

**PRAYER STONES** -see also *Pocket full of prayers.*

Carry a stone or nail in your pocket or put it in a prominent place on your dresser or computer as a daily reminder to spend time with God.

**PRAYER WALK** -walk around a specific location while praying for the needs of those associated with the site. Pray around the hospital, high school, city hall, etc.

**RAILROAD TRACK PRAYER** -an old favorite of families and youth groups traveling in the car. Each time you cross a set of railroad tracks, everyone (except the driver) raises their feet in the air and offers a prayer for a safe journey.

**ROCK PRAYER**-place a rock on your pillow each night to remind you of God's constant care.

Better yet, make your own rocks that can hold names of prayer partners, simple prayers, scripture passages, small prayer reminder trinkets. The rocks look so realistic! Sounds impossible? Here's how you can do it too!

1 c. flour  
1 c. used coffee grounds  
½ c. salt  
¼ c. sand  
water to moisten  
acrylic, tempera paint or food coloring (optional)

In a large bowl, mix all ingredients, adding only enough water to make a soft dough. Remove the dough form and knead it on a floured surface. Pinch off a piece of dough the size of a marshmallow. Hide toys, surprises or printed pieces of paper in the center of the dough, and then allow rocks to dry in a warm place for 2-3 days (longer in area of high humidity). When dry, the dough will look and feel like a rock. Break open the rock with a small hammer to reveal treasure.

**SAFE JOURNEY PRAYER**-before taking a trip across town or across the state, use the vehicle to remind you of prayer needs. *Wheels*-that all who share the road are alert, patient and driving safely;*Steering wheel*-that God guide us to our destination and our purpose there be meaningful; *Car, Van Truck, Trailer,*

*itself*- that those inside use this journey to build relationships and be Christ-like to each other ; *Seat Belts*-that all are kept in God's caring arms; *Gas Peddle and Brakes*-that the driver be given wisdom, patience and energy; *Horn*-share the joy in Christ Jesus!

**SEE YOU AT THE POLE - (SYATP)** This is an international movement that gathers young people in Jr. hi, hi school or college for prayer around the school flag pole. It usually happens the third Wednesday of September at 7:00 am. For more information call: 619-592-9200 or see [www.SYATP.com](http://www.SYATP.com)

**SEED PRAYER**-this is a good prayer to use at the end of an event when what you have learned or done is meant to be carried out into "daily life". Give each person a packet of seeds. It can be adapted to use in any context or ask each participant to write in the appropriate endings.

*God of the soil*, speak in the hearts of those present today that your message of love and grace is firmly planted to nurture and support...

*God of the seeds*, inspire our words, our thoughts, our hearts to grow into...

*God of the sower*, strengthen us with your spirit in the easy times and the difficult times that we....

*God of the sun and the rain*, pour down upon us all that we need to be Christ like to.....

*Be in us, be with us, be above us, be beside us....*  
Amen.

**SERVICE AND PRAYER GO HAND IN HAND** - here is an intentional small reminder of the central focus of service projects. Prior preparation is required. On a 3 x 5 index card for each person, identify the task and a possible prayer mantra for the individual to repeat as they serve.

For example: picking up trash "Lifting Christ Higher"  
serving meals at a shelter "Use me, O Lord"  
Habitat for Humanity "Be still and know that I am God"



## VOLUME THREE



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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](http://www.stjohnsbloomington.org)

**INCENSE PRAYER**-light incense as in...smoke of the incense rose with the prayers. Rev.8.4.

**JELLY BEAN PRAYER** -give each person a jelly bean and then pray this prayer together.

Red is for the blood He gave  
Green is for the grass He made,  
Yellow is for the sun so bright  
Orange is for the edge of night.  
Black is for the sins we made  
White is for the grace He gave,  
Purple is for His hour of sorrow  
Pink is for the new tomorrow.  
A bag full of jelly beans.  
Colorful and sweet,  
Is a prayer, is a promise,  
Is a friends small treat.

