candies and pray based on the colors they have.

**PET PRAYER** – Pray about your pet OR with your pet. Many children, youth and adults find it comforting to gently stroke their pet while offering a prayer about anything else.