



**Creative ideas
for praying at
home**

Adapted from resources prepared by Sr. Susan (Presentation Sister)

for Hallam Diocese RE Coordinators, 2018

PRAYING AT HOME: INTRODUCTION



These resources are designed to help you pray at home. You can use them in whatever way works for you. You might enjoy praying on your own or with your family. Don't worry if there are some you can't do or don't work in your house.

It can be a good idea to create a **prayer journal** for reflection and to record the ideas you like best. That way, you start to develop a sense of HOW you like to pray to God and WHAT you think is important in your prayers.

For some activities you need simple resources. Check you have the resources before you start.

BE STILL



You could put on a calming piece of music for a minute or two before you begin but turn the music off once you are ready to start.

Sit comfortably – two feet on the floor, back straight, hands on your lap.

Close your eyes.

Listen to the sounds around and then let the sounds go.

Choose a word e.g. Jesus, peace, love, shalom.....as you breathe in, say the word slowly to yourself, as you breathe out let any thoughts that come to you – flow out... Eventually just be still....

In your journal – draw or use words...

This made me think of... I felt... My prayer is...

ASKING GOD FOR..... USING STARS



You will need a small bowl of water.

Draw a star and cut it out. Fold the corners down into the middle.

Think of what you want or feel you need to be, to be the person that God wants you to be.

Open the folded star and write your request in the centre.

Re-fold the star and then, put the star in the water and watch it open up.

Think about how we have to open up to God to receive the gifts from God.

In your journal – draw or use words...

This made me think of... I felt... My prayer is...

GOSPEL STORY

Read this Gospel story slowly.



Jesus had been busy all day teaching people and healing the sick. He needed a rest so Jesus and his disciples got into a boat to cross to the other side of the lake. Jesus was very sleepy, so He found a place to lie down in the boat and fell asleep. The Disciples were sailing the boat. Some of them had been professional fishermen before they became Jesus' disciples. They had grown up fishing and sailing in boats on that lake. But while they were out on the lake that night a terrible storm came up! The wind and waves beat against the little boat. The Disciples became worried and then as the storm got worse, they got more afraid so they woke Jesus up. They couldn't understand that he could sleep through the terrible storm. They said to Jesus "Lord, save us! We're going to drown!" Jesus spoke to the winds and the waves and they became completely still and quiet and then he said to the Disciples "You of little faith, why were you afraid?" the amazed Disciples said to each other... "What kind of man is this? Even the winds and the waves obey him!"

What did you learn about Jesus through this story?

Think of a time when you were worried about something. What did you do? Did you tell anyone?

What prayer did the Apostles say?

In your journal – draw or use words...

This made me think of... I felt... My prayer...

CONTEMPLATIVE COLOURING

You will need to print off the picture on this page. You can stick it into your prayer journal. You will need coloured pencils.

