

Joy in our Prayer – Week 9

Praying with Children and Young People

Creative prayer.

Having run youth and children's work for a number of years, I have found it really interesting how young people can struggle to pray, as they feel it's very structured with lots of words which are difficult to understand and that sometimes don't mean anything. Being someone who is a very visual person, I have spent a long time looking at prayer for using various ideas but using all our senses.

I try and use colour, texture, fun but most importantly the ability for them to understand that prayer is a conversation with God and not something to be apprehensive about.

Spending time outside in God's world can be an amazing way to get them thinking about what and who they would like to pray for. A prayer walk is a great way of doing this is, seeing listening and feeling what is around them, which can be a great inspiration.

If you're struggling to think of what to pray for, a simple thing of looking at your hand and giving each finger a theme works. It gives you a focus for your prayer.

Thumb: Pray for family and friends.

Index Finger: Pray for those who teach and guide.

Middle Finger: Pray for leaders.

Ring Finger: Pray for those in need.

Pinkie Finger: Pray for yourself.

This also can work using smarties or skittles or another coloured sweet and each colour also represents a prayer.

I have also used parachutes, balls of wool, water, fire even pebbles the main thing is to remember that prayer for everyone whatever it looks like you need to find what works for you.. Just talk to God.

Caz Carter – Youth and Children's Worker