

Family Prayer Activities

Summer 2020

How to P-R-A-Y



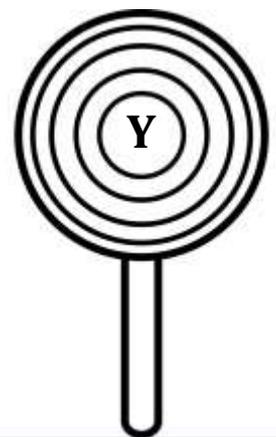
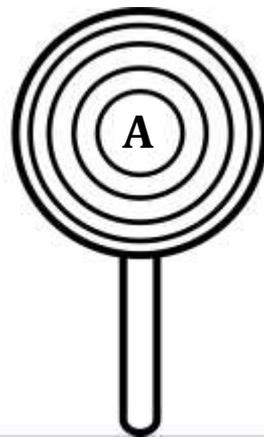
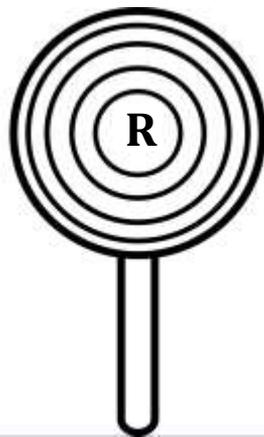
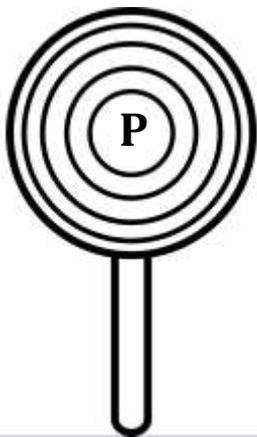
Some of these activities have been taken from Engage Worship website, www.engageworship.org, which has a wealth of resources to help families engage in prayer and worship. To help us to pray we will be using Pete Greig's P-R-A-Y acronym.

In this guide, there are symbols if you want to get creative...

- Colour them in
- Cut them out and stick onto card with a lolly stick
- Glue them to a box you can turn over like a dice
- Glue one of each P-R-A-Y symbols to the four sides of a pyramid

These are just props that might help to remind you to Pause, Rejoice, Ask and Yield (say Yes) to God as you pray.

There are also conversation topics for the family and some activities. We hope you all get something out of this guide and you have a wonderful summer!