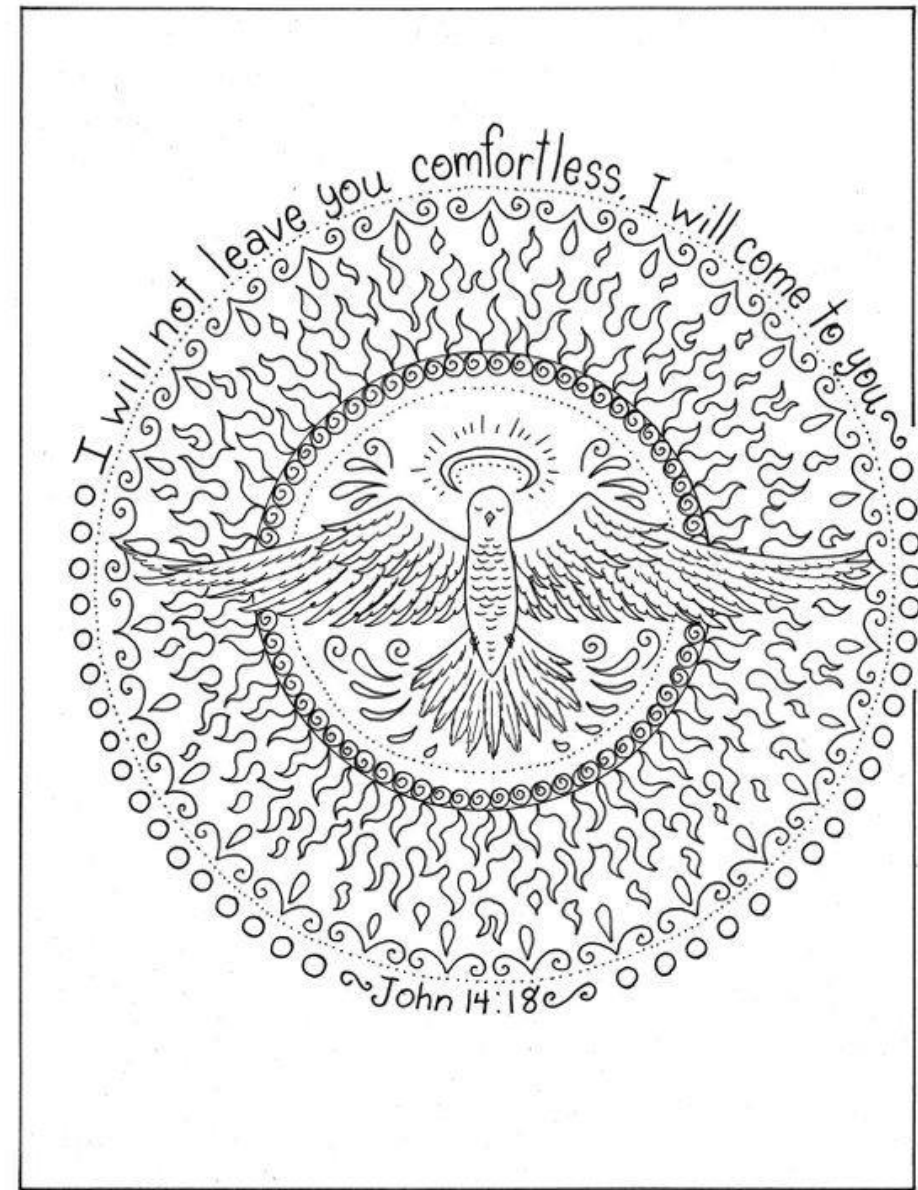
Start with stillness for a few minutes. Perhaps play some calm music.

Colour the picture.

In your journal – draw or use words....

This made me think of... I felt...

My prayer is...



A STONE IN MY HAND

Find a stone in your house or garden.

Hold it and turn it over. Really look at it. See its colour and shape.

Feel its texture and its weight.

How does it feel in your hand?

Think about the story of this stone: the rock from which it came, the wind, sun, frost and water that shaped it into its current form.

Think about your own story, and what has led you to today.

As you hold your stone know that you are held in the palm of God's hand. God is with you always.

What do you want to say to God?

When you have finished your prayer in your heart, as a symbol of trusting your life to God's care, place the back where you found it.

In your journal – draw or use words...

This made me think of... I felt... My prayer is...



PRAYING HANDS



In your journal, draw the shape of your own hand.

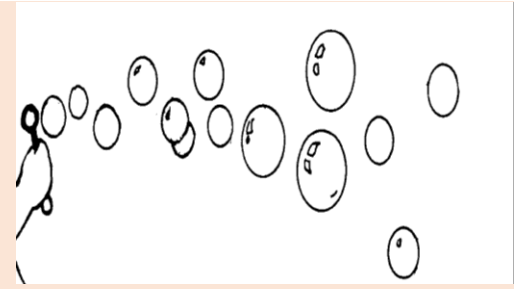
On the four fingers write:

- someone to thank God for
- something to thank God for
- something for which you would like to ask God's help
- something you would like to say sorry for

In your journal – draw or use words...

This made me think of... I felt... My prayer is...

