



# Children's Prayer Room Pack

A 24-7 Prayer Room is a powerful and purposeful, set-up space that helps us encounter God in prayer. Around the room we can set up 'prayer stations' as places that help us connect with God in different ways.

Children, like adults, are spiritual beings and this resource is created to help them, through creative prayer, to encounter Jesus and go longer and deeper in their prayer life.

This prayer pack has been written with under 11's in mind. However, you know your children in your context best, so please feel free to use it how you see fit. The activities are designed to be accessed by children, but those who are younger may need some help with reading to understand. Giving kids the freedom to respond how they feel connected to the activity is vital, after all it is their prayer response.

Take some time to read through this leaders guide and select your activities before downloading and printing off the ones you have chosen for your space.

We'd love to hear how your time of prayer goes! Make sure to get in touch by emailing [prayersupport@24-7prayer.com](mailto:prayersupport@24-7prayer.com) with any questions and to let us know what happened in your prayer space.

*'Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these.'*

**Matthew:19-14**

# 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. Read through this leaders guide to select the activities and find out how to set them up before printing the print friendly instructions.

**How you run these activities is up to you and your context but here are some examples of where they would work well:**

### **Permanent Childrens Prayer Room**

You may have a room, space or area that you could take over to use as a permanent prayer space, that's amazing! Remember to keep it refreshed and tidy and switch in and out different prayer activities regularly to keep it welcoming and engaging.

### **Pop Up Prayer Room**

You could use your regular church, community, mid-week or afterschool gathering room and transform it into a prayer space as a special one off! Maybe even consider a termly, quarterly or special season like Easter pop up prayer space?

### **In Response**

Use a specific prayer activity as a response to whatever you are already teaching on in your setting.

In any of these spaces the choice for gentle background soaking music is yours.

# Be Still

**For this prayer activity, you will need:**

- Pop up tent/ gazebo/child's tent
- Drapes/material/sheets
- Bean bags/floor cushions
- Quotes about being peaceful or being still
- Fairy Lights

## Set up:

- Set up a really comfy, cozy, welcoming space with all the above items allowing some privacy - make sure it can't be completely closed to ensure safety.
- It might be helpful to create a focus within the space, especially for the youngest children, you could set the space up around some of the words below or even a sand timer can be helpful.



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

**For this prayer activity, you will need:**

- A comfy, quiet corner
- Cushions/bean bag/blanket
- Children's Bible/books
- Paper with pens/pencils
- Sand timer

## **Set up:**

- Set up an inviting comfy space with the above items and instructions.



**Bible Verse:** *"Be still before the LORD and wait patiently for him"*  
*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. 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

**For this prayer activity, you will need:**

- Large black paper or chalkboard
- Coloured chalk pens  
OR
- Black scratch cards & sticks
- Blue tac/white tac/command strips

## Set up:

- Large space to place chalk board or find a wall or board in your space that you can stick the pieces of scratch cards to.
- The items above and instructions ready.



## 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 too!

P.R.A.Y

# Playdough People

**For this prayer activity, you will need:**

- Coloured playdough
- Table
- Craft mat/protective tablecloth

**Set up:**

- Table covered in a protective cloth.
- Playdough on the table.
- Instructions.



**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 Gods love.

# Sorry Sand

**For this prayer activity,  
you will need:**

- Sand
- Container for sand e.g. large tray

## **Set up:**

- Set up a space big enough for your community
- Tray filled with sand ready.
- Instructions.



**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?

- Using your finger write or draw it in the sand.
- 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.
- When you are finished, wipe across all you've done, wiping it clean like God does for us.

# Letting Go

**For this prayer activity, you will need:**

- A5 paper
- Pens
- Paper shredder

## Set up:

- Set up a table with a cloth, and some fairy lights.
- Place the shredder on the table with the paper and pens in a basket.



## 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:

- 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.
- 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?
- When you're ready, let go of the worry by putting it into the shredder and turning the handle.
- As you do this, imagine these worries disappearing. Ask God to take the worries from you as you turn the handle.



P.R.A.Y

# God's Heart

**For this prayer activity, you will need:**

- A big heart shape
- Post-it notes
- Pens

## **Set up:**

- Set up a space big enough for your community
- Have the instructions & items above out ready



## **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. 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.
- Place your questions in the big love heart.
- 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

## For this prayer activity, you will need:

- A 'wall' . This could simply be your wall! Or be a large piece of paper with brick lines on to make it look like a wall. (*You can even buy brick looking wall paper if you want.*)
- Post-its
- Pens

## Set up:

- Set up a space big enough for your community
- The 'wall' and above items ready



