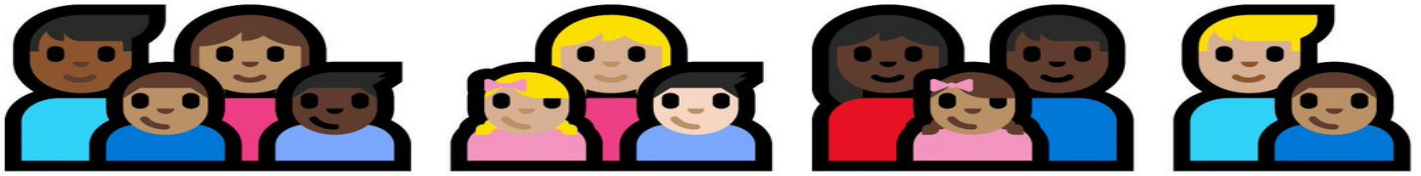
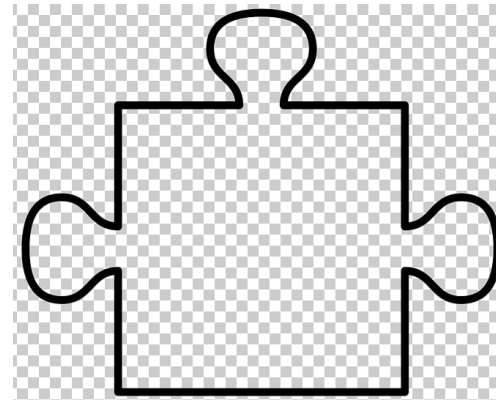
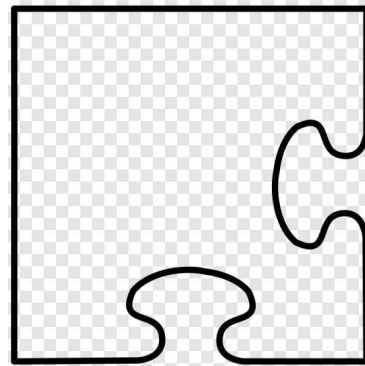
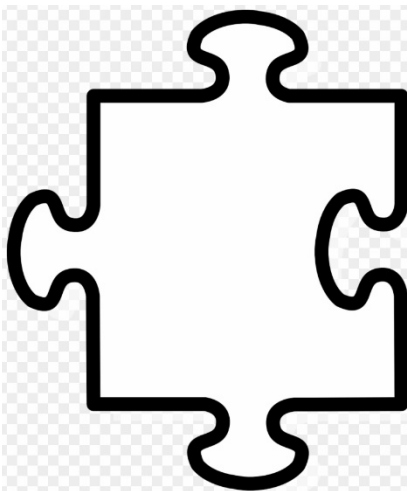


## Suggestions for families praying and worshipping



together at home.

## Jigsaw Prayers



This is a  
easy,

tactile prayer idea. All you need is some jigsaw  
pieces. You could use a jigsaw that has missing pieces and cannot be used any more. Or  
download outlines of jigsaw pieces and cut them out. You can say the words out loud or say  
them in your head.

- *Hold the jigsaw piece in your hand and pray for yourself*

Ask God to help you. Thank Him for the good things in your life. Ask God to help you see the big picture of the plan he has for your life.

- *Look at the parts of your jigsaw piece that reach outwards.*

Pray for people who reach out and help by showing love to others. Thank God for the people who help and show love to you.

- *Look at the parts of your jigsaw piece that have spaces waiting to be filled.*

Pray for people who have lost something or someone or who feel that they have something missing in their lives. Ask God to help them to know that they are loved by him.

- *Try to fit your jigsaw piece into another jigsaw piece (it probably won't fit!)*

Pray for people who find it hard to fit in, people who have moved to a new place, people who feel they have no friends, people who are being bullied. Pray that they will find peace, friends and happiness.

- Hold your piece and think of someone from your community, your friends or family that you would like to pray for. Thank God for that person and ask God to bless and help them.

Amen

## Colouring

- Colouring in is a great time to sit and reflect on God, prayer and on stories you have heard. It also provides a great opportunity for people to chat informally with you about what you are doing.

Our Father in

Heaven,

Hallowed be your name.

Your Kingdom come,

Your Will be done, on Earth  
as it is in heaven.

Give us today our daily bread  
and forgive us our sins  
as we forgive those who  
sin against us.

Lead us not into temptation,  
but deliver us from evil.

For the Kingdom, the  
power and the glory  
are yours for ever and ever.

Amen

I can worship anywhere!



# Worry Prayers

We have to trust God to take care of our worries and that sometimes means that we intentionally have to give them to him and ask him to help us. It works well if you pray in a tactile way so we need something that involves a deliberate action of release. What better than bubble wrap!!

You can tell God something that is worrying you (either out loud or in your heads) and then you can pop one of the bubbles as a sign that you have asked God to help you and you have released your worry to him. Amen

So next time some bubble wrap arrives at your home, put some aside and use it for Worry Prayers.



# Teaspoon Prayers

Using a teaspoon is a prayer prompt.

teaspoon.  
abbreviation for a teaspoon, TSP.

Hold a

Think of the

- T      thank you
- S      sorry
- P      please



Use these headings to create your own prayers.

Amen

## Sorry Prayers

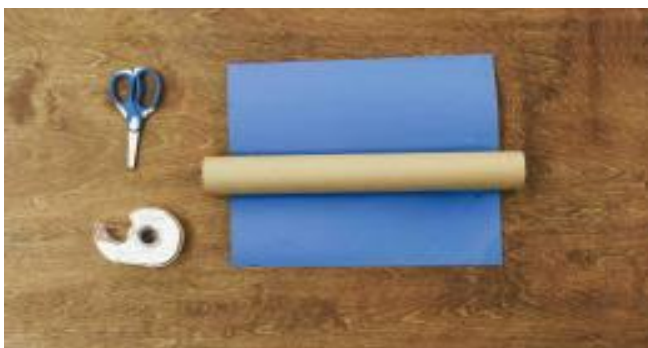


- Write or draw something that you are sorry for on a piece of paper.
- If you don't want to write it down, just hold the paper and imagine it.
- Say sorry to God and ask him to forgive you.
- Screw the paper up and throw it into the bin to show you that God has forgiven you and thrown the sin away. Amen.
- Is there anyone else you need to say sorry too?

## I Spy Thank you Prayers.

These prayers can be said anywhere and anytime to prompt us to think about the things around us and say thank you to God.

- Can use colours or letters.
- When the item has been guessed, everyone can say thank you God for "the item" Amen and the next person can have a go.
- To make it more of a game you could use a tube to look through as an I spy telescope.



# Prayer Tree

This creative prayer idea can be used for many prayer occasions.

- Find some twigs and place in a vase.
- Have a selection of ribbon or pieces of fabric.
- Think of something in the community that needs your prayers and take a piece of ribbon/fabric and tie it to the twig.

A bare tree eventually comes to life and gets filled with colour.



# Zip Prayers

These prayers are for peace and a great illustration of bringing two sides together.

- Think about the places in the world where there is war or disagreement between people
- Maybe you know people who are arguing.
- Pray that God will help to bring the sides together so that they can live in peace.
- As you pray, do up the zip as a sign of your prayer.

*Amen*

