

Methodist Way of Life
Resources for Families, Children & Young People
Weeks 1 to 4 (September 2024)



This resource aims to compliment the resources
put together by Paul Walker

WEEK 1: WHAT IS PRAYER?

IDEAS FOR WORSHIP SONGS

Toddlers / Younger kids

I can pray - Yancy & little praise party

5 finger prayer song

He's got the whole world in his hands

Older Kids / Teens

When I pray - Doe

When we pray - Taruen Wells

Pray - Koryn Hawthorne

VIDEOS

The parable of the persitant prayer

<https://www.youtube.com/watch?v=oBgALtq5Xls>

Always pray and never give up

<https://www.youtube.com/watch?v=MsC0qEglvas>

GATHERING

Toddlers / Younger kids

Get the children to hold out their hands. As you share the following words.

'Thank you God for making a wonderful world. You have made everything in it and you have made me. You are a good God who loves us all' Amen

If you have an inflatbale globe, you could pass this around as you say this prayer. Children can add things that God has in his hands

Thank you God for having the whole world in your hands.

**Thank you for making...
(pass on the globe)**

Older Kids / Teens

"In his hands are the depths of the Earth and the mountain peaks belong to him.

We thank you Lord for holding the whole world in your hands, from the smallest baby to the oldest person. From the mountain tops to the depths of the Ocean.

You are a God who is great and holds each and everone of us, we give you praise."

You could watch some clips of the world, check out clips from Blue Planet or similar.

WEEK 1: WHAT IS PRAYER?

PRAYER ACTIVITIES

Toddlers / Younger kids

Collect up some toy telephones they could be pretend or real. Encourage the small children to have a chat on them, they could call up their parents, or friends.

What about if they called up God? What would they talk about? Prayer is a telephone conversation with God.

We can use it to say Thank you, tell him we are sorry or talk about things that worry us.

Older Kids / Teens

What social media platforms do you use to connect with your friends or family? Snap chat? Tik Tok? What kinds of things do you share with them? If you were to 'Snap' God what

would the message be?
If young people struggle verbalising this, you can use the templates on the next page

Check out the lollypop stick craft on the next page!

All Ages

Head out on a prayer walk. What can you see that God has created? Stop at various points to look out at the creations that you have seen. You could make this an opportunity to share a prayer of thanks, or concern.

Risk Assessment: Go on the walk before hand, to check out the route, consider the weather, risks, hazards and ages.

QUESTIONS / PROMPTS

Toddlers / Younger Kids

When can we pray to God?
What kinds of things might we like to pray for or about?

Who can give me an example of a thank you prayer?

How do we feel when we think God isn't listening to us?

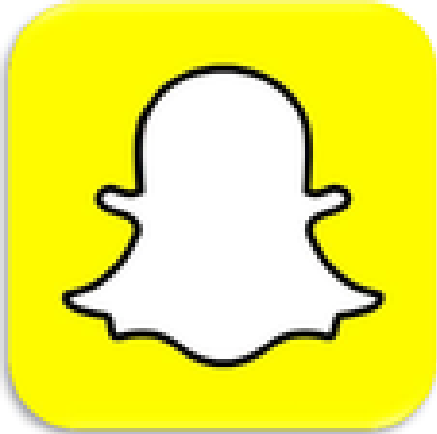
Older Kids / Teens

How do we invite the Holy Spirit into our prayer lives?

What role does the Holy Spirit play in prayer?

