

CREATIVE WAYS TO PRAY WITH CHILDREN



COLOURING PRAYER

First, gather colouring utensils and colouring sheets. Second, decide what you'll pray for with each colour. For example, use purple while praying aloud for animals, green for family members, blue for the Earth and the environment. Tailor the categories to your own theme or group.

PRAYER IN SONG

One of the easiest ways to teach children to pray is through singing. There are several options out there. The doxology is one song used as a prayer of praise and thanksgiving. The lyrics are as follows:

*Praise God from whom all blessings flow.
Praise God all creatures here below.
Praise God above ye heavenly host.
Praise Father, Son and Holy Ghost.
Amen.*

PRAYER JOURNAL

Invite your children to begin drawing and writing their prayers to God. Even little ones can draw their prayers. For those who are older, they may want to write letters to God. Additionally, giving children a prompt can offer needed structure. Perhaps encourage them to write to God about their hopes for the coming year.

PRAYER THROUGH MOVEMENT

There are several ways to pray with kids that teach how their minds and bodies communicate with God. So, try this simple prayer below, especially useful for the kinesthetic learner.

(3 deep breaths)
God, you are above (reach toward the sky), **below** (touch your toes), **inside** (hands to heart) **and all around** (big arm circles). **I worship you** (reach toward the sky), **and give my life to you** (touch your toes).
And I love you (hands to heart) **with all that I am** (big arm circles).
(3 deep breaths)

FIVE-FINGER PRAYER

Developed by Pope Francis, this prayer practice assigns each finger something to pray for. The thumb is for those closest to us. The index finger for those who teach, instruct and heal us. The middle finger, our tallest, is for our leaders. The ring finger, our weakest, for those who are weak. The pinky is for ourselves.

FILL IN THE BLANK PRAYER

Take turns going back and forth or from person to person, if you're in a group, saying, "God is great, God is good, thank you God for _____." See how long you can keep it going. It's fun (and sometimes breathtaking) to hear what your children say. Discussing what is inside our hearts and minds with each other is a crucial way to build relationships. Consequently, this practice builds both relationships with God and with each other.

PRAYER WALK

Go for a walk together in search for the things you're thankful to God for. Trees, bird songs, smiles from other pedestrians, flowers in bloom, passing cars and buses that make travel possible. So much to appreciate! Additionally, this is an excellent way to get outside, slow down the mind and get active together.

SCRIPTURE PRAYER

Choose a Bible verse and use it as a prayer to begin and end each day with your children. Try John 3:16, Psalm 46:1 or Romans 15:13.
