

# ALL SAINTS at HOME and TOGETHER

SUNDAY 18 JULY 2021

PRAYER

Hi everyone,  
Prayer. It's something we do but have you ever stopped for a minute to think about prayer, why we pray, what it's about and how we pray. That's what this week's newsletter is about.

Having a conversation with your with your parents, teachers and friends isn't an unusual, or a special thing to do. Sometimes you talk to them to tell them about what you've been doing or perhaps to ask them questions. Sometimes it might be to say you're sorry for something you did and to say you're sorry and to ask them to forgive you. And you hope the people you are talking to listen to what you're saying.

Prayer is almost the same thing - it's your conversation with God. It can also be a conversation with God when you're in a group of people.

Let's start by asking a few questions about prayer. There's answers after the 16 questions on the subsequent pages, but try to answer the questions before you look at the answers !



1. What is prayer?
2. Do only special people pray and others follow?
3. Who are you praying to?
4. When do you pray - what day or days of the week and at what time of day?
5. Is there a special place (such as a church) or room you have to use when you pray, or could you use anywhere?
6. Is there a special ceremony you need to be part of when you pray?
7. Do you need to be kneeling when you pray?
8. Do you need to shut your eyes when you pray?
9. How many people need to be present when you pray, should you do it in a group or should you do it alone?
10. What things should you pray about?
11. Are there any special prayers you should use or can you make-up your own prayer?
12. Should you pray loudly, quietly or silently (in your head)?
13. Is there a structure to the way you pray and are there certain phrases you should always use?
14. Should someone tell you what you should pray about?
15. Should you wear special clothes or perform a special ritual or act as you pray.
16. What do we expect from our prayers?

Now some answers - (you could discuss these with your mum and dad).

1. **What is prayer?** It's when we talk to God either on your own or in a small group of people, or in a large group of people. Pope Francis has recently said prayer is like "speaking with a friend. In prayer you open your heart". Remember, God is a good listener.
2. **Do only special people pray and others follow?** No - but in some cases prayer is led by someone. This includes a preacher, a minister or a priest in a church, or maybe your mum or dad when you're at home.
3. **Who are you praying to?** See the answer to question 1.
4. **When do you pray - what day or days of the week and at what time of day?** Anytime, there's no particular time of the or day of the week.....although you might say prayers more on a Sunday when you go to church, but Sunday in church isn't the only place and time to pray.
5. **Is there a special place (such as a church) or room you have to use when you pray, or could you use anywhere?** You can pray anywhere (not just in a church) - remember God is everywhere so you don't need to be in a special building to pray. The best place to pray is somewhere quiet (but sometimes you might have to pray in a noisy place).

6. ***Is there a special ceremony you need to be part of when you pray?*** No - but putting your hands together and closing your eyes helps you to concentrate on the prayer and to not be distracted by seeing things around you and not to be fiddling with your hands !



7. ***Do you need to be kneeling when you pray?*** No but some people do this.

8. ***Do you need to shut your eyes when you pray?*** No but see the answer to question 6.

9. ***How many people need to be present when you pray, should you do it in a group or should you do it alone?*** See the answer to question 1.

10. ***What things should you pray about?*** Absolutely anything. This is your, or your groups chance to think about what's happening to you, what's going on around you, what's going on in the world and to talk to God about your concerns. It's also your opportunity to show gratitude and to thank God.

11. ***Are there any special prayers you should use or can you make-up your own prayer?*** There are some special prayers, such as the Lord's Prayer, but you don't always need to say them and you can use your own words in your prayers. Remember this is about your conversation with God.

12. ***Should you pray loudly, quietly or silently (such as in your head)?*** Generally quietly or silently in your head. When you're in

church or in a group praying you should still pray as if talking normally. Why would you want to shout or pray loudly?

13. ***Is there a structure to the way you pray and are there certain phrases you should always use?*** Generally no, but in places like in church services, there is usually some sort of structure with prayers about issues in the world and praying for others, prayers of thanksgiving, prayers of confession, and of course, the Lord's Prayer.
14. ***Should someone tell you what you should pray about?*** Generally no but people (such as a preacher) will suggest things you might think about and pray about.
15. ***Should you wear special clothes when you pray.*** No.
16. ***What do we expect from our prayers?*** We'd like our prayers to be answered, but in many cases it's not enough to just pray. We need to also do things to make things happen or to put things right. Praying does help you have a few minutes with God where you think about people, think about things that are happening, think about your surroundings, and think about things about you. In some cases this may then help you to think about how you may be able to help.

Prayer and praying doesn't have to be complicated, and prayers don't have to be long.

Keep your prayers simple.

Also prayers **shouldn't** be a shopping list of what you want !

See below to find out what Jesus says about prayer and praying.

## Matthew 6 v 5-15.

“When you pray, do not be like the hypocrites!  
They love to stand up and pray in the houses of worship  
and on the street corners, so that everyone will see them.  
I assure you, they have already been paid in full.