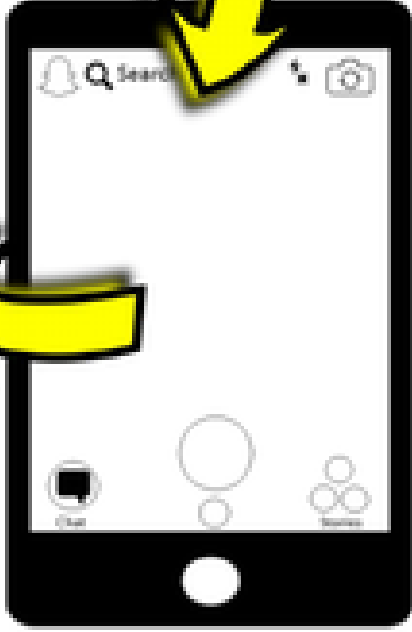
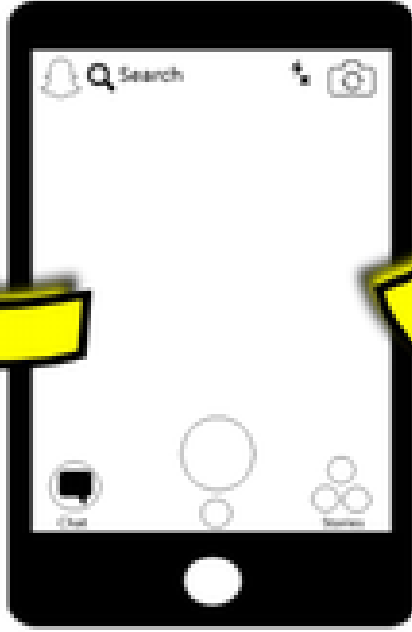
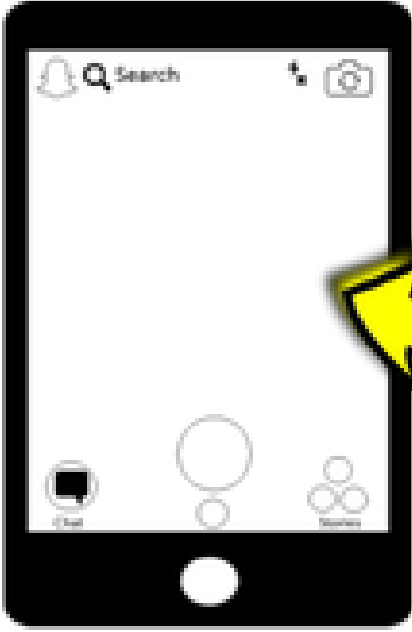
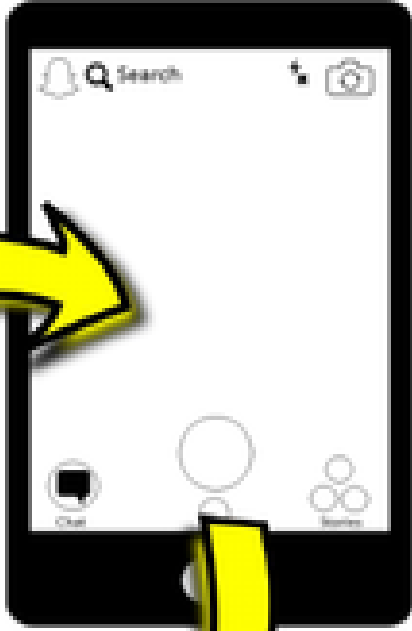
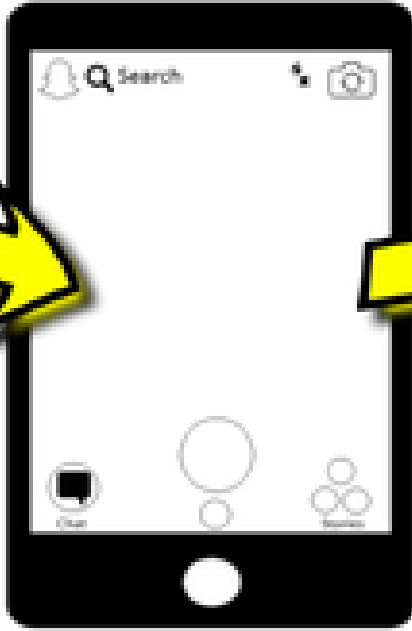
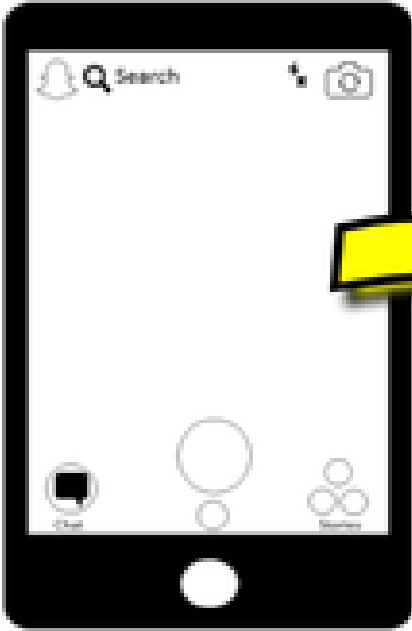
Does technology support or prevent a good prayer life? - explain

