



VINEYARD KIDS WAYS TO PRAY

Praying is when we talk to God
and listen to him.



THE LORD'S PRAYER



Our father in heaven,
hallowed (holy) is your name



Your kingdom come, your will be done,
on Earth as it is in Heaven



Give us this day our daily bread



And forgive us our sin,
as we forgive those who sin against us



Lead us not into temptation,
but deliver us from evil



For the kingdom, the power
and the glory are yours forever.

Amen.

THE FIVE FINGER PRAYER

For God to do
what's best

The sick and
the poor

Your teachers

Yourself

Pray for ...

Those you love:
Family and friends



ROCKET PRAYERS

Think of 5 or 10 things to pray for, one for each finger. They could be people to pray for, things to thank God for, or things to say sorry for.

As you think of each one, put down a finger until your rocket ship is fully loaded, and then blast off with a big aaaaaaaaaaaaaMEN!



GOD SWAPS

God can help us deal with our emotions by giving us the fruits of the spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.

You might want to use a real object to represent the swap.

Jesus, I give you my

Please give me your.....

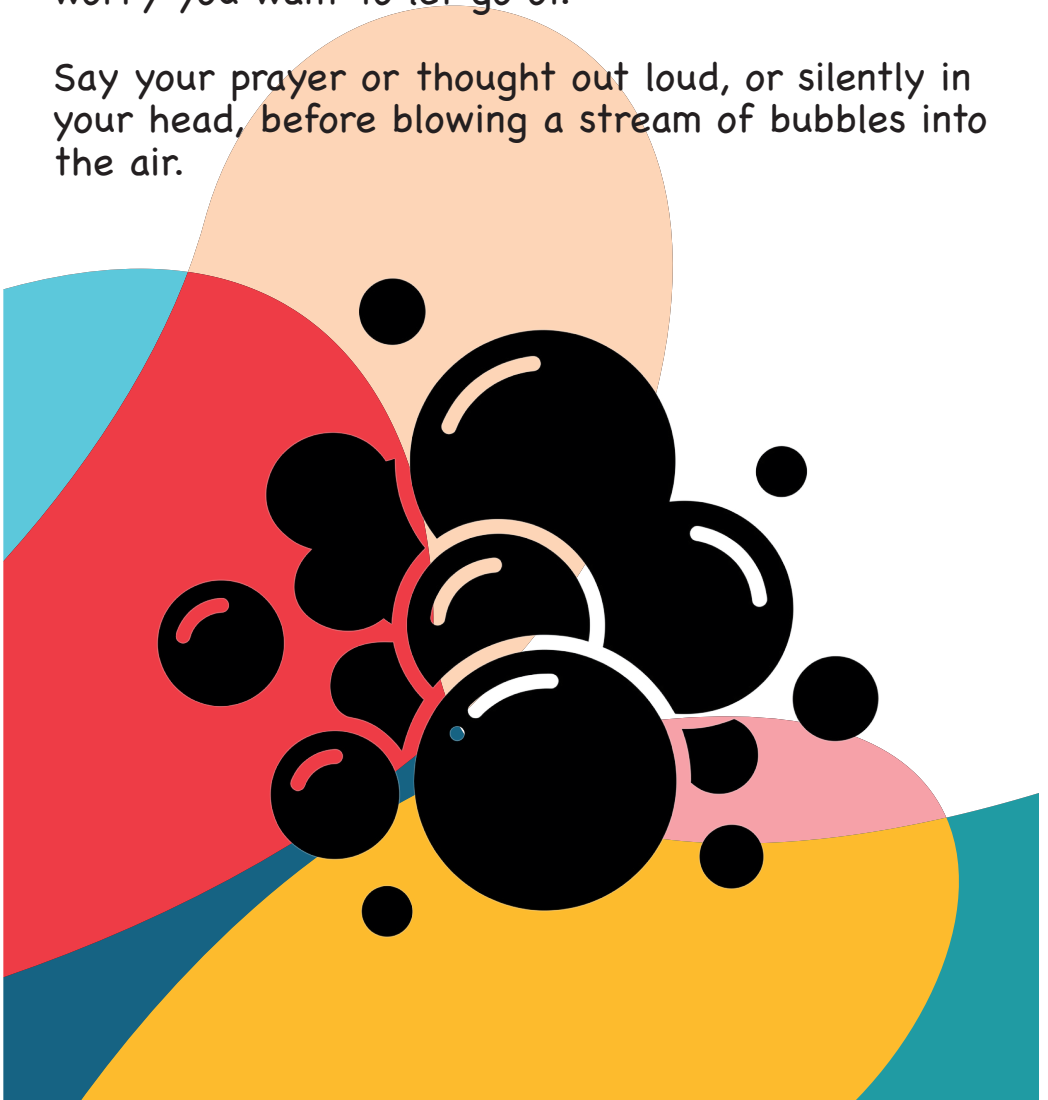
- Sadness for joy
- Anger for love
- Frustration for patience
- Fear for peace
- Worry for trust



