

Forms of Prayer

Fun ways to pray!

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1. Thumb: pray for family and friends
2. Pointer finger: pray for teachers, doctors, first responders, therapist.
3. Middle finger: pray for leaders in government, church and NGO's.
4. Ring finger: pray for the sick, poor, homeless, those in need.
5. Pinkie finger: pray for yourself and your needs!

5 Finger Prayer

4) The **ring finger** is the weakest. Pray for the sick, poor, and those most in need.

5) The **pinkie finger** is the smallest. Pray for **yourself** and your own needs.

3) The **middle finger** is the tallest. Pray for **leaders** in government, business, and the church.

2) The **pointer finger** is used to give directions. Pray for **teachers**, coaches, therapists, doctors, and first responders.

1) Your **thumb** is closest to your heart, so pray for those closest to you - your **family and friends**.



Prayer Jar:

- Name a positive event that happened to you this year
- Share one prayer you have seen answered
- Give an example of a blessing God has given you
- Pray for a family member in need
- "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God." (Philippians 4:6)
- "Be joyful always; pray continually; give thanks in all circumstances, for this is God's will for you in Christ Jesus" (1 Thessalonians 5:16-18).



"Be joyful in hope, patient in affliction,
faithful in prayer" (Romans 12:12)

Give an example of a blessing from God

List 5 things you are thankful for

Pray for a family member in need.

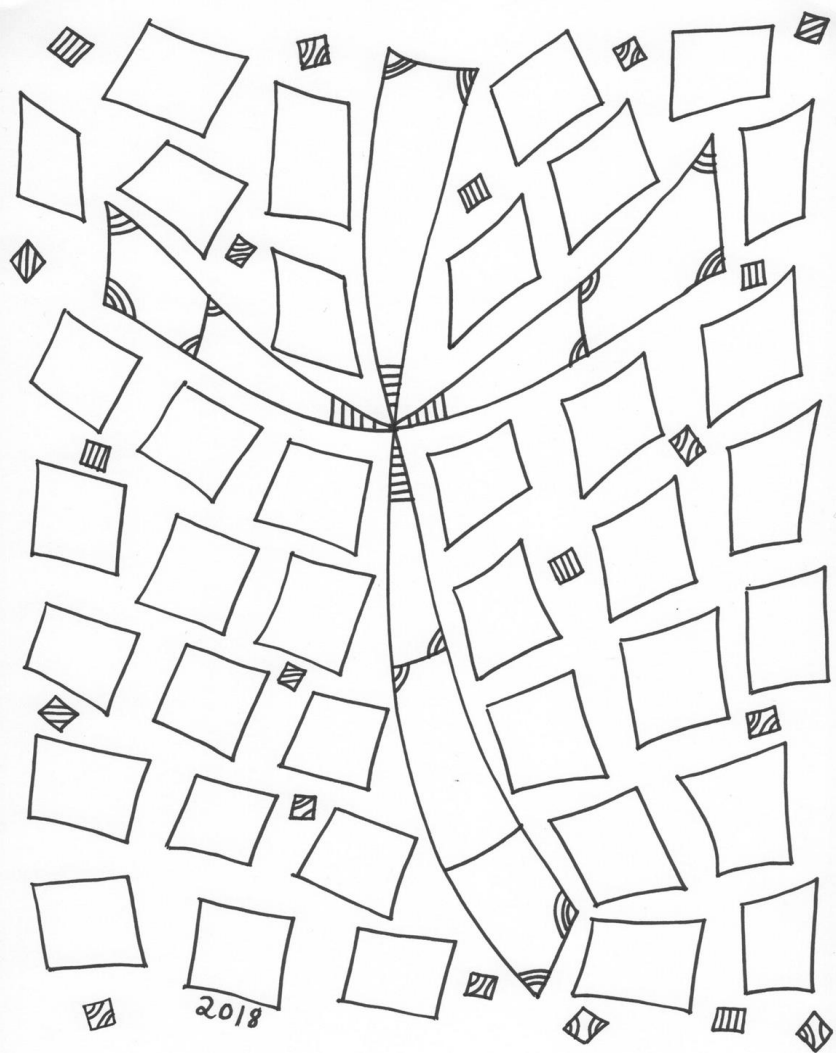
"Devote yourselves to prayer, being
watchful and thankful" (Colossians 4:2)

Take a moment of silence to reflect

Colour prayer:

Write in people, places, things you want to pray for.

Colour in the rest of the page as an act of self-care, relaxation and meditation.



Teach Me to Pray

Praise God

Confess Your Sins

Thank God

Closing

Pray for Others

Pray for Yourself

Loving God. (Praise God)

Sometimes I forget to be helpful
and kind, please forgive me. (Confess Your Sins)

Thank you for being there for me. (Thank God)

Help those who are hungry. (Pray for Others)

Help me be a better person. (Pray for Yourself)

In Jesus' name, I pray, Amen (Closing)



Similar to the 5 finger prayer:

Loving God, (praise God)

Sometimes I forget to be helpful and kind, please
forgive me for (confess sins)

Thank you for being there for me (thank God)

Help those who are (pray for others)

Help me (pray for yourself)

In Jesus name I pray, Amen (closing)



Other forms of prayer:

- Meditation-time in silence with God
- Time in Nature
- Walking a labyrinth
- Having a conversation with God
- TSP-thank you, sorry, please

Closing:

Blessing

Prayer

This will be the last official lesson of the
summer

