



100HRS OF PRAYER

*Resources
For families*



THY KINGDOM COME

RESOURCE PACK *For families*

100HRS
OF
PRAYER

MAY
2020

This pack has drawn together existing online resources, and some of our own creations. Where available, please click on the links to watch linked video content.

To book your prayer times, visit <http://www.24-7prayer.com/signup/aedf21>

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HOW TO USE THIS GUIDE

We are coming together as a church to pray over 100 hours leading up to Pentecost 2020 for our community and our nation in the face of this Coronavirus Pandemic. And we're joining the global wave of prayer that is 'Thy Kingdom Come.'

As families we have an hour to pray as we want, and this includes the youngest to the oldest. Prayer as a family is so valuable and we want to offer you some ideas to help join together in different way with this. This resource is not to tell you what to do, but rather to offer some creative ideas that will help all ages engage with prayer. It includes activities that can be messy, creative or more contemplative which as a whole family everyone can join in. It might else keep the younger side of our family occupied while the older side pray in their own, comfortable, way.

We serve a God who is **good** - He loves us and cares about us and wants us to pray to Him. We serve a God who is **mighty** - He is bigger than Coronavirus and fear and anxiety, and He can move mountains. And we serve a God who **speaks today** - prayer is a two-way conversation with God, so spend some time listening!

RESOURCE 1

WORSHIP



Worshipping God is an excellent place to start your hour of prayer.

Idea #1

Begin your prayer time with some musical worship and actions. Click on the following link to watch (and join in with!) **My Lighthouse**.

https://www.youtube.com/watch?time_continue=11&v=JeJvKkBV6rY&feature=emb_logo

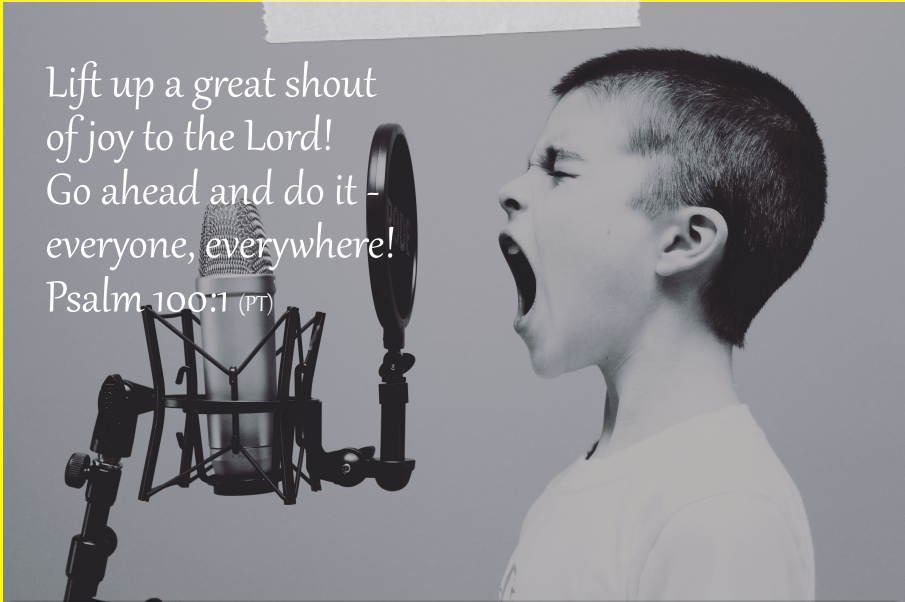


Idea #2

Get some pens or colouring pencils and fold a piece of paper in half twice so that you have a postcard sized piece (A6).

Now on one side draw a picture of something you're thankful to God for - it could be family or friends or a pet or anything really!

And on the other side, write a short prayer to God thanking Him as your act of worship.

A black and white photograph of a young boy in profile, shouting or singing into a professional studio microphone. The microphone is mounted on a stand with a pop filter. The background is a plain, light color. The image is partially covered by a yellow rectangular sticker at the top and the text of the previous block.

Lift up a great shout
of joy to the Lord!
Go ahead and do it -
everyone, everywhere!
Psalm 100:1 (PT)

RESOURCE 2

MESSY PRAYER



Prayer doesn't have to be placed in a neat and tidy box, instead we can allow all the mess inside and outside our lives to be seen.