BUBBLES



You will need bubbles for this activity.

Bubbles are a way of experiencing our prayer going up to God.

Blow bubbles slowly and carefully in your garden. They are sent by your breath.

Look at them carefully – what do you notice?

Each bubble is unique.

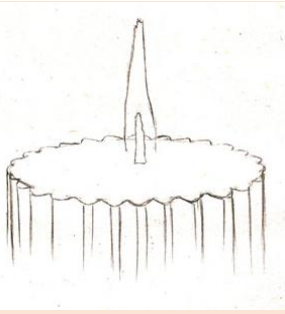
As you blow a bubble – say a word of praise to God

e.g. Alleluia, thank you OR – please God, bless...

In your journal – draw or use words...

This made me think of... I felt... My prayer is...

CANDLE PRAYERS



You will need a battery operated candle for this activity.

Read the scripture slowly: ‘Jesus said, ‘ I am the light of the world. Whoever follows me will have the light of life and will never walk in darkness.’” (*John 8:12*)

The light of Christ came into the world to shine in all dark places and sad situations.

As we think of Jesus the light, we ask his light to shine in our lives. Look at the candle and see how it brings light.

In your journal – draw a candle – write a prayer using the words.

This made me think of... I felt...

HEALING HEART



Draw a heart in your prayer journal.

Think of someone who needs God's healing touch, OR perhaps there is someone that you need to say sorry to.

Write their name on in the heart.

Ask God to be with that person.

In your journal – draw or use words...

This made me think of... I felt... My prayer is...

THE KNOTS



You will need a length of string or wool. Tie some knots loosely on the string.

How do the knots feel? How does the string feel?

Think about the knots – do I have knots in my head or my heart or my life? –what are they?

Do I sometimes get angry because of what I have NOT got?

Do I sometime think I can NOT do something – because of fear or worry?

What about the times I think I should NOT have done something?

Spend some time trying to undo ONE KNOT – ask God to help you with the knots in your life... You might like to use the prayer –

*Dear God, please help me untie the knots that are in my life, my head, my mind, my heart. Take away the have NOTS and the can NOTs, the will NOTS, may NOTS and might NOTS – that I sometimes keep inside of me. Help me to remove the AM NOTS that hold me back – especially the thought that **I am NOT good enough.***

Can you undo the other knots?

In your journal – draw or use words....

This made me think of... I felt... My prayer...

LOOM BAND PRAYERS

You will need some loombands to make a prayer bracelet.

Light blue band - I pray for people everywhere who are oppressed. Help me to work for justice. *Loving God hear my prayer*

Red band - I pray for people who suffer for their beliefs. *Loving God hear my prayer*

White band - I pray for children everywhere. *Loving God, hear my prayer*

Violet band - I pray for those who feel sad today. *Loving God, hear my prayer*

Yellow band - I pray for all those who love me. *Loving God, hear my prayer*

Green Band - I pray for our beautiful world., help me to take care of it, not destroy it. *Loving God, hear my prayer*

Orange band - I pray for all my friends, help us to be good to each other. *Loving God, hear my prayer*

Purple and pink band -I pray that we will be good friends to each other. *Loving God, hear my prayer*

Lime green band - I pray for peace in our world. *Loving God, hear my prayer*

Dark Blue band - I pray for my family and those who take care of me. *Loving God, hear my prayer*

Blue band -I pray for all those in my school. *Loving God, hear my prayer*

Pink Band - I pray for artists and musicians. *Loving God, hear my prayer*

Choose more bands to make your bracelet and pray for who or what you wish. Remember to use the refrain *Loving God, hear my prayer*

In your journal – draw or use words...

This made me think of... I felt.... My prayer is...



OUR WORLD



You will need a globe or an atlas for this activity.

O Lord, our Lord, your greatness is seen in all the world(Psalm 8:1)

The world was made by God, and it is beautiful. At one time it was perfect, but things have gone wrong and the world is not the great place it once was. This was not how God meant it to be. Sometimes children are particularly damaged and hurt by things that happen in the world.

