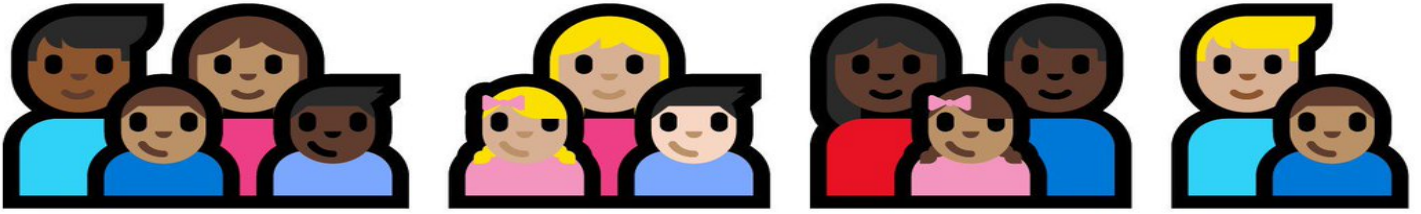


## Suggestions for families praying and worshipping



### together at home.

We are human.

We have so many questions.

Where did the world come from? Why does it exist? Why am I here?

I wonder if any of these questions, starts you  
asking/thinking about God?

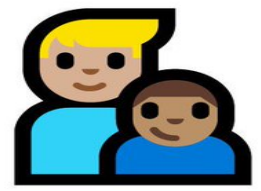
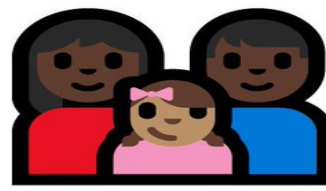
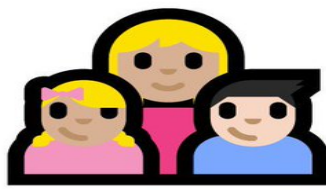
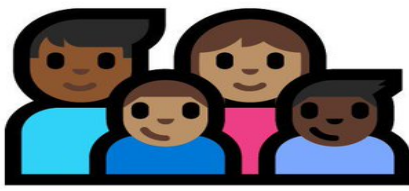
You may ask, where is God? We can not see him, but Christians believe they can see him in the world around them, in nature, in growing plants, in everyone who we meet. You cannot see the wind but you can see and feel the effects that it has. You cannot see God but you can see and feel God's effect. Everything can show us something about God. Just look around you.

God became human and lived among us many, many years ago. People saw God through Jesus. Jesus is the best picture we have of God. We can still see that picture today, it is in the Bible, in The New Testament, in the Gospels, Matthew, Mark, Luke and John. What a wonderful gift we have and it is for everyone.

Just because we cannot see God does not mean we cannot talk to him. We can tell God anything and everything. He is always there to listen to us, 24/7. He does not work set hours; he does not have lunch breaks or holidays or unavailable during the night or at weekends. So, whenever you have a need to talk, talk. We can tell God anything and everything, there are no wrong words, no wrong places to talk, no subject out of bounds, no stupid questions. God knows how we are feeling before we start talking. God is always there.

There are many ways to talk to God, one way is to pray. But what can we say? Jesus's special helpers, the disciples, asked Jesus a similar question one day after they saw him praying. So, we are going to start with a prayer that Jesus gave us. We call it The Lord's Prayer. It is the prayer that Jesus taught his disciples. It is in the Bible. We can pray it alone or with others, when we pray, God is near.

One way to say The Lord's Prayer is to say it creatively, we can break it down so we say a part and do an activity. There are 7 parts, so you could take 7 days. A phrase a day. The idea I have adapted came from Jean Elliot.



Suggestions for families praying and worshipping  
together at home.

The Lord's Prayer, a phrase a day.

- **“Our Father in heaven”** - Draw a picture of your idea of the best Dad, Parent, Carer ever. **As a family, write the qualities you would like that person to have around your picture.**

God you are here for us.

Where is heaven? Have you ever looked up at the sky and wondered where heaven is? Heaven is not up in the sky, it is not a place or time, it is everywhere.

Wherever you are, God is there, heaven is there.

- **“Hallowed be your name”**- Names are important to us. Look up the meaning of your name. The meaning of mine is “deserving to be loved”. I wonder what your name means? God’s name is very special-Hallowed or Holy, to be respected. Get a piece of paper and write “God” in bubble writing and decorate the letters as beautifully as you can using crayons, felt pens or collage materials.

As a family, talk about how you could “honour” God’s name in your lives.

You have so many names, God, you are King, Rock, Saviour, and The Way.

- **“Your kingdom come, your will be done on earth as in heaven”** - Make crowns with paper, card or newspaper. **As a family, think about what God’s kingdom is like, for example, full of hope, love and joy.** Cut out coloured paper shapes and draw or write your ideas of what God’s kingdom is like. Stick these jewels” on the crown and wear it as you pray the Lord’s Prayer.

Your Kingdom has started and some day it will be fully here.

- **“Give us today our daily bread”** - **As a family, if you can, make some bread or scones. Talk about what “our daily bread” really is. Jesus said “I am the bread of life”. What do you think he meant?** Draw a slice of bread on some paper and write your thoughts down.

And we ask God that he would help us share with all people what we receive from him.

- **“Forgive us our sins as we forgive those who sin against us”** - **As a family, write or draw with washable felt pen something you are sorry about on a kitchen cloth. Swap cloths with someone else and wash their cloth in warm, soapy water. It is now clean. Give it back**

to them and receive yours, also now clean. That is how God forgives us. Thank him and ask him to help us to forgive each other, something we often find hard.

**Give us courage to look for your goodness and let it grow in us.**

- **“Lead us not into temptation but deliver us from evil” - As a family, play snakes and ladders together. Our lives are full of challenges, ups and downs. God will give us strength to make good choices and get through the tough times. Find a pebble or stone and decorate it beautifully, maybe with sequins or glitter or both.**

**Help us to know what we can and cannot do.**

- **“For the kingdom, the power and glory are yours, now and forever. Amen” - As a family, make a special flag together. You could use an old sheet, or paper and a broom handle or a bamboo cane. Decorate it with whatever you have available, paint, scraps of fabric, wool, ribbon or anything sparkly. As a family, say the whole prayer together and wave the flag at the end.**

**Here and now, you are with us.**

