

## Fun Prayer Ideas for Your Family

Your family can pray together in fun and unique ways with the four types of prayer:

1. Adoration (praise)
2. Confession (sorry)
3. Thanksgiving (thank you)
4. Supplication (please - praying for needs of others and self)

Pray together at meal time or another time you gather together.

**Complete the Sentence Prayer:** Pray a prayer that has all four types listed above! For example:

- "Lord, you are...(praise and worship);
- "Lord, forgive me for...(confession of sin);
- "Lord, thank you for...(thanking God);
- "Lord please help...(praying for other's needs);
- "Lord, I need...(pray for your needs).

**ABC Prayers:** Take turns offering a prayer about something starting with each letter of the alphabet.

**Global Prayer:** Spin a globe (or flip through pages of a world atlas). Where your finger lands, you'll pray for that place in the world.

**Bonfire Prayer:** Each person holds a stick or small piece of wood. Say a prayer (silently or out loud), then toss your stick in the fire, symbolizing our prayers are given up in trust to God.

**Bubble Gum Prayer:** Give each person a colored gum ball and ask them to pray for something represented by the color they chose. Close with a big bubble AMEN!

**Cube Prayers:** On a wooden block or small square cardboard box, draw or stamp a different symbol on each of the six sides. Each person rolls the cube like a dice, then offers a prayer according to the symbol on top.

**Ball Toss Prayer:** Have a group of people stand in a circle. One person begins by holding a soft object like a Nerf ball or bean bag (be creative—go outdoors and use a water balloon!). The person holding the object offers a prayer then tosses it to someone else, who prays, and tosses to someone else. Continue until everyone has had the ball and offered a prayer.

**Headline Prayer:** With older kids, lay out the newspaper and let each person choose a story to pray about.

**Hand Squeeze Prayer:** Gather as a group in a circle. Hold hands and close your eyes. Choose someone to say a prayer. When they are done, they squeeze the hand of the person next to them and you go all the way around. (Give the option to "pass.")

**Flashlight Prayer:** In a dark room, give everyone a flashlight (you can also hand out colored tissue paper to cover the flashlight). With each prayer that is offered, the light is flipped on then turned off. This can be done randomly or in a circle.

**Paper Airplane Prayer:** Ask each person to write a simple prayer on a sheet of paper. Form each sheet into an airplane and shoot it across the room after each prayer is read.

**Paper Towel Prayer:** Take a roll of paper towels and spend some time putting a prayer concern on each sheet. Re-roll! Every day tear off one sheet and live up prayers for that particular concern or person.

**Parachute Prayer:** Gather around a large sheet, with people holding on to the edges. Each time a prayer is offered, raise the sheet high, then lower it slowly.

**Prayers of Healing/Blessing:** One person kneels in the center of the circle and all others gather around to lay their hands on his head/shoulders/arms. Offer prayers of thanksgiving, healing, comfort, or whatever is needed.

**Hat Prayer:** Each person writes a prayer concern or joy on a slip of paper. All the prayers are tossed into a hat. Every person draws out a slip of paper and prays for that request. Be creative on the hat (could be baseball, cowboy hat, sombrero, etc.).

**Washed Away:** Each person is given a washable marker to write on their palm one sin they want washed away. Pray a prayer of confession. Bring out a basin of water, soap and a towel. Have each person wash their own hand OR another person's. Through baptism and Jesus' death on the cross, our sins are forgiven! Pray a prayer of thankfulness as you raise your clean hands!

**Candle Prayer:** Light a tea light candle for every prayer that's offered. (Can be done as thanksgiving or as prayers for others' needs.)

**Prayer Journal:** Designate a notebook as your family's prayer journal to track prayer concerns and joys.

**Chocolate Chip Prayer:** Make chocolate chip cookies. At snack time, each person gets a cookie and offers a prayer of thanks for every chocolate chip they discover!

**E-Mail Prayer:** Use technology to keep in prayer connection with far-off relatives! Create a family prayer chain that goes throughout your relatives' e-mail addresses. It's a great way to share faith and learn about each others' lives.

**Hand Prayer:** Use your fingers to remind children of people to pray for:

- Thumb - those closest to you (family and friends)
- Pointer - those who lead and guide you (teachers, pastors, police, coaches)
- Middle - those in authority (city, nation and world leaders)
- Ring - this weakest finger reminds us of those who are sick, lonely or sad
- Pinky - this smallest finger reminds us to pray for ourselves last

**Prayer Calendar:** At the beginning of each month, fill in a blank calendar with at least one prayer concern for each day. Use it every day, such as at dinner time.

**Prayer Walk:** Choose a specific location to walk around in. As you walk, pray for the needs of those associated with the site (i.e., school, hospital, etc.).

**Signs of the Cross on my Body Prayer:** This can be done individually or in pairs, each one making the sign of the cross as directed:

- On the ears (that I might listen for God's voice and hear God's Word)
- On the eyes (that I might see God's glory in all of life)
- On the lips (that I might say the name of Christ and speak of God to others)
- On the heart (that I might remember that I am loved by God and belong to Him)
- On the hands (that I might show God to others through my work and deeds)
- On the feet (that I might follow Christ and walk in His way)

**Siren Prayer:** When you hear the siren of a fire truck, ambulance or police car, offer a prayer for the driver, the person needing help, and their families.

**Nature Prayer:** On a gorgeous day, go outside and lie on the grass. Use all of your senses to experience God's goodness. Offer prayers for what you hear, see and feel in nature.

**Prayer Chains:** Cut strips of paper and write a prayer on it. Link them together! They can simply be a reminder of your day's (week's/month's) prayers or you could unlink them one-by-one as you pray together the prayer concern listed.