

Activities to try whilst praying with children

Sometimes, getting children excited about prayer can be a struggle. Sitting still and remaining focused is often difficult for adults, let alone children stuck at home all day at the moment!

Remember, prayer is simply talking with the God who said “Let the children come to me...”

Helping our children to talk openly with God now will impact the way they view prayer in the years to come. So, nurturing a love for praying now will encourage them all their lives.

Here are some easy prayer activities to help your family grow closer to God through prayer.

1. Use the ‘**Five Finger Prayer**’ model. More details on Ross Baptist Church Children and Families webpage.



2. Count Your Blessings

At the end of each day, spend 5-10 minutes talking about a few things that blessed your family. After everyone's shared, thank God for the good He's done in your life that day.

3. Pray Through the Week

Each week, pick a theme with your children. (It could be a country, a person, or something your children love.)

Every day, have your child or one of your children, pray for that theme and allow whoever prays to choose a theme-related activity for you to do together – colouring, craft, game, sport etc which everyone should happily agree to!

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4. Go on a Nature Walk

The next time you go outside, ask your child/ren to point out anything that makes them smile. Take turns thanking God for creating the beauty around you. Try to enjoy the world through their eyes, together.

5. Pray through Praise Songs

Everything you do can be an act of worship. Pick one of your child/ren's favourite worship songs and sing it together. Make that song your prayer for the day.

OR, if you or your child is musical, why not pick a Psalm or the Lord's Prayer and put it to music?

When prayer is a daily activity that your children look forward to, you help show them that they can talk to God anywhere, at any time and for any reason.

And, by letting go of any expectations for what their prayers should look like, you make space for your children to creatively express themselves to God.

These ideas are based on those suggested by Your Vision Bible App and some others of my own. You can add any of you own ideas in the space above so that you don't forget them. Why not try a different format each week to keep your prayer time varied and exciting?