Look at the world and try to find places you have been to, places you have heard about, and places you would like to visit.

Imagine how sad God feels when he sees his perfect world going wrong.

Think about children in other parts of the world. Hold or hug the world silently for a short while, thinking of all of the children in the world, and particularly those who are suffering. Spend time thinking about our world – the good things as well as the suffering of others.

In your journal – draw a globe and write on it the needs of the world.

Note down, this made me think of... I felt... My prayer is...

WALKING THE WALK



In your prayer journal, draw around your foot.

Who walks with you on your journey?

Who do you walk with?

Write what you have learnt that helps you as you go through school and your life.

In your journal – draw or use words...

This made me think of... I felt... My prayer is...

SCENTED TISSUES

You will need scented tissues for this activity.

Take one of the tissues and smell it.

Does it remind you of anything?

Even though we can't see the smell, we know it's there because our nose tells us!

God is with us all the time, even though we can't see Him. How do you feel about this?

Ask God to be with you today. Take the tissue and keep it with you as a reminder that God is there. The smell may fade, but God never will!

In your journal – draw or use words...

This made me think of... I felt... My prayer is...

FRUITS OF THE SPIRIT

You will need some jelly babies for this activity.

Choose a jelly baby and eat it slowly – what flavour is it?

Think of the fruits of the Spirit: *love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, Self-control.*

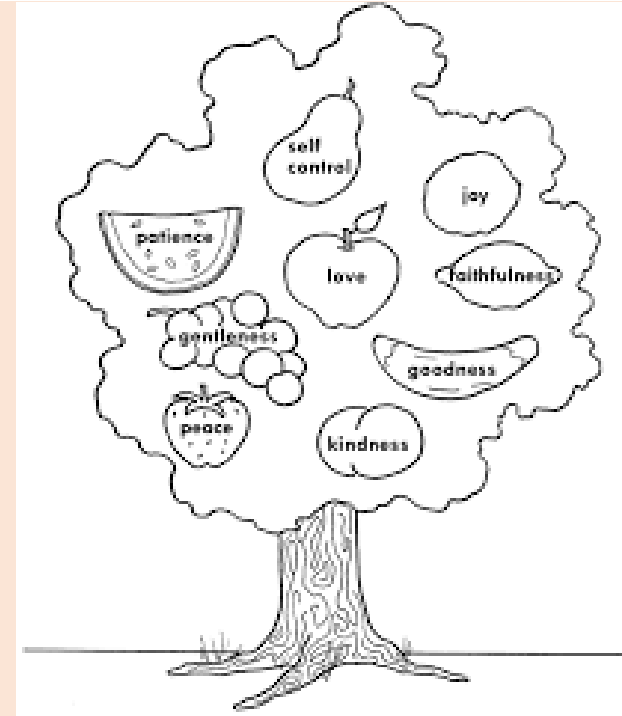
Which fruit of the Spirit does the jelly baby taste like to you?

Think about what this fruit of the Spirit means?

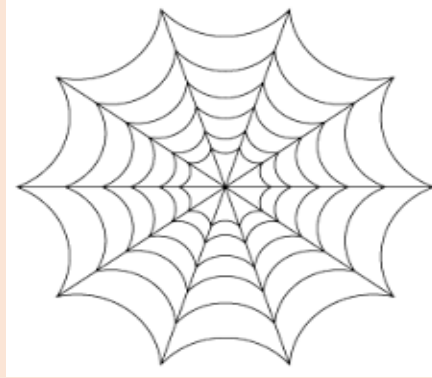
How can you live this fruit?

In your journal – draw or use words....

This made me think of... I felt... My prayer is...



WEB OF COMMUNITY



Draw a simple spider's web in your prayer journal for this activity.

Using the picture of the spider's web, take time to think of all the people that help you **in a day** – and write their names on the web.

Don't forget to think of the people who grow your food that you eat, make the clothes you wear, keep the roads safe, build the buildings etc...

