

Prayer Wall

(What's on your Heart?)

Materials Needed: Heart shaped Post it Notes, pens



Talk to God about what is on your heart today.
Write it on the heart shape and place the heart
on the Prayer Wall.

Doodle Prayers

Materials Needed: Pens, paper, Bible

1) Start with a blank piece of paper.



2) In the centre, write a name for God, the name of someone for whom you're praying, or a scripture verse.

3) Draw a shape around the words to start the doodle. This is your prayer space. Start to doodle around it, releasing your words to God in prayer.
Doodle in silence or talk to God.

4) Add other people, other names for God, or other parts of the scripture verse to your paper. Draw a shape around each set of new words to create a separate prayer space. Continue to doodle & pray.

Breathed Prayers

Choose a word or phrase to repeat in one breath. If it is a phrase, say one part as you inhale and one part as you exhale. For example, Psalm 56:3. On the inhale, think or pray “When I am afraid.” on the exhale, “I will trust you.” Repeat the breathed prayer a number of times.

Others you can use:

Inhale: “Be still and know”

Exhale: “that I am God.”

Inhale: “Give me peace, Lord

Exhale: “in my heart.”

Inhale: “Come to me, Jesus,

Exhale: “in this quietness.”

Be still and know that I am God

Be still and know that I am

Be still and know

Be still

Be

Give me peace, Lord, in my heart

Give me peace, Lord

Give me peace

Give me

Give

Come to me, Jesus, in this quietness

Come to me, Jesus, in this

Come to me, Jesus

Come to me

Come

BURDENS

Materials: Stone, dish of water, tray, a cross, playdough



Think about a concern, fear, worry, something that feels heavy for you or a particular sin. Each of us have burdens we carry around. These can weigh us down.

In Matthew 11:28 Jesus says, “Come to me, all you that are weary and carrying heavy burdens and I will give you rest.”

Choose a stone as a symbol of your burdens. Ask Jesus to take your burdens, worries and fears. Gently place your stone in the water under the cross. The water is like God’s love, which washes away our sin and brings healing, grace and forgiveness because of Jesus’ death & resurrection.

Make a play-dough heart and put it on the tray at the foot of the cross. Ask God to help you give him any burden and be assured of His powerful love for you and the care He has for all his children.



String Thanks

Materials: paper, pens, pegs (or sticky tape), string

Take a piece of paper and write down something you are thankful for or a way that God has blessed you.

You can use as many pieces of paper as you want! Clip them to a string with one of the pegs and spend time thanking God for what He has done.



Floating Prayers

Materials: paper, pens, large basin of water.

Directions:

Fill a large shallow dish with 10cms of water. Put out different types & colours of paper and pens. Write down a prayer request or a name on the paper, and then fold the paper points to the centre. Next set the paper on the water. Pray and watch as it floats and slowly unfolds before God, who hears and answers our prayers.





Prayers for the World

Materials: A globe of the world. Sticky notes & pens.

Think about different parts of the world that are facing challenges at the moment, e.g., from war, poverty, floods or other disasters. Write prayers for these places and people and stick them on the globe or at the base of the globe.

Let Your Light Shine

Materials: Pens, sun rays, light source



“You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead, they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven. (Matthew 5:14-16)

Reflect on your personal qualities and attributes. What quality / qualities would you like to shine out more to those around you?

Write the quality / qualities on the “sun rays”. Place the sun rays so they come out from the light source (candle / torch / light).

Ask God to let this aspect shine out in your life so that others will be drawn to give thanks to God

Pick a Promise

Materials: Jar of Bible verses that are promises of God.

Choose a Bible verse (or a few) from the jar.

Read and reflect on what the verse says.

What is the promise in this verse?

Thank God for the promises He gives
and for this promise.

<https://garmentsofsplendor.com/wp-content/uploads/2021/04/100-promises-printable.pdf>



Colour a Bible Verse

Colour a Bible verse picture.
As you do, pray for those
people or things that God
places on your heart or in your
thoughts.

