

Give us today our daily bread
Help me to remember that everything is a gift from you, God.

Forgive us our debts as we forgive our debtors
Thank you, God, for fresh starts.

And lead us not into temptation but deliver us from evil
Go with me and be with me, God, in everything I do.

For your is the Kingdom, and the power, and the glory forever
Thank you, God, for always answering my prayers.

Amen. *Yes!*

ACTIVE PRAYER-jogging, walking, swimming laps or aerobics are great for the body but also can be great for the spirit if we use these times to offer prayer.

BREATH PRAYER-an excellent way to center yourself before devotional time or as meditation while driving, jogging, resting. As you inhale, think one phrase. Another phrase is used as you exhale.
Heavenly Father Watch over me
Lord of Love Have mercy on me

ELECTRICITY-hold hands in a circle, one person begins with a silent prayer and squeezes the hand next to him or her as an amen. The silent prayer continues around the circle until the first person receives the “electric amen” back again.

PRAYER CONNECTION-build your community of prayer but asking your group to agree on a specific time of day where everyone will pause for a few seconds to silently pray for each other. Think of creative ways to remind each other of the appointed time.

PRAYER JOURNAL-write simple words, phrases, emotions and questions to God.

PRAYER VIGILS-traditionally are done at special times and occasions such the eve before Easter or during a time of trial. It literally means “a watch kept during normal sleeping hours”.

QUAKER PRAYER-in true Quaker tradition, everyone enters the room in silence. When the spirit moves someone will offer a prayer. No one says anything until the Holy Spirit again inspires another spoken word to be offered. The silence is as powerful as the speech.

SACRED SILENCE-at any time or occasion we can remind ourselves....Be still and know that I am God.
Psalm 46:10

SENSORY PRAYER-this works best outside and in good weather. Ask each person to lie down on the grass and to use all senses as a response to the continuing experience of God’s goodness. Ask them to close their eyes and listen to the sounds around them and to feel the wind, the sunshine and the grass. Offer prayers according to what you feel and hear.

Look to many different sources for prayers

HERITAGE PRAYERS-beautiful prayers written long ago by people like Martin Luther or St. Francis or this ancient prayer:

Lord, we thank you for (Try making up your own motions to this one)
the food before us,
the friends beside us,
the love between us,
And your presence among us. Amen

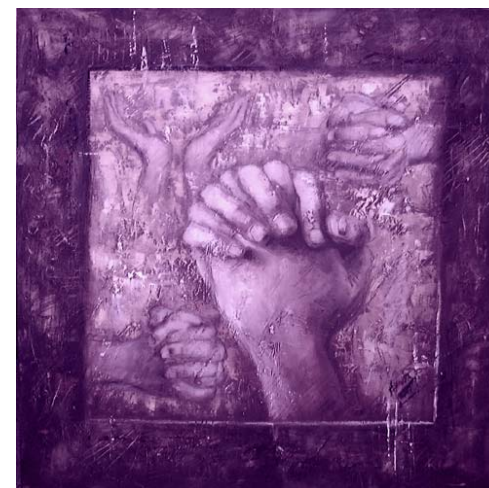
INVISIBLE INK PRAYERS -(I can’t put my finger on the exact recipe but I know you can use lemon juice or a similar concoction to write a prayer) When it evaporates, the writing disappears but reappears when the paper is held over a lighted candle.

LULLABY PRAYER- how comforting!

LETTER TO GOD -often it is easier to write our thoughts in a letter to God.



VOLUME FOUR



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How many ways to pray????

**How many stars in the sky!!!
Here are some ideas for leading children and youth in prayer**

<http://www.elca.org/eteam/assessment/Leading%20Children%20Youth%20in%20Prayer.htm>

St. John’s Lutheran Church
1617 E. Emerson St. Bloomington, IL 61701-2099
309-827-6121 www.stjohnsbloomington.org

SHOWER PRAYER- this is definitely one that needs to be done individually. Encourage children, youth and adults to remember their baptism by allowing the water in the shower or bath to be a tangible reminder that daily we are born anew. Make the sign of the cross and say a word of thanks to the God who holds us so firmly in his love and care.

SIGN OF THE CROSS IN MY WHOLE BEING-can be done individually or in pairs, each one making the sign of the cross on the other.