## 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?

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

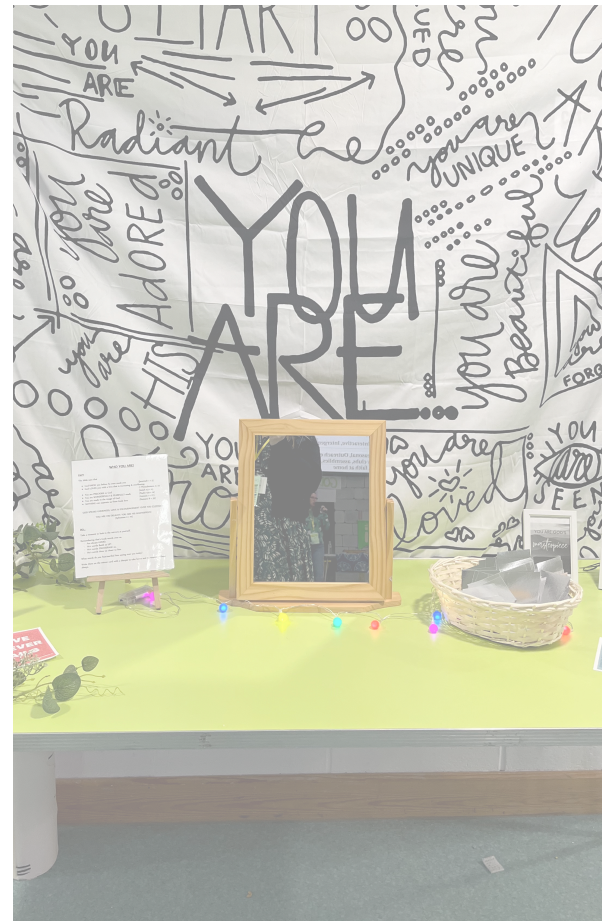
# Mirrors Identity

**For this prayer activity,  
you will need:**

- A mirror
- Mirror card pieces
- Sharpies
- Post cards with Bible verse affirmations and identity statements

## **Set up:**

- Make a 'dressing table' area that's welcoming
- Have the items above ready around the mirror
- Instructions & Bible verse



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

## **Instructions:**

God made everyone, and more importantly, that 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.

P.R.A.Y

# Big Questions

**For this prayer activity, you will need:**

- Cardboard pieces
- Pegs
- Something to peg to, string lines work or a pop up washing drier to peg on to
- Pens

## Set up:

- Set up a space big enough for your community
- The items above ready for use
- Instructions

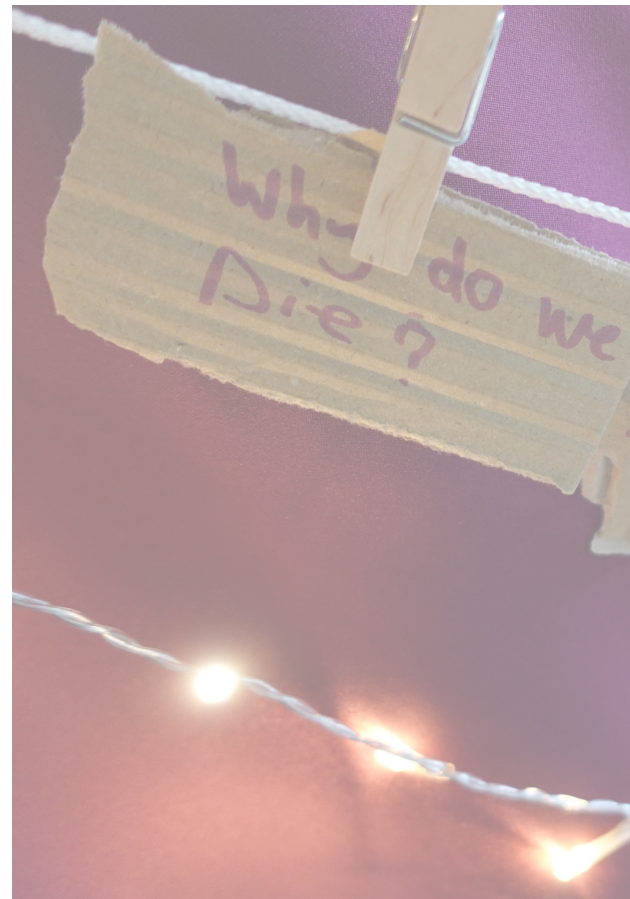
## Bible Verse:

*"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.



P.R.A.Y

# Listening to God

**For this prayer activity, you will need:**

- Paper/Card  
OR
- Blank cards and envelopes
- Pens/Pencils/Pastels/Crayons

## **Set up:**

- Set up a space big enough for your community
- The items above
- Instructions



## **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.

# P.R.A.Y

# Paper People

**For this prayer activity, you will need:**

- Coloured paper
- Scissors
- Pens
- An example/how to cut out paper people
- Blue Tac

## Set up:

- Set up a space big enough for your community on a table with the items above
- Instructions
- Be by an area they can stick up their people together



## 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 18:24 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.

## P.R.A.Y

# GOD. LOVES. ME.

### For this prayer activity, you will need:

- 3 hula hoops or masking tape to create 3 circle shapes on the floor
- Masking tape to make each word inside the hoop
- This is a great group prayer declaration activity. You can finish off your session with great joy with this one altogether, You can do as whisper and build up to shouts!

### Set up:

- Set up a space big enough for your community
- Have the 3 hoops lined up in a line with space to jump between
- Tape each word to the floor inside hoop
- You could change the declaration to others too, e.g. I.AM.LOVED or GOD KNOWS.ME etc



### 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!

# Other Resources



## Lectio for Families

Whilst made with families in mind, we have found many children's groups also using it within their settings. Following the P.R.A.Y and Lectio 365 models it takes you through a bible verse each day giving moments to pause, reflect and pray.

[www.24-7prayer.com/resource/lectioforfamilies/](http://www.24-7prayer.com/resource/lectioforfamilies/)



## Prayer Spaces at Home

Evolved from Prayer Spaces in Schools we now have an entire library full of different prayer activities that could be used at home and at church. Search by theme or season to create your own unique prayer room or use in response to your teaching theme.

[www.prayerspacesinschools.com/prayer-spaces-at-home](http://www.prayerspacesinschools.com/prayer-spaces-at-home)



## Youth Prayer Room Pack

Access our Youth Starter Prayer Pack at [www.24-7prayergb.com/resource/youth-prayer-room-pack/](http://www.24-7prayergb.com/resource/youth-prayer-room-pack/)

More info on 24-7 Prayer Youth can be found at [www.24-7prayergb.com/youth/](http://www.24-7prayergb.com/youth/)

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