



How to use This Guide:

P.R.A.Y

As you look through this guide you will see the activities are grouped into P.R.A.Y:

P=Pause

R= Reflect and Rejoice

A= Ask

Y= Yield (saying yes!)

We recommend including a mix of P.R.A.Y prayer activities, depending on the size of your space and the vision of your ministry. If you haven't already, read through the leaders guide to select the activities and find out how to set them up, then use this activities pack to print off the print friendly instructions.



Be Still

Bible *"Be Still, and know that I am God"*
Verse: *Psalm 46:10*

Instructions:

1. The word 'holy' simply means 'set apart'.
2. For hundreds of years, people have discovered that being set apart from other people helps them to be more aware of themselves and also of God.
3. In our busy world, this isn't easy.
4. This is a place to be still. This is a holy space.
5. There is no need to talk, no need to do anything. Just 'be'.



Press Pause

Bible *"Be still before the LORD and wait patiently for him"*
Verse: *Psalm 37:7*

Instructions:

1. When we pause, we can become more aware of ourselves and of God.
2. Turn over the sand timer and pause.
3. Why not say 'hello' to God and listen for what he says back.
4. You could draw or write what he says.
5. You can read a bible story, draw a picture, or just sit quietly in the comfy pause space, if you like.



Joy Board

**Bible
Verse:**

*"Enter his gates with thanksgiving
and his courts with praise;
give thanks to him and praise his name."
Psalm 100:4*

Instructions:

- What would you like to thank God for today?
- Write or draw your prayer of thanks to God with the chalk pens on the chalk board.

OR

- Using a stick and scratch cards write or draw what you are thankful for and when you have finished stick it to the wall and say thank you to God.
- You could see what other people are thankful for too and say thank you for those as well!



Playdough People

Bible Verse:

"Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonour others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres"
1 Corinthians 13: 4-7

Instructions:

1. Think of a family member or a friend.
2. Make them out of playdough.
3. Thank God for this person and ask that they would know God's love.

Sorry Sand

**Bible
Verse:**

*"He will wipe every tear from their eyes.
There will be no more death' or mourning
or crying or pain, for the old order of things
has passed away."
Revelation 21:4*

Instructions:

We all do things wrong, it's human nature. It's what we do next that God cares about. Sin creates a barrier between us and God.

Is there something that you've done you want to say sorry to God for?

1. Using your finger write or draw it in the sand.
2. When you feel ready to say sorry to God, lay your hand over what you have written and talk to God about it asking for his forgiveness.
3. When you are finished, wipe across all you've done, wiping it clean like God does for us.



Letting Go

**Bible
Verse:**

Who of you by worrying can add a single hour to your life? Since you cannot do this very little thing, why do you worry about the rest? Luke 12: 25–26

Instructions:

1. Sometimes we can feel weighed down by our worries. Some worries just slow us down, but some worries can stop us enjoying the good things in our lives. God can take away our worries and give us peace.
2. Take a piece of paper and write or draw the thing that's causing you to worry or feel stressed. How would it feel to let go of this worry?
3. When you're ready, let go of the worry by putting it into the shredder and turning the handle.
4. As you do this, imagine these worries disappearing. Ask God to take the worries from you as you turn the handle.

God's Heart

**Bible
Verse:**

*"In the past God spoke to our ancestors through the prophets at many times and in various ways, but in these last days he has spoken to us by his Son, whom he appointed heir of all things, and through whom also he made the universe."
Hebrews 1: 1-2*

Instructions:

God is always speaking to His people; we can learn about God's heart by reading the Bible and in prayer.

1. What would you like to know more of about God? Write or draw the thing you would like to know more of on a post-it or piece of paper.
2. Place your questions in the big love heart.
3. Do you know a Bible verse linked to this? If you'd like to, you can talk to others about your question, perhaps they can help you find what the Bible says about it.



Prayer Wall

**Bible
Verse:**

*Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.
Philippians 4:6*

Instructions:

We can pray about anything; God loves to have a relationship with us and is always listening to our prayers. What would you like to pray for today?

1. Draw or write your prayer and stick it to the wall.
2. If you would like you can read someone else's prayer and say Amen to that too.
3. Amen is like saying 'yes I agree!'



Mirrors Identity

Bible *For we are God's masterpiece.*
Verse: *Ephesians 2:10*

Instructions:

God made everyone, and more importantly, God loves everyone. No one is perfect, but each person is unique and special.

Can you believe this? Can you believe the quotes around the mirror? What might happen if you truly believed how amazing you are?

- 1.
2. Look in the mirror. What do you see?
3. Read some of the Bible verses around the mirror. Take your time.
4. Ask God what good things he put inside of you!
5. Write these things onto the mirror card and keep this card to remind you of all the good God has put in you.

Big Questions

**Bible
Verse:**

*"Before they call I will answer;
while they are still speaking I will hear."
Isaiah 65:24*

Instructions:

Imagine God is sitting in the room with you.

1. Think for a moment. If you could ask God one question right now, what would it be?
2. Write your Big Question onto the cardboard.
3. Peg it up with the others.



Listening to God

**Bible
Verse:**

*"To one there is given through the Spirit a message of wisdom, to another a message of knowledge by means of the same Spirit"
1 Corinthians 12:8*

Instructions:

As Christians we believe we are a community that can encourage each other. God can give us words of knowledge for other people to help encourage them.

1. What is something you hear God saying? It could be something kind, it could be something encouraging, it could be something to do with healing.
2. Write or draw what you think God might be saying.
3. Now ask God who it is for.
4. Go and give it to that person to encourage them.



Paper People

**Bible
Verse:**

"For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ."

1 Corinthians 12:12

Instructions:

As Christians we believe we are a community that help and encourage others. Our words are important (*Proverbs 18: 21 - The tongue has the power of life and death*).

1. Take a piece of paper, follow the instructions on how to make a paper chain of people.
2. Think about the other children you know. You might know them really well or not well at all. They could be in your church, school, or where you live.
3. Why not write a prayer on each person of your cut out, for each person you think of.
4. Stick it up with the others, to build a big community of people.



GOD. LOVES. ME.

**Bible
Verse:**

*"But God shows his love for us in that while we were still sinners, Christ died for us."
Romans 5:8*

Instructions:

We know God loves us because he tells us so. Sometimes we forget or we don't believe God really loves us, but he does!

1. Jump in the first hoop and shout GOD!
2. Jump in the second hoop and shout LOVES!
3. Jump in the third hoop and shout ME!
4. Do this on repeat until this truth has totally taken root in your heart and sunk in deep.
5. GOD REALLY DOES LOVE ME!