Week 1

How to P-R-A-Y

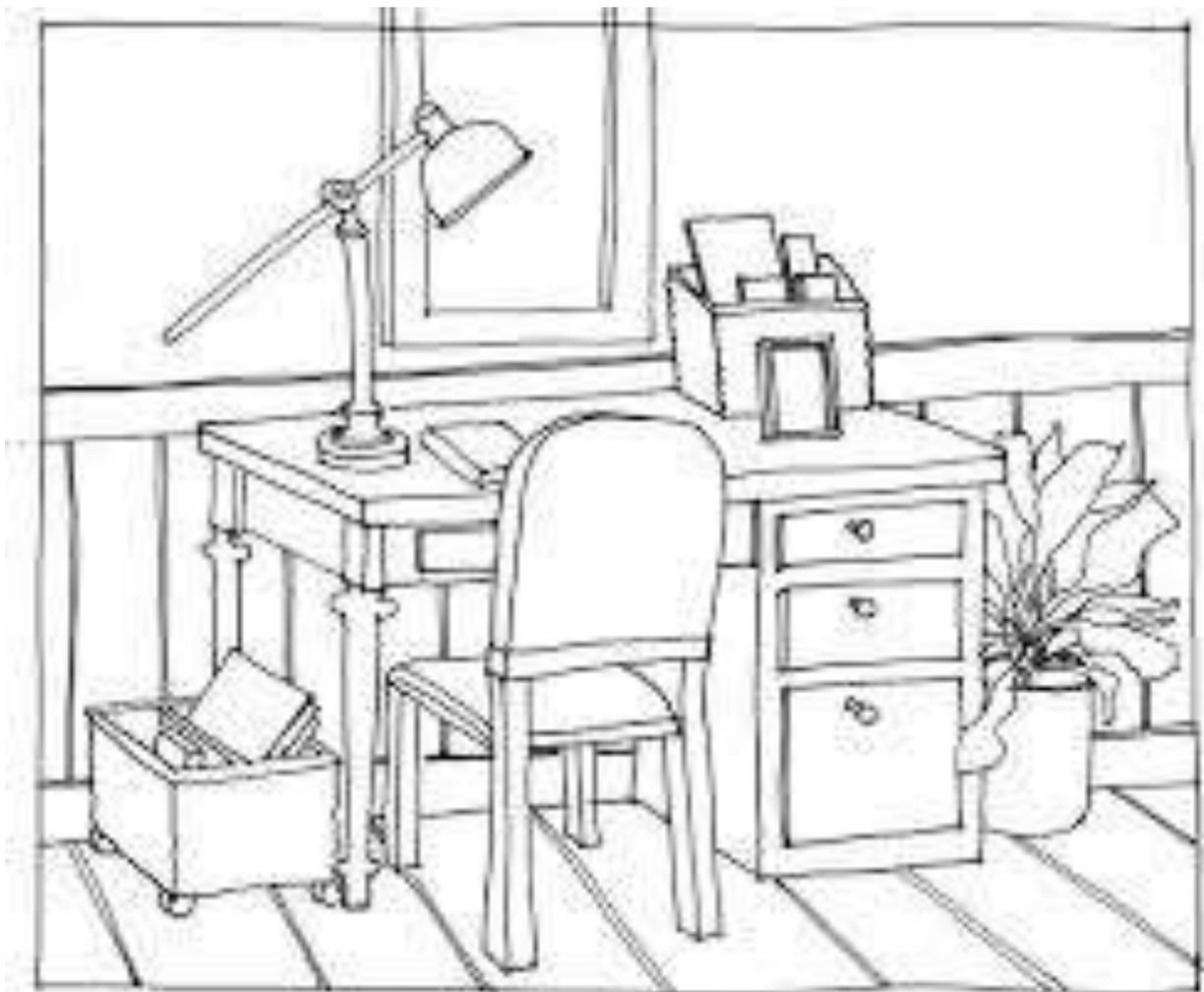
This is your Father you are dealing with, and He knows better than you what you need. With a God like this loving you, you can pray very simply. (Matthew 6:8 MSG)

Find a place and a time.

Jesus encouraged his friends when they prayed to ***“Go into your room, close the door and pray to your father, who is unseen. Then your Father, who sees what is done in secret, will reward you.” (Matthew 6:6 NIV)***

As a family chat about where and when you like to talk to God the most. Look at the picture below and talk through some of the questions:

- Where are you in this image?
- Have you just left?
- Have you yet to arrive?
- Has it been a long time?
- Where do you think God is?
- If you knew God was waiting for you there, what would you do?



Week 2

P-R-A-Y: PAUSE

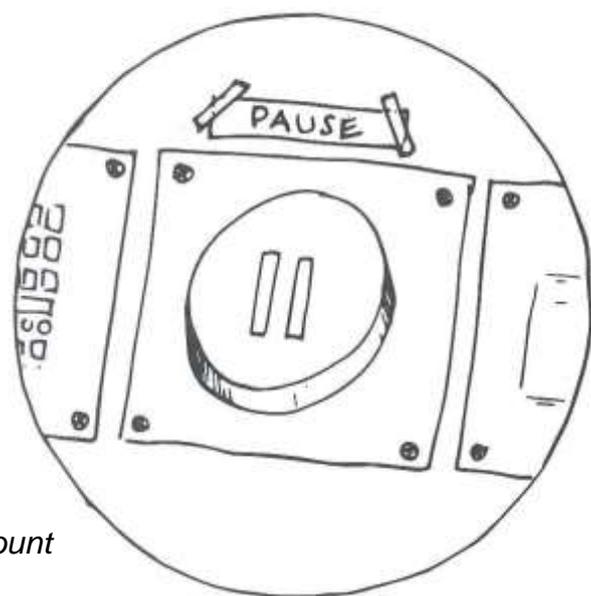
Be still and know that I am God. I will be exalted among the nations, I will be exalted in the earth.
(Psalm 46:10 NIV)

The 'P' in Pray stands for PAUSE. Look at the pause symbols here, there are four different signs for pausing. Talk about the impact of pausing in each of these contexts.