Where can you get support with prayer?



My Snapchat storyboard

Task:
If you could snap God what would use send?





Prayer Stick Craft

Sometimes I can be hard to pray as we don't know how to start our prayers.

You can make these one per young person or one for you church / youth group

Write starters or examples of things to pray for on the lolly sticks. Decorate the jars (or old tin cans) with stickers, paint or decorations.

Add the sticks into the jars and use as a way of helping us to start prayers.

WEEK 2: HOW DID JESUS PRAY?

IDEAS FOR WORSHIP SONGS

Toddlers / Younger kids

The Lords Prayer - Saddleback
kids

This Amazing Grace - Northivew
kids

Older Kids / Teens

The Lord's Prayer - Matt Mahor
Amazing Grace - Reawakening
Hymns

VIDEOS

The Lord's Prayer

<https://www.youtube.com/watch?v=bsUCJDRNHi0&t=1s>

https://www.youtube.com/watch?v=ZrdlXOk_QdQ

The Lord's Spoken Word

https://www.youtube.com/watch?v=t0k_x26xba0

GATHERING

Toddlers / Younger kids

Practice the Lords Prayer, do it as an echo prayer. You read one line and then they repeat back.

Our Father in heaven, you are awesome! Show us who you are and how you want us to be. Make earth more like heaven. Please give us what we need to keep going each day.

Help us when we are wrong and clean us up on the inside.

Help us to let other people off and move on.

Keep us from bad stuff. You're in charge! You're strong and powerful and always there.

Forever!

Amen

Older Kids / Teens

Our Father, Perfect love
We turn again to you
Guide us and help us to love
So your will be done
On earth as in heaven.
Give us today that which we need.
Fill us with hope and trust.
Help us to forgive our brothers and sisters (and ourselves aswell);
And look on them as you look on us.

Give us the strength to resist temptation and we are tempted let us choose peace.

Deliver us from our fears.
For what you love is safe.
And your love remains forever and always.

Amen

Credit: Peter Parr

WEEK 2: HOW DID JESUS PRAY?

PRAYER ACTIVITIES

Toddlers / Younger kids

Have a go at the colouring page, take this home so that you can practice the words with your family.

You could cut on the cards and have the children sort them into the correct order.

Older Kids / Teens

The Lord's Prayer starts with an acknowledgement of the greatness of God. 'Our Father who art in heaven, hallowed by your name' Its also a prayer of thankfulness for what God has done and will do for us.

Take time as a group to consider what you are thankful

for, and present this in a creative way. It could be creating a piece of art work, or writing a poem or song. It may involve taking images or even through film.

Spend time as a group or individual doing this. In your session you may wish to provide art materials for this happen. Or why not gift them a notepad, they can decorate to keep their prayers, and thankfulness in as they leave the session.

Make your own prayer bracelet. You need beads in different colours, thread these onto a cord or elastic. Each colour represents a different part of the prayer. See the helpful prompt sheet on the next page

QUESTIONS / PROMPTS

Toddlers / Younger Kids

What does bread mean? Is it just the bread we eat?

Explain words that they might not understand such as 'hallowed' 'temptation'. The language of this prayer can be challenging for children to understand.

Older Kids / Teens

What is special about how this prayer is organised? What elements does it contain? Why do you think that this was the prayer that Jesus taught them?