You could use different colour pencils to put their names on the web....

As you write their name – ask God to bless them.

In your journal – draw or use words...

This made me think of... I felt... My prayer is...

FIZZY PRAYERS

Ask an adult if they have a fizzing vitamin tablet and a small bowl of water that you can use for this activity. Work with your adult for this activity.

Sometimes we get hurt by other people. When this happens we feel hurt, angry and sad. Sometimes we need to tell an adult about what happened. Once things are sorted we have a choice:

- to forgive or not to forgive

Holding onto bad feelings makes you feel worse, which is why we need to forgive other people.

Think about a person who has hurt you and who you need to forgive.

Take your time and think about forgiving that person.

Imagine your fizzing tablet now contains all the hurt, anger or sadness you feel about that other person.

Drop it into the water. As you watch it dissolve, try and let go of the hurt and anger you feel let it go and forgive, just as God forgives us!

In your journal – draw or use words...

This made me think of... I felt... My prayer is...

YOU ARE SPECIAL



Make a fingerprint in your prayer journal. You might want to colour it in.

Read *You are Special* by Max Lucado (available online)

In your journal – draw or use words...

This made me think of... I felt... My prayer is...

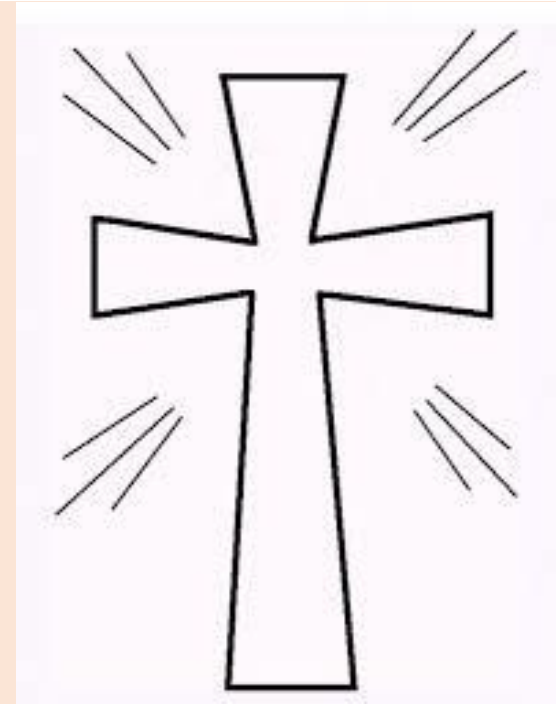
LENTEN CROSS

Draw a cross in your prayer journal.
Spend some time thinking about your life.
What do you need to change in your life?
Think what you can do for Lent.

Draw the outline of a cross in your journal – inside the cross write what you are going to do for Lent.

In your journal – draw or use words...

This made me think of... I felt... My prayer is...



AEROPLANES



You will need a piece of paper for this activity.

Sometimes it's hard to move on.

Sometimes, we have to let go of things to enable us to move on.

Spend some time making a paper plane and while you do so think about what you may need to let go of – to allow you to move on, to fly high and freely.

Write something on your plane – words or phrases.

Fly your plane towards a window– while letting go of what is holding you back.

In your journal – draw or use words....

This made me think of... I felt... My prayer is...

WATER

You will need a bowl/sink of water for this activity.

Water is a source of life. Reflect on the importance of water in your own life. Think about how it might represent God's presence.

Put your hands in the water. What memories come to mind as you feel the water? Baptism? Jesus washing the feet of others? Washing your hands before a special meal? How water quenches thirst? Giving water to a drooping plant?

Think about the people who do not have clean water or water on tap...

In your journal – draw or use words...

This made me think of... I felt... My prayer is...



SPIRILING ENERGIES OF GOD

You will need to create a spiral on a piece of paper, like the one in the picture, for this activity.

Take a few moments to think of the wonderful creation that God made and how God continues to create through us/you. What are the signs of creativity that you see/experience?