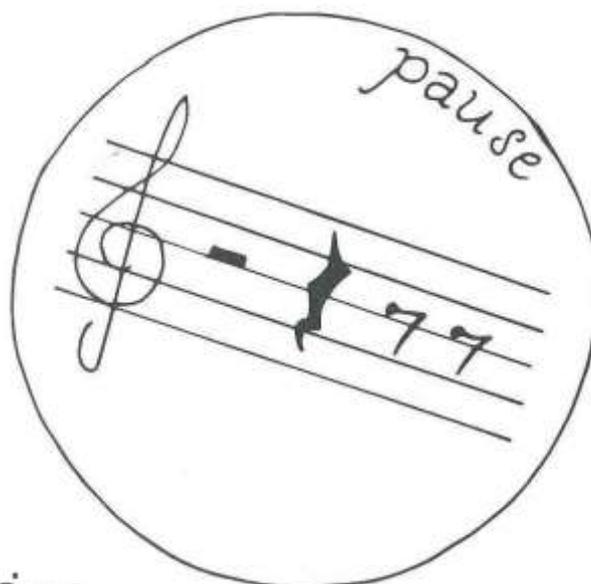
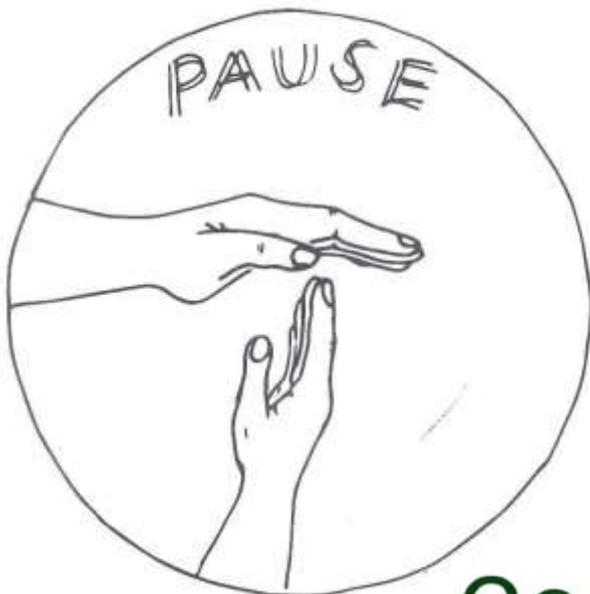
*How can we do similar things when it comes to prayer?
How can we stop ourselves from just rushing through a prayer time?*

Here are a few suggestions:

- *Take a couple of deep breaths before you start*
- *Say a little phrase like, "You are here God" as you breathe in and "I am with you" as you breathe out. You could say Jesus' name as you breathe in and out - "Je" as you breathe in and "-sus" as you breathe out*
- *Sit in a comfortable position for a minute in stillness and silence, breathing deeply. A minute may seem a long time but the more you do it the more you will find peace in the stillness and silence.*
- *For very young children you could ask them to do some wiggling and then sitting really still just for a count of 10, breathing.*



Colour a PAUSE symbol or draw your own and keep it somewhere where you like to pray. You could even leave the symbol on the table and pause before eating together, breathing "thank you" for 20 seconds.



Week 3

P-R-A-Y: REJOICE

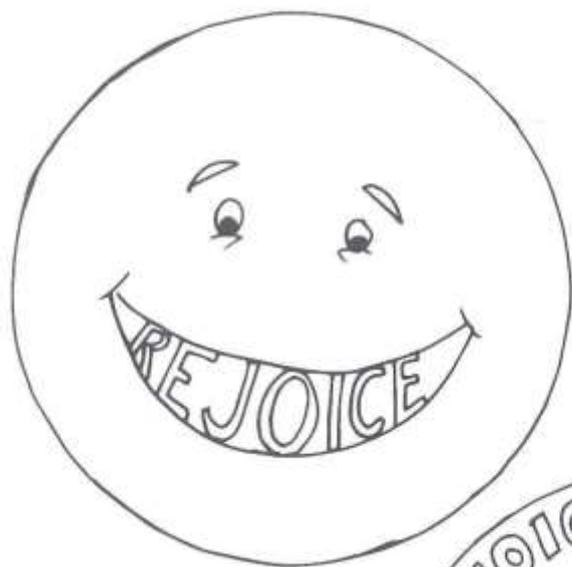
Rejoice in the Lord always, I will say it again, Rejoice!
(Philippians 4:4 NIV)

