

Make a Prayer Space at home

Creating a Prayer Space reminds everyone in the household that prayer is an important part of everyday life. When you create a Prayer Space in your home, you are reminded of God's presence at all times, while also making a connection between church and home.

- You may want to create a portable Prayer Space that is brought out just for the family time together. Put together a prayer box out of a gift box or a plastic storage tote filling it with sand, stones, shells or a cloth.
- Others might want to arrange a quiet place to sit and reflect: a comfortable chair, books, and quiet music.
- Or you may want to create an area outdoors where it is conducive to prayer and meditate.
- Your children may like to create their own Prayer Space in their bedroom or a favourite spot in the house.



60th Jubilee 1059-2019



Thank you God for all
Your blessings to me
and my family. For the
strength You give me
each day and for all
the people around me
who make life more
meaningful...



Monday Prayer Activity

Gratitude Jar

• Equipment

Empty Jar, paper or Post-it notes, pens

• Set up

Place the jar on a shelf with the paper and pens nearby.

Do this activity every day with your household

• Instructions

It's good to be grateful - to say thank you.

What are you thankful for today?

Each day write or draw something that you are thankful for and put it into the jar. At the end of the week, open the jar with your household, maybe at a meal-time, and read what you've all been thankful for together.

Tuesday Pray Activity

Jumping for Joy

• Equipment

Trampoline or cushions or pillows

• Set up

Find somewhere safe for you to jump enthusiastically

• Instructions

Think of something or someone that makes you feel joyful ... or something or someone that you are thankful for.

Jump for joy!

If you want to, say (or shout!) them out as you jump up and down.

Wednesday Prayer Activity

Gratitude tree

- Equipment

Pen, glue, scissor, paper and green colour pens for leaves.

- Set up

Get ready a picture of a tree for stick the leaves on it.

- Instructions

Think about how many things you do in your life. What do you enjoy the most doing? Who would you like to say thank you for helping you? Write down in a leaf the name of that thing (can be more than one) you like to do the most. Also write the name of that person/people who are always there helping you in everything you need and those who you are grateful to for helping you doing what you enjoy the most.



Thursday Prayer Activity

Thankful Board

- Equipment

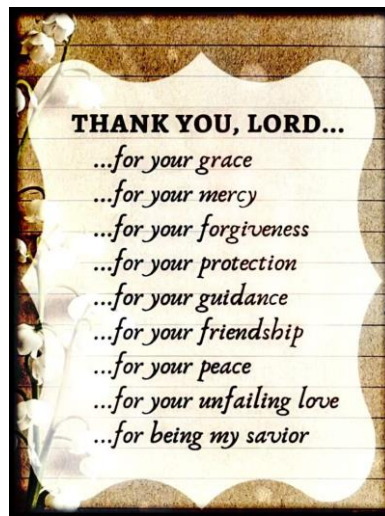
A pin board/ memo board, pins, magazines and pictures

- Set up

Have the magazines and pictures to hand somewhere near your pin board

- Instructions

The Bible says 'give thanks in all circumstances'. Thankfulness begins with recognizing goodness and beauty in people and in the world around us. Think of 5 things that you are thankful for today. Try to find images in the magazines or online to represent those 5 things, cut them out and pin them to your Thankful Board. Take a moment to thank God for them.



Friday Prayer Activity

Thankful Ribbons

- Equipment

Lengths of ribbon and sticks (with non-sharp ends) or pre-made streamers

Pens (ideally fabric pens)

- Set up

Option 1: prepare lots of individual pieces of ribbons and sticks for each student.

Option 2: prepare one (or a few) long pieces of ribbon, which is attached to a large pole. In both cases ensure that pens are easily available.

- Instructions

Encourage children to think about one thing they are thankful for and to then write it down on the ribbon. Express their gratitude and 'thank you prayers' with movement. If they want to, they can say a silent prayer as they do this. If you have enough space, they might enjoy swirling the ribbons around and even dancing to some music.

