

Indoor Primary Prayer Activities for Winter

The following prayer activities we hope you will be able to do as a family indoors during lockdown.

These activities explore creation, that God made us and he loves us.

No need to do all in one day, however we have designed these to be done during your day!

Adapted from *Thoughts to Make your Heart Sing* by Sally Lloyd-Jones and Jago and *Prayer Spaces for Schools* website.

<p>Prayer Activity One</p> <p>Wake Up</p>	<p><i>Let the sun in!</i></p> <p>We are aware that the sun may not be up when you wake with your children! But watch out for when it does rise. Take your child(ren) over to the window and open the curtain/blind or window if safe together.</p> <p>Ask your child to notice how the light shines in, or the air flows in.</p> <p><i>The Bible says it's like that with God's peace. It will flow into our hearts, if we let it.</i></p> <p>Ask your child(ren):</p> <p style="text-align: center;"><i>Are you worried? Are you anxious? Is anything troubling you today?</i></p> <p>Then encourage them:</p> <p style="text-align: center;"><i>Don't try and work it all out by yourself. Let God's peace flow in - like sunshine into a dark room.</i></p> <p style="text-align: center;"><i>"Let the peace that comes from Christ rule in your hearts."</i> Colossians 3:15</p>
<p>Prayer Activity Two</p> <p>Morning</p>	<p>God's Gallery.</p> <p>We are all artists and God is the ultimate artist. He made all things - just for the joy of it. The whole world is like God's gallery displaying God's magnificent works of art.</p> <p>Grab some art materials - any will do.</p> <p>Do you have a favourite picture or photo of nature or a special place to you, a beach, a common or park, an animal, a leaf? Can you take this picture or photo and use it to recreate it in your own style with your own materials. It does not need to be perfect but just your own interpretation. God loves it when you are as creative as he is. Notice all the amazing details of the picture or photo, isn't it beautiful. Enjoy the process of creating something yourself....</p> <p>Then remember..</p> <p>God made the universe but that is not his absolute masterpiece.. Do you know what it is?</p> <p>You.</p>
<p>Prayer Activity Three.</p> <p>Afternoon</p>	<p>Miraculous World!</p> <p>A giraffe can clean its ear with its twenty-one-inch tongue? Your nose can smell over a trillion different smells.</p> <p>Can you make up a quiz about amazing facts about animals and humans for the rest of your</p>

	<p>family? Spend some time researching and make a fun quiz for your family.</p> <p>We live in an incredible, miraculous world! As you are researching, notice just how amazing the world and all that God has created is. And thank God for this.</p>
<p>Prayer Activity Four</p> <p>Dinner</p>	<p>Our Team.</p> <p>As a family think about the friends and family who love and support you in the last year. They are your team!</p> <p>Say one thing about the thing you like about the way that each person has loved, supported and cheered you on during this last year..</p> <p>Now thank God for them and ask for him to bless them in whatever they are doing right now.</p> <p>Doing this activity may make you miss people or be sad about not seeing them. That is okay, you can tell God that's how you feel too and ask for him to comfort you.</p>
<p>Prayer Activity Five.</p> <p>Bedtime</p>	<p>Before Everything.</p> <p>Snuggle down, take moment to be still and think over your day (we'll explore this in another activity) but for now, before you drift off to sleep, either together with a parent or carer or on your own, read the following words slowly and let them sit with you. Night night.</p> <p style="text-align: center;"><i>Before Everything!</i></p> <p style="text-align: center;"><i>Before God made the stars to shine.</i></p> <p style="text-align: center;"><i>Before he made the seas.</i></p> <p style="text-align: center;"><i>Before he made the mountains.</i></p> <p style="text-align: center;"><i>Before he made anything at all, God did something?</i></p> <p style="text-align: center;"><i>What?</i></p> <p style="text-align: center;"><i>Loved you.</i></p> <p style="text-align: center;"><i>And chose you as his own.</i></p> <p style="text-align: center;"><i>“Even before he made the world, God loved us and chose us.” Ephesians 1:4</i></p>