

Ideas for praying with young children



Use one of these prayer ideas alongside Prayer Bear and the prayer cards provided to pray creatively with your child. Please feel free to put a photograph of your child praying with Prayer Bear and either a summary of your prayer activities or a prayer of your own in the prayer journal.

1. Prayer Walks

Take your child on a walk around your neighbourhood, and pray for the wonder of the either the nature they can see or the people who live there. Ask God to bless them, keep them safe, and help them know Him.

2. Prayer Chain

Cut out strips of paper. Allow children to either write down their worries, or the names of people they wish to pray for, or you can write them out for them. Join the strips of paper together like a paper chain and display them in your house.

3. Prayer Rock

Choose a smooth pebble or rock from the garden. Tell your child that this rock can help us remember to start and end our day with a prayer. They can decorate their rock with paints or markers, using symbols of faith such as a cross, love heart, rainbow, the world, etc.

You can encourage your child to put their rock under their pillow, at the bottom of their bed, or in their pocket.

4. Colouring Prayers

You will need some colouring pens or pencils for this activity. Ask what things your child would like to pray for and decide what you'll pray for with each colour. For example, use purple while praying aloud for animals, green for family members, blue for the Earth and the environment. You could even encourage your child to draw or write the words in the different colours.

5. Singing Prayers

One of the easiest ways to teach children to pray is through singing. The doxology is one song used as a prayer of praise and thanksgiving. The lyrics are as follows:

Praise God from whom all blessings flow.

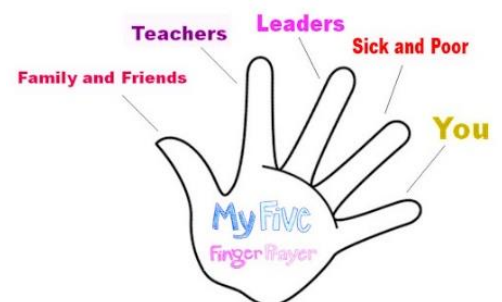
Praise God all creatures here below.

Praise God above the heavenly host.

Praise Father, Son and Holy Ghost.

Amen.

6. Five-Finger Prayer: Developed by Pope Francis, this prayer practice assigns each finger something to pray for. The thumb is for those closest to us. The index finger for those who teach, instruct and heal us. The middle finger, our tallest, is for our leaders. The ring finger, our weakest, for those who are weak. The pinky is for ourselves.



7. Prayer through Movement: Children like to use their bodies to pray! Try this simple way of praying:

(3 deep breaths) God, you are above (reach toward the sky), below (touch your toes), inside (hands to heart) and all around (arms outstretched).

I worship you (reach toward the sky), and give my life to you (touch your toes).

And I love you (hands to heart) with all that I am (arms outstretched). (3 deep breaths).