Idea #1

GRAFFITI WALL PRAYERS

Place some sheets of A4 or, if you have any, old wall paper and Sellotape them to a table or wall (be careful if using sharpies as they can fade through paper). Leave a selection

of pens or crayons and get the family to write/draw/doodle anything they hear God say to them, or anything they want to give to God on the wall.

<https://dowym.com/resources/graffiti-prayer-wall/>



Idea #2

HAND PAINT PRAYERS

Paint your hand and stamp onto a sheet of paper, around each finger write/draw then pray. Each finger can have a special meaning, these are our thoughts but you can come up with your own: Thumb – Those closest to you, Index – those who teach / help us, Third finger – Tallest, the people who lead/govern us, Ring, Those who need help (this is the weakest finger), finally Pinky – Yourself.

<https://ministry-to-children.com/five-finger-prayer/>



Idea #3

FIZZY EXPLOSION PRAYERS

You will need some food colouring, bicarbonate of soda (baking soda) and white (distilled) vinegar.

Mix a drop of food colouring with 2 teaspoons of vinegar in separate cups to make different colours. Let each colour represent a different person to pray for. Cover the bottom of a plate with bicarbonate of soda. Use a spoon or a dropper to drip each colour onto part of the plate. As it fizzes up, pray for God's blessing, power and love to touch each person.



RESOURCE 3

CREATIVE PRAYERS



Prayer can involve using some familiar objects around us, and bringing the focus on God through them!

Idea #1

MINI PRAYER NOTEBOOK

Make some little notebooks - each out of one A4 piece of paper - and decorate them in a fun way.

Check out this short video clip <https://www.youtube.com/watch?v=C8xJ2UzaQYU> showing you how.

Then write a different person's name on each page (maybe some family or friends that you know are in need of prayer at the moment) and take time to pray for them as you page through. Keep it as a reminder to keep praying for them.



Idea #2

PRAYER COLOURS

This works with both sweets (like Skittles or M&Ms) and Lego, but the concept is the same. Pick a sweet or lego brick at random. With a sweet, eat it after you have prayed, with lego build a tower while you pray. Again these are just our suggestions, you can come up with your own colour codes:

Orange – Pray for those about to go back to work, both the children and the teachers, workers etc.

Green -pray for the World, God's creation that is around you, both our cities and countries.

Red – Pray for the Nurses and Doctors, and also Key Workers you might know.

Yellow – Pray for safety of everyone we know, both those who are ill and those who are working still.

Purple – pray for the church family, the leaders, and those who you may be missing seeing at church.

White – Spend some time listening to God, asking him for a picture or a word for someone in your family.

Black/Grey – Pray for your street, your neighbours, that you will build up good friendships with them.

Any other colours – Freestyle Prayer!



RESOURCE 4

QUIET PRAYER



In God's Word it says, *"Be still and know that I am God"* (Psalm 46.10). Sometimes it can be helpful to be quiet and listen to what God is saying to us.

Idea #1

MAP PRAYER

Load up a picture of your local area on your computer (e.g. on [Google Maps](#)). Place a pin or just zoom in on a particular area and pray for the people living there. Ask the Holy Spirit to move in our nation and speak out His fruit of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.

Idea #2

QUIET VOICE PRAYERS

Play a calming video in the background and listen to God, use the images to help focus your mind and listen. Ask God to give you a picture or word for someone in your family. If it helps chat about who you think God is and how you see God in the images/videos. These videos are longer than an hour so use as much or little as you like.

<https://www.youtube.com/watch?v=Ju86mknumYM> - Nature

<https://www.youtube.com/watch?v=J-79I9RS5LM> - Animals

<https://www.youtube.com/watch?v=1ZYbU82GVz4> - Sky / Stars / Water



Idea #3

SCAVENGER HUNT PRAYERS

Walk around your house and collect 5 objects that you really like and which are meaningful to you.

Think about what each one might symbolise, e.g. a game for fun and joy, an item of clothing for warmth, a photo for family etc.

As you hold each item, pray that others would experience the joy and hope that these things symbolise for you.



Idea #4

PAPER CHAIN PRAYERS

Think of any friends or family members that need prayer at the moment. Maybe they're ill, or lonely, or struggling in some other way.

Cut out several strips of paper. On each strip, write the name of someone to pray for. Either tape or staple the strips together to form a chain and hang it somewhere in your house. Each time you pray for the person, put a tick beside the name.



Quiet your heart in His
presence and pray

Psalm 37.7 (PT)