LETTING GO

Think of something you would like to ask God for. It might be a 'please' prayer or it might be a worry you want to let go of.

Say your prayer or thought out loud, or silently in your head, before blowing a stream of bubbles into the air.



FINGER TRACING PRAYER

We are invited to bring our worries to God and he will give us peace instead.

As you trace up your fingers, breathe in and think about good things in your life. As you trace down, breathe out your worries.



CHAT AND CATCH

Find a quiet space, lie down and close your eyes.

We can **chat** to God; he loves to hear what we have to say. It can be about anything! It's just between you and God – you can whisper or say it in your head.

We can also **catch** what God is saying to us. It might be a picture, a word, or idea in your head.

Tell God

- A joke
- One thing you like about your family
- A secret you've never told anyone else before
- One thing that makes you scared
- Something you like about him (God)
- One thing that has made you happy recently
- One thing that has made you sad recently

Ask God

- What is one thing that makes you happy?
- What do you love about me?
- Who do you want me to be kind to?
- Tell me something new?
- What can I do to help my family?
- Can you show me someone in the Bible who is like me?

COME HOLY SPIRIT

Sit still somewhere, open your hands like you are going to receive a present, and invite the Holy Spirit by saying 'Come Holy Spirit'.

Wait for a little bit – you might want to count to 20 in your head.

- What is God saying to you?
- Did a picture come into your mind?
- How do you feel?



5 STEP HEALING MODEL

One way to be like Jesus is to do what he did. Jesus wants you to care for people just like he did. He wants to use you to bring healing to his people.

1. Ask – How can I pray for you?

Ask where it hurts. Listen to the person. Ask if you can lay a hand on where it is hurting.

2. Invite – Holy Spirit, please come.

Keep your eyes open and invite the Holy Spirit to come.

3. Pray – God, please help my friend.

Tell the pain to be gone in Jesus name. You don't need to wait for ages, God likes simple prayers.

4. Check – What is God doing?

Ask if the person feels better, worse or just the same. Thank God if they feel better. If they aren't better, you could pray again.

5. Plan – Let's pray again some time.

Remind the person that God loves them no matter what, whether they were healed or not. Continue to pray for them afterwards.

PRAY FOR SOMEBODY

Take turns praying and watching with a friend. Each friend shares one thing they would like prayer for. Listen hard and pray for the other person. Ask if it is okay to lay hands on the other person, just like Jesus taught us to.



About this prayer booklet

There are so many ways to pray. This booklet is designed to help you find ways to pray that are helpful.

You can pray anywhere and at any time, even on the toilet!

You can pray holding your hands out, hands together, holding an object, or you can do 'invisible prayers' (so that it doesn't look like you're praying at all!)

When we finish praying, we say 'Amen'. It means 'I agree'.

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