

## Jesus teaches us to pray

In the Bible Jesus teaches his disciples, and us, how to pray. You will find the following text in Matthew 6:9-14

This is how you should pray.

Our Father in heaven, may your name be honoured.

May your kingdom come.

May what you want to happen be done on earth as it is done in heaven.

Give us today our daily bread.

And forgive us our sins, just as we also have forgiven those who sin against us.

Keep us from sinning when we are tempted.

Save us from the evil one.

Forgive other people when they sin against you.

If you do, your Father who is in heaven will also forgive you.

Enjoy some of the following activities that focus on prayer.

## The Lord's Prayer beads

This is a tangible way to focus on the meaning of the Lord's Prayer. For each person, you'll need eight beads of each of the colours listed below. Thread each bead onto ribbon or string in the order listed. When completed, speak the entire prayer together and explain what each colour symbolises. You might like to print this list and give to each participant to take home as a reminder of what each colour stands for.

**Blue** (loving parent) - **Our Father in heaven...**

**White** (holiness) - **Hallowed be your name...**

**Purple** (majestic) - **Your kingdom come, your will be done...**

**Green** (earth) - **On earth as it is in heaven...**

**Yellow** (wheat) - **Give us today, our daily bread...**

**Red** (Jesus' blood) - **Forgive us our sins, as we forgive those who sin against us...**

**Orange/Brown** (evil) - **Lead us not into temptation but deliver us from evil...**

**Gold** (God's kingdom) - **For the kingdom, the power and the glory are yours for ever and ever. Amen.**



**TIP** If you don't have beads of every colour—consider colouring white or natural beads with permanent markers.

## Ribbon Prayer Board

As a visual reminder to pray for others; family, friends, those who are sick or in need, you might find this prayer board useful in your home.

Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. MATTHEW 7:7

### YOU WILL NEED

- 40cm x 40cm pieces of cardboard (quite thick like from a packing box)
- Coloured fabric pieces (at least 50cm x 50cm)
- Hot glue or packing tape
- Ribbon
- Pins

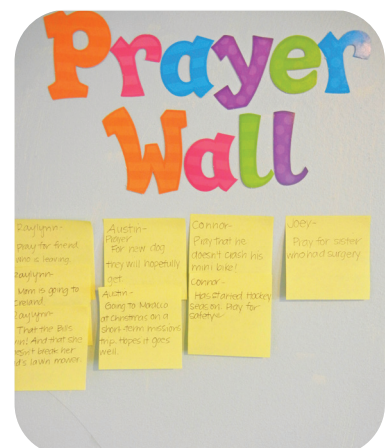
### WHAT TO DO

1. Glue fabric to cardboard using glue or tape.
2. Glue ribbon end-to-end diagonally with glue or pins.
3. Use decorative push pins to decorate where ribbons overlap.
4. Add prayer points with pins or under the ribbons



### OTHER SIMILAR IDEAS

Write prayer points on a small blackboard or place sticky notes on your fridge.



## Prayer Pail

Make this Prayer Pail and place on your dining room table as a constant reminder to pray.

Pray without ceasing. 1 THESSALONIANS 5:17

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. PHILIPPIANS 4:6

### YOU WILL NEED

- A small pail/bucket (or you could use a jar)
- Large pop-sticks
- Coloured textas or felt-tip pens
- Paper and double-sided tape to make your label

### WHAT TO DO

1. On your pop-sticks, write the names of the people or situations that you would like to pray for. Do this as a family or group so everyone has an opportunity to contribute.
2. Make a label for your Prayer Pail and stick to the front of your pail or jar.
3. Put pop-sticks into your pail and place on your dining room table.