Celebrate God all day, every day, I mean revel in him!
(Philippians 4:4 MSG)



The 'R' stands for REJOICE – be happy! Sometimes we think we need everything to be perfect before we can be happy but the Bible teaches us that rejoicing in God can happen at any time and place, whatever else is going on!

Cut out and colour the REJOICE reminders, or make your own. As you colour, agree on a family response for this prayer moment. For example take turns saying what you are happy about and respond all together with something like, "God, you make us happy", "Thank you God" or your own words. When you come to praying use your pictures from last week to remind you to PAUSE before you REJOICE.



Week 4

P-R-A-Y: ASK

“Ask and it will be given to you, seek and you will find, knock and the door will be opened to you. For everyone who asks receives, the one who seeks finds, and the one who knocks, the door will be opened” (Matthew 7:7-8 NIV)

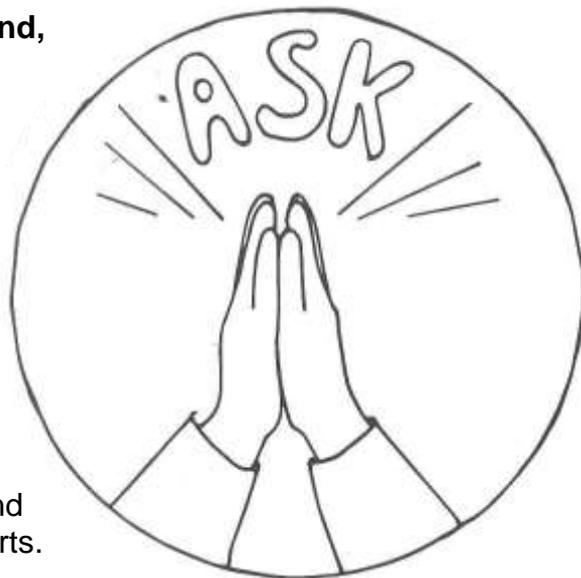
The ‘A’ stands for ASK. This is perhaps the kind of praying we’re most used to – asking God for the stuff we need, asking him to help those we love, asking him to act in the world.

It’s important that we remember that God is not like a tired parent! Some of us get annoyed if our child asks for too much, too often! But God want us to ask him, and to rely on him for answers rather than our own best efforts. (see Matthew 7:7-12)

Colour in the ASK symbols or make your own. As you colour, talk about what the different pictures make you think of.

Start praying using PAUSE and REJOICE. Here’s a way you could try to pray ASK prayers

- *Put your hand on your heart, and ask for something for yourself*
- *Take the hand of someone near you and ask for something for someone else*
- *Point out through a window and ask for something for the world.*



