

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



Monday Prayer Activity

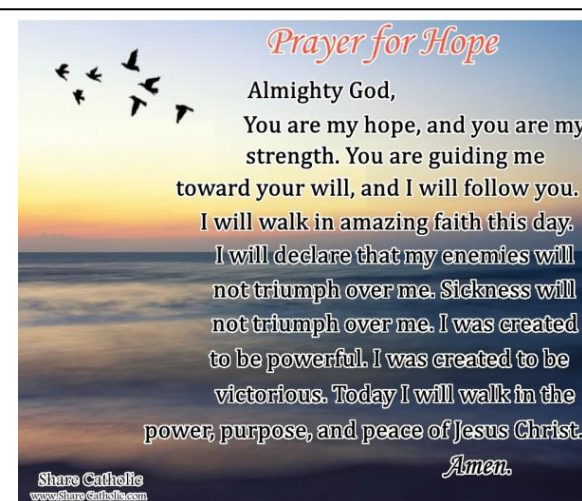
Message in a Bottle

- Equipment
Empty Bottles (clear glass is best), paper, pens
- Set up
Wash and dry the empty bottles
- Instructions
Have you seen a movie where someone is stranded on an island? Sometimes, to ask for help, the person might put a note into a glass bottle and then throw it into the sea, hoping that someone else will find it and come to rescue them. What do you need help with today? If you want to, write your hope or prayer for help onto one of the notes and then put it into the bottle.

Tuesday Pray Activity

Hope Blossoms

- Equipment
Paper squares, pens, sink, bath or paddling pool
- Set up
Fill your sink, bath or paddling pool with water. (You might need an adult to help)
- Instructions
What are you hoping for? Maybe something for yourself, or for your family, or for the world? Write or draw your hopes onto a square of paper. Fold the four corners of your square so they meet in the middle. Carefully place your square into the water, with the folded corners facing upwards. Wait as it slowly unfolds. You might like to offer your hope to God as you wait.



Wednesday Prayer Activity

Hope Rope

- Equipment

Long piece of thin rope or string

- Set up

Tie lots of loose knots along the rope/ string

- Instructions

Sometimes people say that they feel 'knotted up' inside with worries and anxieties. What are you worried about right now?

Pick up the rope/string and slowly untie one of the knots for each of your worries. As you untie them, imagine your worries becoming untied too. You might like to ask God to help you untie your worries and give you hope instead.



Thursday Prayer Activity

Hopeful Hopscotch

- Equipment

Chalk, small stones, pavement

- Set up

Draw a hopscotch pattern on the pavement outside your home (Google 'hopscotch' for different patterns)

- Instructions

Find some short promises in the Bible (e.g. 'I am with you

always.' Matthew 28:20 or 'Peace be with you!' John 20:21) and write each one in a hopscotch square. (Ask an adult if you need some help).

Play hopscotch, reading aloud the promises that your stone lands on. As you think about what each of these promises mean for you, you might like to thank God too.



Friday Prayer Activity

Mountain Hope

- Equipment

Mountain - model or image, pebbles, marker pens

- Set up

Draw a mountain to display.

This activity is the beginning of our mountain journey; the path ahead looks challenging but there are hopes and dreams to pursue.

- Instructions

Life is a journey, a bit like climbing a mountain. We've got to start somewhere. At the bottom of this mountain, think about your hopes and dreams. What would you like to do in life? What are your goals? We might also have some fears about the journey - what are your fears?

Take a stone. On one side write your hopes and dreams - what you would like to achieve, who you would like to be.

On the other side write something that you are afraid of. Now place your stone at the bottom of the mountain.