How is this prayer still relevant in our lives today?

Which bits of the prayer do you think are tricky and why?

THE LORD'S PRAYER

LEARNING TO PRAY ONE BEAD AT A TIME

BEGIN

1

Hold the ivory bead and pray:

Our Father who art in heaven, Hallowed be thy name. Then travel up the strand of beads to the left.

2

Hold the first blue bead and pray:

Thy kingdom come.

3

Next, holding the first orange bead pray:

Thy will be done
on earth as it is in heaven.

4

Holding the first green bead:

Give us this day our daily bread,

5

Holding the first red bead:

and forgive us our trespasses,
as we forgive those who trespass against us,

6

Holding the first yellow bead:

and lead us not into temptation,

7

Holding the second blue bead:

but deliver us from evil.

8

Holding the second orange bead:

For thine is the kingdom,

9

Holding the second green bead:

and the power,

10

Holding the second red bead:

and the glory,

11

Holding the second yellow bead:

for ever and ever.

12

Holding the ivory bead again.

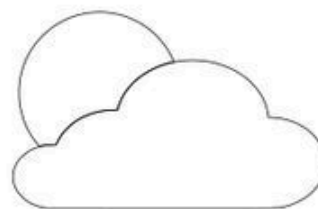
Amen



Our Father
in heaven, hallowed
be your name.



Your kingdom come,
Your will be done,
On earth as it is in heaven.



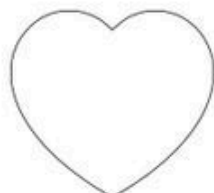
Our Father
in heaven, hallowed
be your name.



Your kingdom come,
Your will be done,
On earth as it is in heaven.



Give us this day our
daily bread.



Forgive us our sins,
as we forgive those
who sin against us.

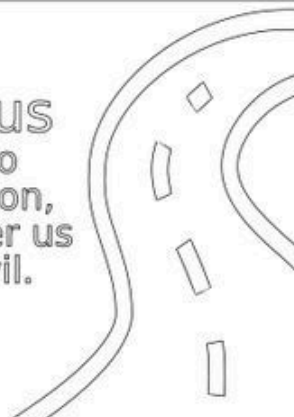


Give us this day our
daily bread.

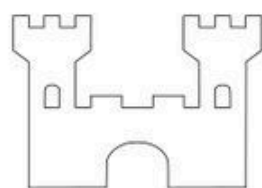


Forgive us our sins,
as we forgive those
who sin against us.

Lead us
not into
temptation,
but deliver us
from evil.



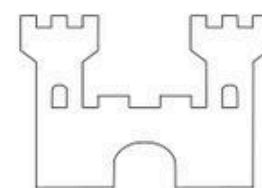
For the kingdom,
the power, and
the glory are yours,
now and forever. Amen



Lead us
not into
temptation,
but deliver us
from evil.



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



WEEK THREE: IS THERE A RIGHT WAY TO PRAY?

IDEAS FOR WORSHIP SONGS

Toddlers / Younger kids

I will Pray - Yancy Kids Worship
5 Finger Prayer Song

Older Kids / Teens

The Lord's Prayer - Matt Mahor
When we pray - Tauren Wells
Pray - Sanctus Real

VIDEOS

How to Pray - Crossroad Kids
<https://www.youtube.com/watch?v=qFmOCYj0Fvk>

Prayer - What is Prayer
https://www.youtube.com/watch?v=6LG_3pX88fM

GATHERING

Share the Bible Reading

And when you pray, do not be like the hypocrites, for they love to pray, standing in the synagogues and on the street corners to be seen by others.

Truly, I tell you, they have received their reward in full. But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done secretly, will reward you. And when you pray, do not keep babbling like pagans, for they think they will be heard because of their many words. Do not be like them, for your Father knows what you need before you ask him.

Key Points

1. Prayer should be a true connection with God, not for showing off, but because we want to connect with him.
2. Prayers can be simple, we don't need to make them complicated, or use big words to look or sound important. God wants us to be true.
3. Praying alone in and silence is good. Its about us having time with God. We don't need to always do it in public or at church.