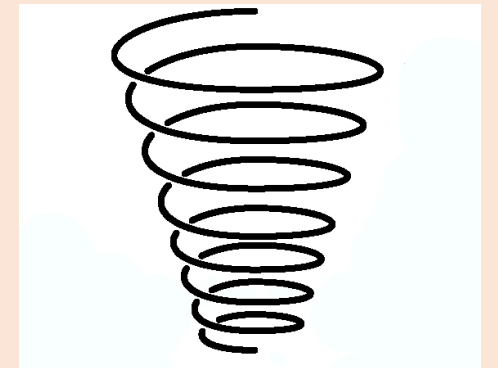
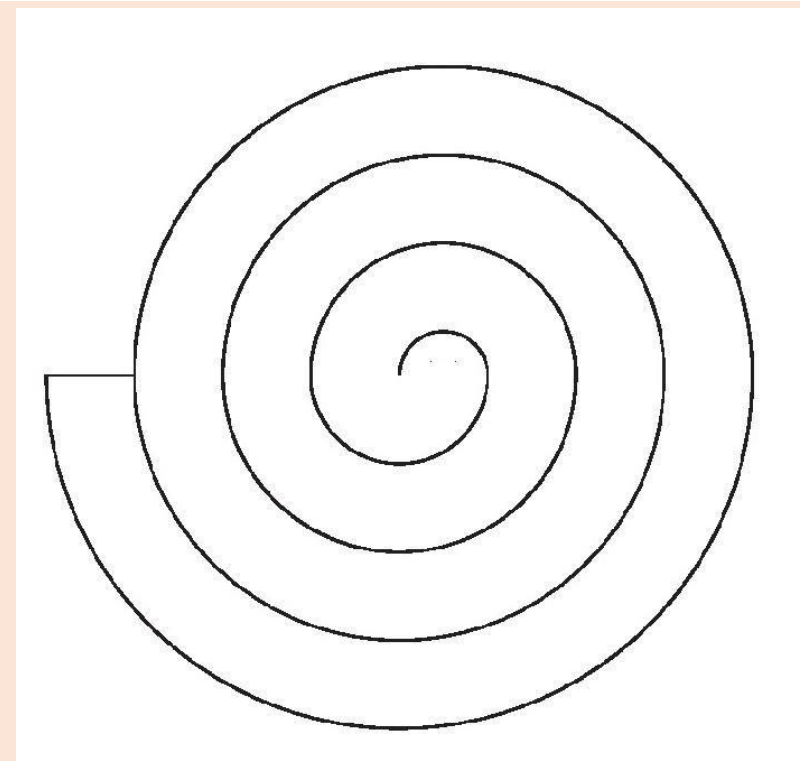
On the spiral, write, draw, colour, use symbols – of all you can think of.

In creation, in yourself, in your feelings, in your actions, through art, music etc....

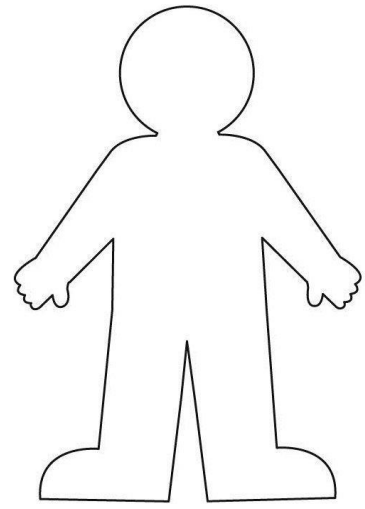
Cut your spiral out.

In your journal – draw or use words....

This made me think of... I felt... My prayer is...



BUILDING THE KINGDOM OF GOD



Draw a body in your prayer journal.

“I give my hands to do your work” – on the arms and hands write what you do to build God’s Kingdom.

“I give my feet to go your way” – on the legs and feet, write the way you should go.

On the head and neck – What thoughts help us to build God’s kingdom?

Over the heart – what are the values that you think are important in building the Kingdom?

In your journal – draw or use words...