**M & M PRAYER** -the same kind of prayer can be done with any kind of colored candy. Your family or youth group may want to designate specific colors for specific situations such as red=congregational members, green=families, brown=Christians in missions around the world.

**MAP PRAYER** -post a large map of the world (USA or State) at home or church. With eyes closed, each person will spin around and then point to a place on the map. Lift up that particular place and it's people in prayer.

**MARKED AND SEALED WITH THE CROSS OF CHRIST**-get in the habit of putting a small cross beside your signature (on letters, exams, term papers, etc.) It's a quick reminder of "who you are and whose you are". Offer a prayer on behalf of the person your writing to or as you begin an exam or term paper.

**MEMORIZED PRAYERS** -our most cherished prayers are often those we learned as small children. Try singing mealtime prayers or bedtime prayers to new tunes such as TV theme songs

**NAIL PRAYER** -on a big sheet of newsprint draw a cross (or even better use an actual wooden cross) and give each person one or more post-it-notes to write a prayer concern on. Invite each person to place "nail"

that concern on the cross.

**NAME PRAYER** -our name is spoken at our Baptism. Give thanks for your name and that God has called and welcomed us as a child of God. Another prayer using your name is to think of things you are thankful for that begin with each letter in your name.

**NATURE WALK PRAYER**-similar to *What's that I hear prayer* but is open to anything that's on your heart.

**PET PRAYER**-pray about your pet OR with your pet. Many children, youth and adults find it comforting to gently stroke their pet while offering a prayer about anything else.

**POCKET FULL OF PRAYERS**- take your class or youth group on an outing where there is an abundance of small stones. Ask each person to select a smooth one about the size of a grape or small plum. Back at the church sand, paint or gloss each stone. Put all the stones in a pile and Use the stones to build an altar. Then pray a prayer of community. Give each person a stone to put in their pocket as a constant reminder of their relationship with God and with others.

**PRAYER BOX** -write prayers on a piece of paper and put them away in a box never to be opened. We are reminded that we put our lives and our prayers in God's hands!

**PRAYER CALENDAR** -before the beginning of the month, fill in a blank calendar with at least one prayer concern for each day. Encourage the class or youth group to remember their own group, members of the congregation, the community, things that are happening in the country and around the world. Decorate the calendar with simple cartoons or artwork and distribute a copy to each person.

**PRAYERS FOR ALL NATIONS**-at Pentecost or other times of the year, ask those who speak a language other than English to offer a prayer in that language.

**PRAYER PALETTE**-a super idea for homes with small children. Cut a poster board palette. Cut seven

or more colored circles from paper (laminated for strength) or from felt. Attach Velcro tabs to both the palette and the circles. Have each person in the family, remove a circle and offer a prayer for something that's the color of the circle.

**PRAYER PARTNERS**-relationships are strengthened through prayer! Prayer Partners can support each other through prayer in a variety of ways...

- praying in pairs may be less intimidating for those new to prayer
- pray together privately before or after Sunday School or youth meeting
- assign prayer partners for the week or for a month at a time
- prayer partners can make a commitment to call each other during the week to learn what each other's prayer needs are.
- agree to pray over the phone one, two or many times a week!
- pray through letters or E-mail
- each person is assigned a secret prayer buddy. After a few months or at the end of the year have a party where everyone finds out who their partner was.

**PRAYER PILLOW** - this takes a little preparation and a few supplies but is an ideal family or youth group activity. For each pillow you'll need 2-16" squares of fabric (or enough for desired size) plus scrap fabric in the same fabric or contrasting color for the pocket. A pillow form or poly-fiberfill is needed to stuff the pillow. A sewing machine and thread will make this a quick and easy project but the pillows can also be hand stitched with heavy thread or yarn. Someone with basic sewing skills can help you place the pocket on the right-side of one of the fabric squares. Sew around the perimeter of the pillow leaving an opening for stuffing. Fabric paints and permanent markers can be used to autograph and decorate the pillows but that should be done before construction. Each night, place a prayer concern(s) on slips of paper and tuck it in the pocket to be prayed over. Remind everyone to bring their pillow to the youth-group lock-in!