How can we pray?

We can pray on our own, with others and using our own words. God wants to have a REAL conversation with us. Listening is also important!

PRAYER

DATE: _____

FAMILY

FRIENDS

CHURCH

LET HOPE
KEEP YOU JOYFUL
ROM 12:12

SCRIPTURE

THOSE IN NEED

A

Adoration
Tell God how
wonderful he is

I praise you God for

C

Confession
Ask God to
forgive the things
you have done
wrong

I am sorry for

T

Thankfulness
Thank God for his
blessings

I give you thanks for

S

Supplication
Ask for God's help

I ask you God for



DIY Kids
PRAYER JOURNAL
fun365.com

Why not provide resources for young people and children to make their own prayer journals, or boards.

You could also set up a prayer board in the room you meet in if you wanted. Ask the young people what they might like to see on it.

WEEK FOUR: DOES GOD HEAR PRAYERS?

IDEAS FOR WORSHIP SONGS

Toddlers / Younger kids

I will Pray - Yancy Kids Worship
5 Finger Prayer Song

Older Kids / Teens

The Lord's Prayer - Matt Mahor
When we pray - Tauren Wells
Pray - Sanctus Real
Hear our prayer - Hillsong

VIDEOS

Jesus and Prayer - Crossroad
Kids

https://www.youtube.com/watch?v=ZrdlXOk_QdQ&t=48s

Eshon Burgundy - Prayer
https://www.youtube.com/watch?v=R11n8_GGIFk

GATHERING

Share the Bible Reading

John 14.8-14 Philip said, "Lord, show us the Father; that will be enough for us." Jesus answered: "Don't you know me, Philip, even after I have been among you such a long time? Anyone who has seen me has seen the Father. How can you say, 'Show us the Father'? Don't you believe I am in the Father, and the Father is in me? The words I say to you I do not speak on my own authority. Rather, the Father, living in me, is doing his work. Believe me when I say I am in the Father, and the Father is in me, or at least believe the evidence of the works themselves. I tell you that whoever believes in me will do the works I have been doing, and

they will do even greater things than these because I am going to the Father. And I will do whatever you ask in my name, so that the Father may be glorified in the Son. You may ask me for anything in my name, and I will do it.

This week the focus is a BIG question, that can be challenging to adults never mind young people. Believing in God hearing our prayers involves having belief and faith. Something which young people and children you are working with may not have developed. Therefore this week there is a number of activities which promote them being active in prayer, and have an opportunity to experience God hearing them.

WEEK FOUR: DOES GOD HEAR PRAYERS?

PRAYER ACTIVITIES

Candle Prayers

Play some music of your choice. Place candles either at the front, or on a table, where the young people can see the flame. Watch the flame flicker and take time for them to be quiet, focusing on the flame. During this time they just sit quietly, they can if they wish offer some silent prayers. When the song or music ends, safely put out the flames.

Balloon Prayers

Hand out some balloons, get the kids to write on a slip of paper people or situations they would like to pray for. Put the paper in the balloons.

Ask them to blow up their balloon, but not tie it, just hold it. On the count of three let the balloons go! They will all fly off. When they have landed. Pick up a new balloon from the floor. Get into small groups, take out the papers and use these to pray over these as a group.

Paper Areoplanes

Each person makes a paper areoplane. Write or draw what you would like to pray about on it. Explain that when we pray the prayers fly straight into God's ears. Write GOD on a large sheet of paper, the children then throw the planes at GOD. As a sign of sending the prayers to him. Explain that even if we miss the target our prayers never do!

Prayer washing line

Set up a washing line, with string and some pegs. You can either use paper people cut outs or print your own for them to cut out. Children can decorate them to either represent themselves or someone else they want to pray for. They add them to washing line to remember them in their prayers. You can adapt this to pray about the environment using cut out animals or fish. Or about different countries by decorating them to represent different parts of the world or adding countries to the back of people.