Make the sign of the cross on the **ears**....
That I might listen to God's voice and hear God's Word.

Make the sign of the cross on the **eyes**....
That I might see God's glory in all of life.

Make the sign of the cross on the **lips**....
That I might boldly say the name of Christ and speak God's power to others.

Make the sign of the cross over the **heart**....
That I might remember that I am God's own and that I am showered with God's love.

Make the sign of the cross on the **shoulders**....
That I might bear God's gentle yolk.

Make the sign of the cross on the **hands**....
That Christ will be known by my/your work.

Make the sign of the cross on the **feet**....
That I might follow Christ and walk in His way.

SIREN PRAYER -whether you are indoors or outside, when you hear a siren (ambulance, police car or fire truck) offer a prayer for the driver, the individual needing assistance and their families.

SPONTANEOUS PRAYER-the best time to pray is right now. Stop what you are doing and give a prayer of thanks; seek God's help, wisdom or guidance; pray for patience or to curb anger or simply shout for joy!

SAUNA PRAYER - a popular prayer in the Finnish culture takes place in the sauna and uses the rocks, water and steam as points for prayer. I don't have

more details than that but I'd welcome any details you might have.

TIPPY CANOE PRAYER-when devotions are at river, stream or lake, ask each person to select a piece of fallen bark, twig or small pinecone resembling a small boat or canoe. After offering a prayer, each person places the twig in the water, (symbolically, in God's care)

WHAT'S THAT I HEAR? PRAYER-this prayer works best outdoors in a variety of settings. Begin in silence, listen to the surrounding sounds. After a few minutes allow time for each person to offer a prayer guided by what they heard such as..birds, crickets, sirens, children laughing, lawn mowers, etc. The leader could close by thanking God for the voices around the circle.

Praying the Scriptures

JAVELIN PRAYERS- prayers that can be offered quickly and with accuracy. Usually simple but meaningful phrases from Scripture, based on the premise that there is power in God's Word!

The phrases can also be repeated.
God is our refuge and strength. Psalm 46:1
This is the day which the Lord has made; let us rejoice and be glad in it. Psalm 118:24
Rejoice in the Lord always. Philippians 4:4
I can do all things through him who strengthens me. Philippians 4:13

MOVEMENT IN SCRIPTURE PRAYERS-read and create hand motions to the powerful prayers from the Bible such as from the Psalms, Job, Daniel, Jonah, Ephesians, the Magnificat.

SCRIPTURE MADE PERSONAL-an important way to be empowered in prayer and to gain confidence that you are indeed praying in accordance with God's will is to use the Word itself. As you pray, just insert the name (s) of those for whom you are praying. Here is an example:

_____, who dwells in the shelter of the Most High, will rest in the shadow of the Almighty.

_____ will say of the Lord, "His is my refuge and my fortress, my God, in whom I trust." He will cover _____ with His feathers, and under His wings _____ will find refuge. Psalm 91

LORD'S PRAYER WITH RIBBONS-a prayer to teach the Lord's prayer. You'll need for each person, 4 inches each of blue, white, purple, green, yellow, red, orange and gold ribbon. Have each person tie one end of the ribbon to the next color in this order of the prayer:

Blue is the color of fathers "Our father who are in heaven"

White represents holiness "Hallowed be your name"
Purple is a majestic color "Thy kingdom come, thy will be done"

Green is the color of the earth "On earth as it is in heaven"

Yellow reminds us of wheat "Give us this day our daily bread"

Red reminds us of Jesus' blood "And forgive us our debts as we forgive our debtors"

Orange for evil and temptation "And do not lead us into temptation but deliver us from evil"

Gold for God's heavenly kingdom "For thine is the kingdom, and the power, and the glory, forever. Amen"

Now say the entire prayer together!

LORD'S PRAYER IN COLOR-(similar to above but done with different colored candles)

LORD'S PRAYER FROM SCRIPTURE AND IN OUR OWN WORDS-

Our Father in heaven
Thank you, God, for the personal relationship I have with you through your Son, Jesus.

Hallowed be your name
May everything I say honor you, God.

Your Kingdom come
May everyone I meet know that I am a Christian.

Your will be done on earth as it is in heaven
Help me, God, to do what you want me to do.