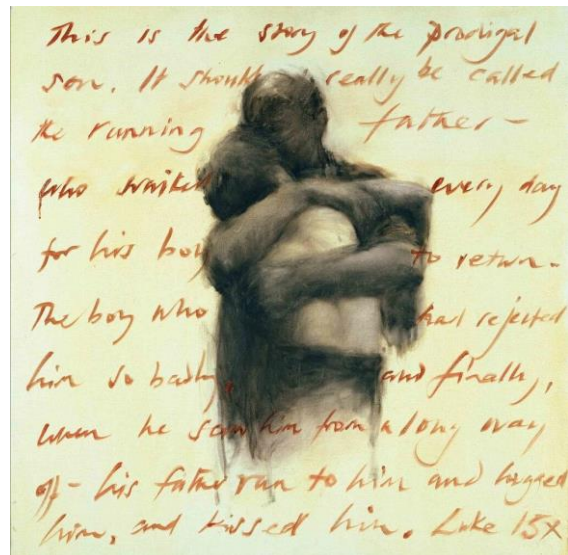
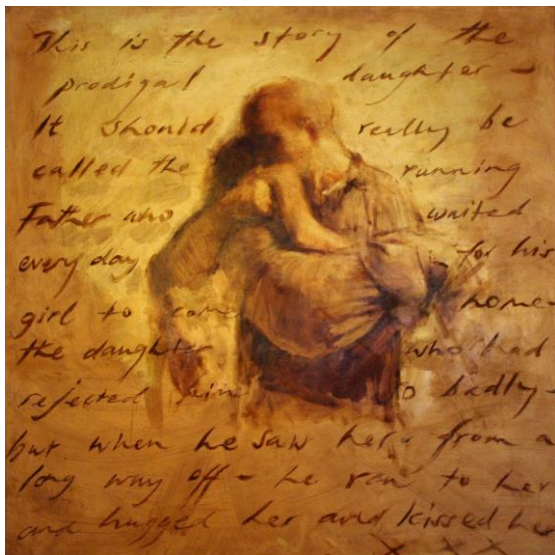


Creative Ideas to help praying through the Lord's Prayer

This sheet has been put together with a selection of creative prayer ideas or visual images that you may want to use during the day or for the specific time you have chosen to pray for. These are just suggestions and in no way are they compulsory, but if you find prayer difficult then these might help give your prayer some direction. Use alongside the outline for the day to give you all the other things to pray for. Equally you might find some of these ideas good to do with any children that might be in your household as it would be great to include them where possible.

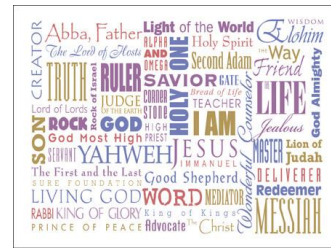
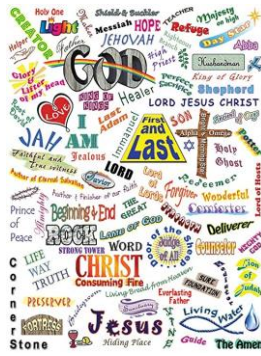
Our Father in heaven

Use these two images to help you focus on the fact that God is your father in heaven and he takes us into his loving arms.



Hallowed be your name

- Take a big piece of paper. Somewhere on the paper write the word 'God'
- Think about all the names that God uses to describe himself in his word and his different attributes that we have looked at on Sundays
- Now write all those different names on the piece of paper in whatever way you want to - these are just some images I found on the internet.



Your Kingdom come and Your will be done



Use a variety of different maps. Maps of the world, UK, Birmingham, Parish. Pray over each of the maps.

- On a piece of paper/post-it-note write down Christians you know who work in industries or live in families where they are the only follower of Jesus. Pray that they might be strengthened to live out God's kingdom in their difficult places
- Place these on the maps to represent people in the world who love and follow Jesus in sometimes difficult circumstances
- Focus on countries of the world and their leaders. When you have prayed for a certain country place a post-it-note on it to show you've prayed for it.

Give us today our Daily Bread



- **Praying for the poor**, vulnerable, homeless, sick, for those affected by domestic violence. Pray for those working or volunteering with those in need. Pray for those you know who need God to provide in some way. Pray against greed and for a more equal world.
- As you think and pray about these issues, take a small piece of bread and chew it slowly.

Forgive us our sins/ Lead us not into temptation

- Using a bowl or jug of water place a dissolvable vitamin C tablet into it and watch it disappear. This is a great representation of our sin being forgiven - once it's gone it's gone for good
- Hold a stone tight in your hand until it starts to hurt. Imagine the stone represents sin that you are not repenting of, forgiveness that you are not offering, grudges that you are holding. It may represent worries that you are holding tight to and not giving to God. It may even represent things that you are doing but you need to put down, things that you, or the world, thinks you 'should' be doing, but maybe God has a better plan. You will notice as you put your effort into holding the stone tight it hurts more and you become weary. You may want to take a few stones to represent different things. Speak to God; ask for forgiveness, forgive others, hand over your worries, ask him to show you his will. Then release the stone, feel that relief, thank God. You can drop the stone into a bowl of water if you like, or onto a river.

For yours is the kingdom



It's a long time since we were in our building, but using a photo might help you focus your prayers for the shortlisted candidates for the position of Vicar.

Other Suggestions you might like to do around the whole of the Lord's prayer

Lord's Prayer Book: This is a lovely idea for younger children. Using a scrap book or ring-binder, set up each blank page so that there is one line from the Lord's Prayer on each page. Providing catalogues, magazines or the fruits of a Google search, ask pupils to find illustrations for each page to create a visual representation of the prayer.

Labyrinth



The idea behind the labyrinth is that it is laid out and a certain parts there is a place to stop and think about a certain part of the Lord's Prayer.

Our Father in heaven, may your name be kept holy.

Think of a time when it seemed like God was near to you.

How did you feel? Thank him now.

Keeping someone's name holy is so much more than not swearing. It's about living in a way that honours that person, whether they're a mum, dad, friend or maybe the God of the whole universe. It helps us to feel closer to them. How might you live your life in a way that's just a little closer to God?

May your Kingdom come soon. May your will be done on earth, as it is in heaven.

What do you think it would look like if earth was like heaven?

Think of one thing that would be different in the lives of those around you, or in the wider world. Pray for change.

Give us today the food we need

Food, water, shelter. These things are essential to life.

Millions of people around the world struggle every day to meet these needs.

What needs do we easily take for granted? Thank God for something you need every day that you don't have to worry about.

Now pray for people in the world whose basic needs aren't met, whether far away, or in our neighbourhood. How might God use you to help meet someone else's needs?

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

Was there a time this week when you said or did something you hope Jesus didn't notice? Take a moment to say sorry. What hurts are you carrying because of something someone said or did to you? Could you choose to forgive them now?

And don't let us give in to temptation, but rescue us from the evil one.

Has there been a time when you did something even when you knew it was the wrong thing?

Is there somewhere in your life where you are struggling to do the right thing? Ask God to guide you, and to help you make good choices.

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

It all belongs to God.

What makes you aware of God's kingdom? Moments of peace or worship?

Gathering with other believers?

What makes you aware of God's power? Prayers answered? Evil overcome?

What makes you aware of God's glory? The natural world, beautiful and awe inspiring? A sunset? A starry night?

Thank God for something you've seen or experienced that made you think of him.

As you leave the Labyrinth keep your eyes and ears open to all that God is doing.

And be thankful