This made me think of... I felt... My prayer is...

FLYING A KITE

Draw a kite in your prayer journal.

We cannot see the wind – only its effect.

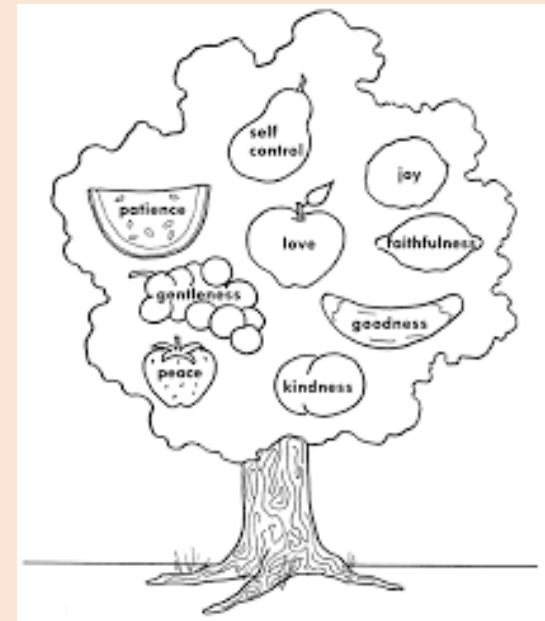
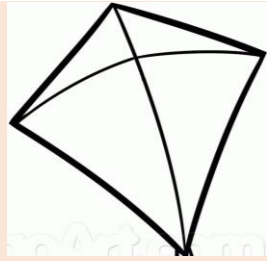
The kite can be a sign that we want to place ourselves in the flow of the wind of God's spirit.

Choose one of the Fruits of the Spirit.

Spend time reflecting on this fruit. What comes to your mind/heart?

In your journal – draw or use words...

This made me think of... I felt... My prayer is...



SEEING OTHERS DIFFERENTLY



Imagine you are wearing a pair of glasses that don't belong to you.

Can you see clearly or are things not clear?

Sometimes, it's the way I see people that I need to think about.

Bring someone to mind whom you need to see through God's eyes of love; how do you see yourself?

Ask God to help you see others/yourself with God's eyes of love.

God loves everyone – and God loves those I don't like just as much as God loves me.
Read the reflection:

I didn't see her. I was blind.; I saw her only as a problem to be solved.

I didn't see the treasure; I didn't see the love.

Your question was what I needed: "Do you see this person?"

The answer was obvious. She is precious, valued. Loved. And loving.

Grant me eyes to see the way you see.

Help me to see others through your eyes of love.

In your journal – draw or use words...

This made me think of... I felt... My prayer is...

WRITE A PSALM

In your prayer journal, write the first word that comes into your mind to complete the sentence, “*Lord my heart feels...*”

Now try and write two metaphors or similes about this feeling (e.g. if your word was tired – tired like a runner at the end of a marathon, who needs a drink, a hot bath and a good night’s sleep).

You’ve already got the first half of you psalm, now write how you want God to come into this situation in the form of a prayer.

In your journal – draw or use words....

This made me think of... I felt...

I AM WONDERFULLY MADE

You will need a mirror for this activity.

Gaze into the mirror. Look at the reflection that stares back at you. Think about God's abundant love for you.

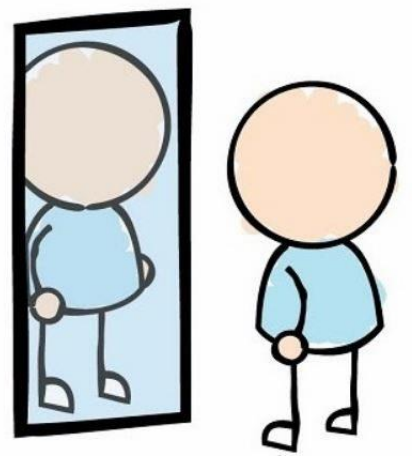
Give thanks to God for the amazing creation that is you.

