

Prayers that can be done

individually or in groups

AFFIRMATION JARS-each person in the class or group has a jar into which prayers of appreciation and affirmation are placed by others.(Great for family devotions)

BAND-AID PRAYER-give each person a band-aid to put on. This is a reminder and source for praying for those who are hurting and suffering both physically or emotionally.

BOOM BOX PRAYER-recorded songs hold great meditative power for some. Both Christian and secular songs offer messages of God's presence in our lives.

CANDLE PRAYER-our Catholic brothers and sisters have a beautiful tradition of "lighting a penny candle" as prayers are offered.

COMMUNITY PRAYER JOURNAL-try a prayer journal as a class or something the youth group does each time they meet.

CHOCOLATE CHIP PRAYER- can be done individually but much more fun when done in a group. Make chocolate chip cookies. At break time or for evening devotions, each person gets a cookie and for each chocolate chip discovered, a prayer of thanks is offered.

EASTER BRACELET-during Easter or at anytime of the year, create a bracelet using string, yarn or leather strips and plastic colored beads. *Black*-for the suffering and death Jesus endured for me; *Red*-for his supreme love for me; *White*-for the joy of the resurrection; *Blue*-for the peace that passes understanding; *Green*-for new life in Christ; *Yellow*-for the light of the world; and *Clear*-that through me, others are able to see all the other colors of Christ!

EGG CARTON PRAYER-in the 12 sections of an empty egg carton , write your prayers of praise, thanksgiving, concerns, petitions for others or anything else that you want to talk to the Lord about. Remember the 91st Psalm ...He shall cover you with

his feathers, and under his wings you shall find shelter. Since it takes 21 days for "eggs" to hatch; we give these prayer eggs to the Lord. This will help up to truly trust him with our cares and concerns. At the end of three weeks reread your prayers and see how God has said yes, no or wait!

E-MAIL PRAYER-we are in the 00's and if you ordinarily communicate with friends and family by using e-mail, consider this method to write specific prayers for someone, to ask for prayers for a concern or joy or to give a new twist to the prayer chain ideas. Many congregations use e-mail prayers as a way to keep in touch with students away at college.

FILE FOLDER PRAYER -this prayer format is wonderful for children and families. You'll need: manila file folders for each person, post-it-notes and colorful stickers, markers to decorate. The outside (and some on the inside) of the folder is decorated. Give each person several post-it-notes. Write one prayer concern on each note. Place them inside on the right-hand side of the folder. Pray over them daily. At the end of a week's time, consider each prayer concern. If prayers have been answered the post-it-note is moved to the left side of the folder. If the concern is cause to continual prayer, it stays on the right.

FRIENDSHIP PRAYER-think of one friend who needs a special prayer

GROCERY LIST PRAYER-at the beginning of the Sunday school class or youth meeting, pass around a sheet for anyone to list the names, joys and concerns to be lifted in prayer

HAND PRAYER-use your hand as a reminder of those we need to pray for. *Thumb*-those closest to you, family and close friends; *Pointer*-those who lead and guide you, teachers, pastors, police, coaches; *Middle*-the tall finger reminds us of those in authority, presidents, mayors, student government officials; *Ring*-this weak finger is for those in our life who are ill, disabled, lonely, unhappy; *Pinky*-the smallest and last finger is a reminder to pray for ourselves!



VOLUME TWO



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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](http://www.elca.org/eteam/assessment/Leading%20Children%20Youth%20in%20Prayer.htm)

St. John's Lutheran Church
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PEER PRAYER-this is a unique prayer idea that is best done regularly (at the close of every youth meeting or at the beginning of each Sunday School class or family devotion)

It is done in 5 stages:

1. *Name It*: Around the circle each person names one person/situation to be prayed for (have someone write down the list of prayer requests—don't forget to hold on to the list, you'll need it again)

2. *Adopt It*: As the list of prayer requests is read, ask the question. Who is willing to pray for Nick's uncle this week? How 'bout Laura's friend whose having a difficult time at home?

3. *Commit to It*: In a very simple one sentence prayer have each person restate a commitment to hold that person/situation in prayer for a week. Lord, I pray for Nick's uncle as he faces surgery on Friday. Lord, I hold Laura's friend in my prayer that you bring her peace.

4. *Pray It*: Throughout the week each person continues to pray for that particular concern or joy.

5. *Revisit It*: Take time to find out about each prayer concern. Nick, how is your uncle doing? Laura, did your friend have a good week?

6. The whole process begins again

POCKET PRAYER-Invite everyone to pull out of their pockets or purses a number of items. Ask what the various objects might represent as prayer concerns. Ask each person to share one prayer petition and commit to offering a silent prayer the next time they see that object again.

POPCORN PRAYER -invite prayers to pop up as the spirit moves....no particular order or topic!

PRAYER CONCERT -choose a quiet setting and create a worshipful atmosphere with candles, musicians (or CDs's and tapes), incense, etc. A series of prayers following a set pattern are offered. Between each prayer category a scripture passage is read and an appropriate song is sung or listened to. Create your

own prayer pattern or use this suggested format:

Begin with confession/prayer for self
Family
Congregation
Community/school
State
Nation
World
Self in world



Power of Prayer
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PRAYERS OF HEALING/BLESSING-one person kneels in the center of the circle and all others gather round laying their hands on his or her head, hand, shoulders, arms. Offer prayers of thanksgiving or healing.

RAINBOW PRAYER -a favorite color and why

REMINDS ME PRAYER-a prayer where you have to listen very carefully to what the person before you has prayed because you begin your prayer by saying "God that reminds me"

SOMBRERO PRAYER -(AKA baseball cap, top hat, 10-gallon, blue-bonnet, any interesting hat) Each person writes a prayer concern or joy on a slip of

paper. All the papers are tossed into the hat and each person draws one slip of paper and offers a prayer.

SPOTLIGHT PRAYER-each time your group meets select one or two people to be in the prayer spotlight. Everyone gives thanks for that person and names the gifts God has given that person.

STATIONS OF PRAYER -for a special prayer adventure with the family or youth group at home, church or outdoors, set up a variety of prayer stations. At each station, post 3 X 5 cards that would guide prayer. Vary the activities by using suggestions listed in this packet. You may want to have "mementos" at each station for participants to take along. A couple of examples in the church setting might be...in the secretaries office, print the names of congregational members who are ill or shut in. After offering a prayer, the participants would take the card along and continue to pray for that person. A bathroom sink filled with water provides a unique setting for a prayer on our baptism. Make the sign of the cross with the water before leaving that station.

TOILET TISSUE PRAYER -pass around a roll of toilet tissue. Ask each person to take as much as they need. Go around the circle again, this time each person prays for one thing per square of paper they are holding.

WASHED AWAY-each person is given a washable marker to write on their palm one sin they want washed away for their lives. Bring out a basin of water, soap and a towel and have each person wash their own hands or even those of a neighbor. Through or baptism and God's everlasting grace, we are born anew. The amen comes when everyone raises their clean palms.

WEB PRAYER- one person begins by holding a ball of yarn or string and then offers a sentence prayer. He/she hold on to the end and tosses the ball across the circle. The next person offers a prayer, holds on to string and then tosses the ball to someone else. This continues until all have participated. Close by thanking God for the connected faith community.