

God wants to hear from us and God wants to speak to us. This is what we mean by **prayer**.

Jesus told us to pray, so did other writers of the Bible.

Prayer is our way to **keep in touch** with God. And God's way to keep in touch with us.

Philippians 4:6-7 (MSG)

⁶⁻⁷ 'Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down.'

Often we think prayer is about sitting in silence with our eyes closed and our hands together. We do it that way as it helps us to concentrate. But actually **prayer can be done in many different ways**: dancing, sitting still, looking at nature, in the middle of doing something else....

Here are some words, ideas and actions that may help you each day to speak to, and listen to, God.



Other ideas: Pray using your fingers- point to each one. Pray for:
1.me 2.others 3.big things in the world
4.family and friends 5.little things (often forgotten).



Light a candle (do not do this alone!). Watch the flame and think about your day. This is a prayer!



Sit and watch a spider or other creature or look carefully at something God has created. Observe the beauty and detail. This is a prayer!



Dance, sing, laugh! On your own or with others. To music or not. Be aware of your body and how it feels and works. This is a prayer!



As you eat or drink be aware of where your food has come from and how fortunate you are to have it. Maybe think about those who do not have as much. This is a prayer!



Stand still and look at the sky. Listen and look. Feel the wind, sun, warmth or cold. Spin round and experience how it feels. This is prayer!

prayer (🗣️) preuh)

noun

1. a solemn request for help or expression of thanks addressed to God



Different ways and different styles

For each and every day

For everyone

Use as works for you!



Morning: God, as I begin my day,

I want to thank you for loving me just as I am.

Help me to show your

love to others in my words and actions.

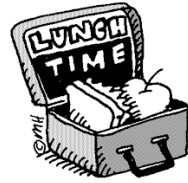
Help me to be kind and caring.

Give me energy and determination for the day ahead.

Let me find joy in what I do and help to bring joy to those around me.

If I find things hard, help me to find the words to tell someone. If I am sad, may I find ways of letting others know. If I feel lonely or worried, open my eyes to things around me that will help me to know you are always with me.

Most of all, help me to have a great day!
AMEN.



Lunchtime: For food and family, friends and fun.

Thank you God!

For learning and playing, eating and drinking.

Thank you God!

For sun and rain, wind and calm.

Thank you God!

For trees and birds, animals and fish, even slugs and wasps!

Thank you God.

For....(add your own suggestions)

Thank you God!

For life. For love. For everything.

Thank you God!

AAAAAAMEN!



Evening reflection: Today these things made me happy (name them*)

Today these things made me sad (name them)

Today these things filled me with energy (name them)

Today these things worried me (name them)

Today I am grateful for these things (name them)

Today I am sorry about these things (name them)

All these things I give to you, Jesus, knowing you carry them with me, in my heart, and can help me to let them go. AMEN.

*you may not have something for every one, every day, do what works for you.