As you look at your reflection, say a few times to yourself:

"Thank you God, for I am wonderfully made."

In your journal – draw or use words...

This made me think of... I felt...



BAG OF STONES



You will need to collect a bag of stones from around your house or garden for this activity.

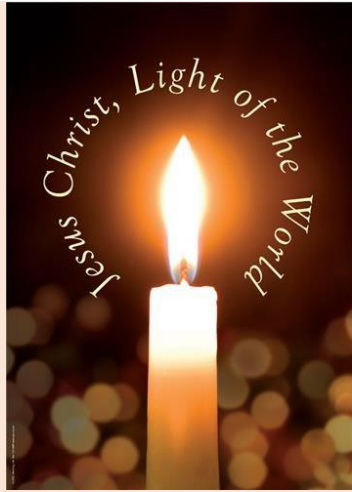
Lift up the bag. How did it feel – did it take both hands?

If we are carrying around hurts/worries/bad feelings – we cannot receive anything else – we need to put down the bags, we carry around.

In your journal – draw or use words...

This made me think of... I felt...

THE LIGHT OF CHRIST



You will need a battery operated candle and a mirror for this activity.

In your journal, write or draw the things that might be getting in your way of seeing the light of Christ in others or of being the light of Christ to others.

Silently pray that God will take away whatever is getting in the way of you seeing God's light and/or reflecting it so that other people may see God working in us.

In your journal – draw or use words...

This made me think of... I felt...

IN THE SAND

You will need play sand for this activity.

Take time to -

Either with your finger, draw in the sand or allow the sand to run through your fingers.....

What comes to your mind –whatever comes, talk to God about it...

When you are ready, smooth the sand.

In your journal – draw or use words...

This made me think of... I felt...

**'COME TO ME, ALL YOU WHO ARE WORRIED; I
WILL GIVE YOU REST.'**

Think about the worries you are carrying around.

Write your worries down in your prayer journal.

In your mind, give your worries to God.

In your journal – draw or use words...

This made me think of... I felt...

JESUS IS THE SHEPHERD; WE ARE THE SHEEP.

Draw a sheep in your prayer journal. If you have some cotton wool, stick it to your sheep.

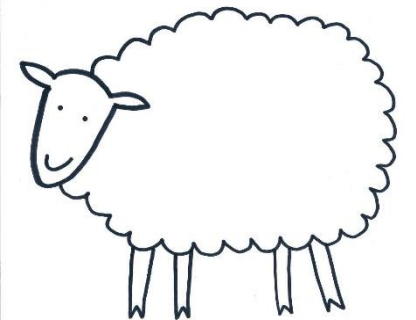
Sheep need a shepherd to **guide** them, **protect** them and **help** them. We need God to guide us, protect us and help us too. We need God to help just like sheep need a shepherd to help them when they get in trouble. We need God to help us do the right things. A good shepherd knows each one of his sheep by name. He not only knows their names, but he knows everything about them. He knows what they sound like. He can tell by the way they cry if they are in trouble, or lost, or sick. God, our shepherd, knows everything about you. He loves you just the way you are, bad things and all. He knows when you are sad, or happy, or lonely.

Take some time to think about the goodness of God and say thank you

Commit to being like a sheep – who listens to the voice of the Shepherd

In your journal – draw or use words...

This made me think of... I felt...



I AM THE CLAY

You will need play-doh for this activity.

Mould it into a shape, which might represent you.

Close your eyes and picture yourself as clay in the hands of the Lord, who is forming you into the shape He desires for you, in His own image.

Ask God, “What are you forming in me?”

Re-mould the play-doh in your hands.

In your journal – draw or use words...

This made me think of... I felt...



REMEMBERING THOSE WHO ARE GOOD TO US

You will need a length of ribbon or paper for this activity .

Write on it someone who means a great deal to you or that is important in your life OR for someone whose name you do not know that did something for you.

Say a prayer in your heart for that person.

Stick your ribbon in your prayer journal.

In your journal – draw or use words...

This made me think of... I felt...