Week 5

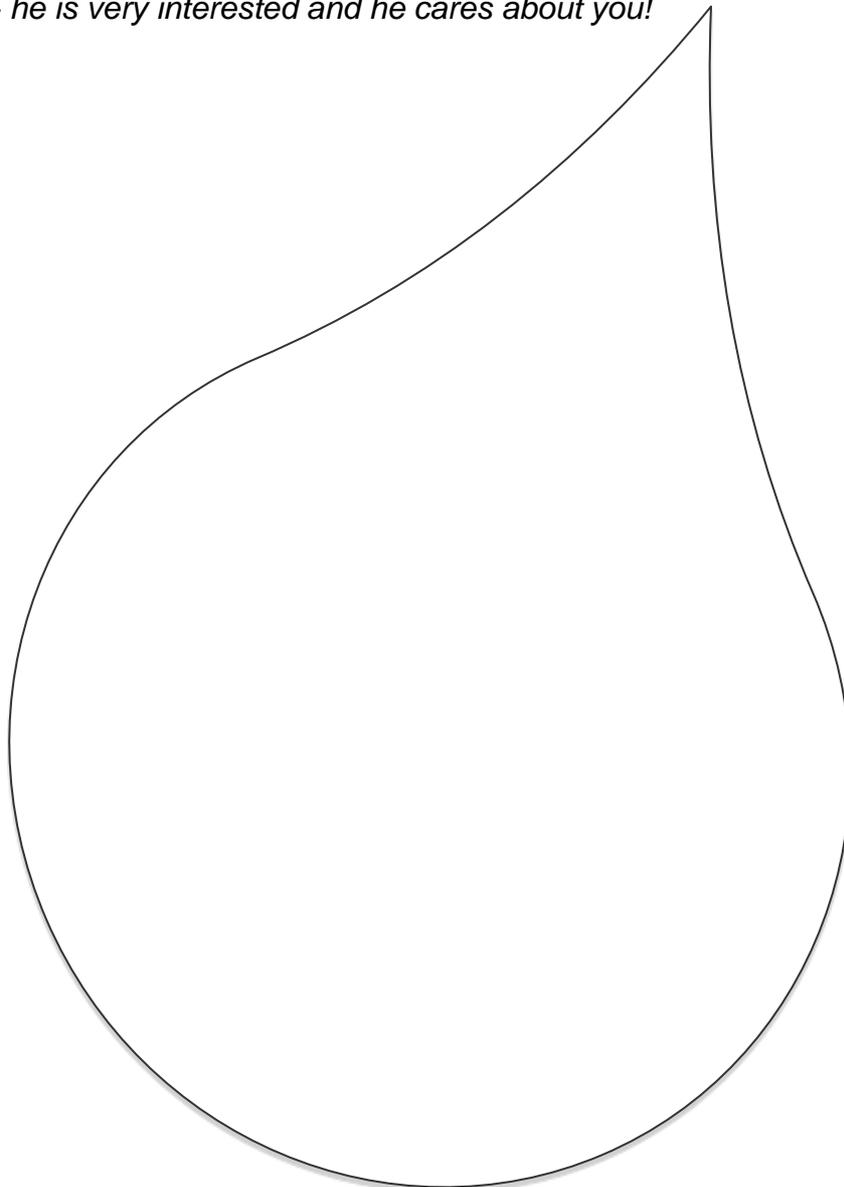
UNANSWERED PRAYERS - TEARS

You keep track of all my sorrows. You have collected all my tears in your bottle. You have recorded each one in your book. (Psalm 56:8 NIV)

The Psalms are full of people with very strong emotions. Sometimes the writers are very happy, and sometimes they are very sad. (see Psalms 6:6 and 42:3). We can sometimes be sad that our prayers feel like they have been unanswered. But God knows all that we need and we need to keep trusting that "His will be done in our lives," even when we are sad or even angry.

Sometimes when we are sad we can't stop crying. Do you ever feel like that? Watch this video together as a family https://engageworship.org/tears_psalms

Think about the things that you have felt sad about these last few days or weeks. Could you write or draw them inside this tear drop? When you pray tell God about the things that have made you sad – he is very interested and he cares about you!



Week 6

P-R-A-Y: YES!

So let God work his will in you. Yell a loud no to the Devil and watch him scamper. Say a quiet yes to God and he'll be there in no time...Get down on your knees before the Master, it's the only way you'll get on your feet.

(James 4: 7-8a, 10 MSG)

The 'Y' Stands for YES or, if you want to learn a new word, YIELD. We know that we don't always ask for the right things so end your prayer time not by asking for more, but by saying "yes" to God.



Yes! I want to follow you
Yes! I want to do what you ask me to do.
Yes! Not my will but yours be done, as Jesus prayed in Gethsemane.

Print or draw your symbols of YES and chat as you colour. Have you had an experience of wanting the opposite of what God wants? (Grown-ups – this is your moment for testimony!) What will happen if we say "yes" to God's way, rather than our own?

After PAUSE, REJOICE and ASK, try praying YES like this: Imagine the things you've just prayed ASK prayers for in your hands (for younger children, it might help to draw them or make from play-doh). Open your hands in front of you to offer those things to God. Finally, sit with open hands in silence for a few seconds, asking God to put his way back into your hands.

