

# PRAISING WITH YOUR KIDS

## Some ideas for prayer



### 1) Highs & Lows

Ask your kids what their "highs" were from the day, and then ask them about their "lows". Share your highs and lows as well, and then pray for each other.

### 2) Prayer Jar

Write your prayers down on a strip of paper, and once they are prayed put them into a jar. Whenever you pray add your new prayers to the jar. Don't forget to take some of the old ones out to pray through and give thanks when they have been answered.

### 3) The Lord's Prayer

Our Father in heaven,  
 hallowed be your name.  
 Your Kingdom come,  
 your will be done,  
 on earth as in heaven  
 Give us today 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 for ever.

## SOME PREPARED PRAYERS

### A Prayer when I'm Thankful

God, thank you for this day... For the birds and the animals, the flowers and the trees, the mountains and the lakes, for the streams and for the sun that keeps us warm. Thank you for creating all that we see!

### A Prayer when I'm Sad

God, you are so good, that even when I am sad, you are listening, to me. You promise me that you will always be there for me, loving me. Thank you for this day, even though it's not been the best day. Help me to remember all the good things you have blessed me with & dry me tears.

### A Prayer when I'm Afraid

God, you are in control of everything so please help me to trust you even now when I am scared and afraid.