But when you pray, go to your room, close the door, and  
pray to your Father, who is unseen. And your Father,  
who sees what you do in private, will reward you.

“When you pray, do not use a lot of meaningless words,  
as the pagans do, who think that their gods will hear  
them because their prayers are long.

Do not be like them. Your Father already knows what  
you need before you ask him.

This, then, is how you should pray:

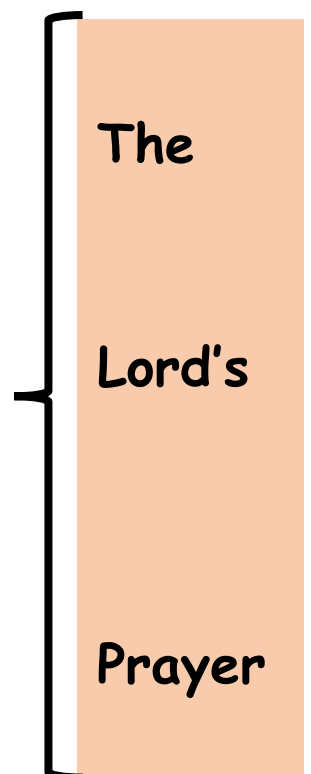
‘Our Father in heaven:  
Hallowed be your Name;  
your Kingdom come;  
your will be done on earth as in heaven.

Give us today our daily bread.

Forgive us our sins,  
as we forgive those that sin against us.

Save us from the time of trial  
And deliver us from evil.  
For the kingdom, the power and the glory are  
yours, now and forever.

Amen



The  
Lord's  
Prayer

So the Lord's Prayer:

- Begins with a greeting (*"Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as it is in heaven"*).
- Then talks about our needs (*"Give us this day our daily bread"*).
- Next it talks about us asking to be forgiven as we forgive others (*"Forgive us our sins, as we forgive those that sin against us"*).
- Then asks God for strength when we're tempted and (*"Save us from the time of trial"*) and protect and rescue us from evil in the world (*"but deliver us from evil"*).
- And finally it says that we recognise that God's kingdom and power are forever (*"For yours is the kingdom, the power and the glory, forever and ever"*).

And what do we normally end a prayer with ....we say Amen. Why?

The word "Amen" has a Hebrew (Jewish) origin. It means "let it be so" or "so be it". It was commonly used in the early Jewish faith and passed on to Christians and Muslims.

# Activity - Prayer Fingers

Whilst your prayers can be about anything you want to talk to God about, you may want something to remind you of things to pray about.

Try this:

1. Draw an outline of your hand.
2. Cut-out the following labels and attach them to each of the drawn fingers.
3. When you put your hands together to pray, think about each finger and make-up prayers for each of the things on each finger. Finish your prayers off by thanking God.

(see diagram at the bottom of the page)

Labels:

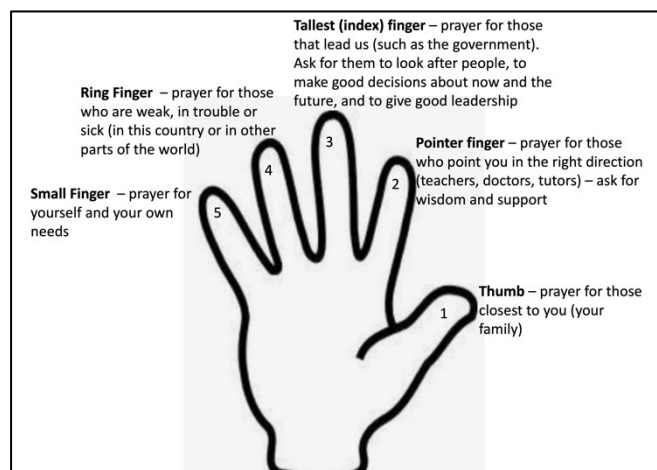
**Thumb** – prayer for those closest to you (your family)

**Tallest (index) finger** – prayer for those that lead us (such as the government). Ask for them to look after people, and the planet (= all God's creatures and the environment) and to make good decisions for now and in the future. Also ask them to show good leadership.

**Pointer finger** – prayer for those who point you in the right direction (teachers, tutors) – ask for wisdom and support

**Ring Finger** – prayer for those who are weak, in trouble or sick.

**Small Finger** – prayer for yourself and your own needs.





## Prayer

Dear God,

*Make-up your own prayers using the 5-finger activity above.*

May the grace of Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with us all, now and evermore.

Amen



# Word Searches

I	F	O	R	G	I	V	E
T	K	F	X	T	F	K	P
S	A	I	A	G	D	R	R
I	Y	L	N	T	O	L	A
N	I	F	K	G	H	D	Y
S	B	R	E	A	D	E	E
E	D	A	I	L	Y	O	R
A	H	E	A	V	E	N	M

## Word List

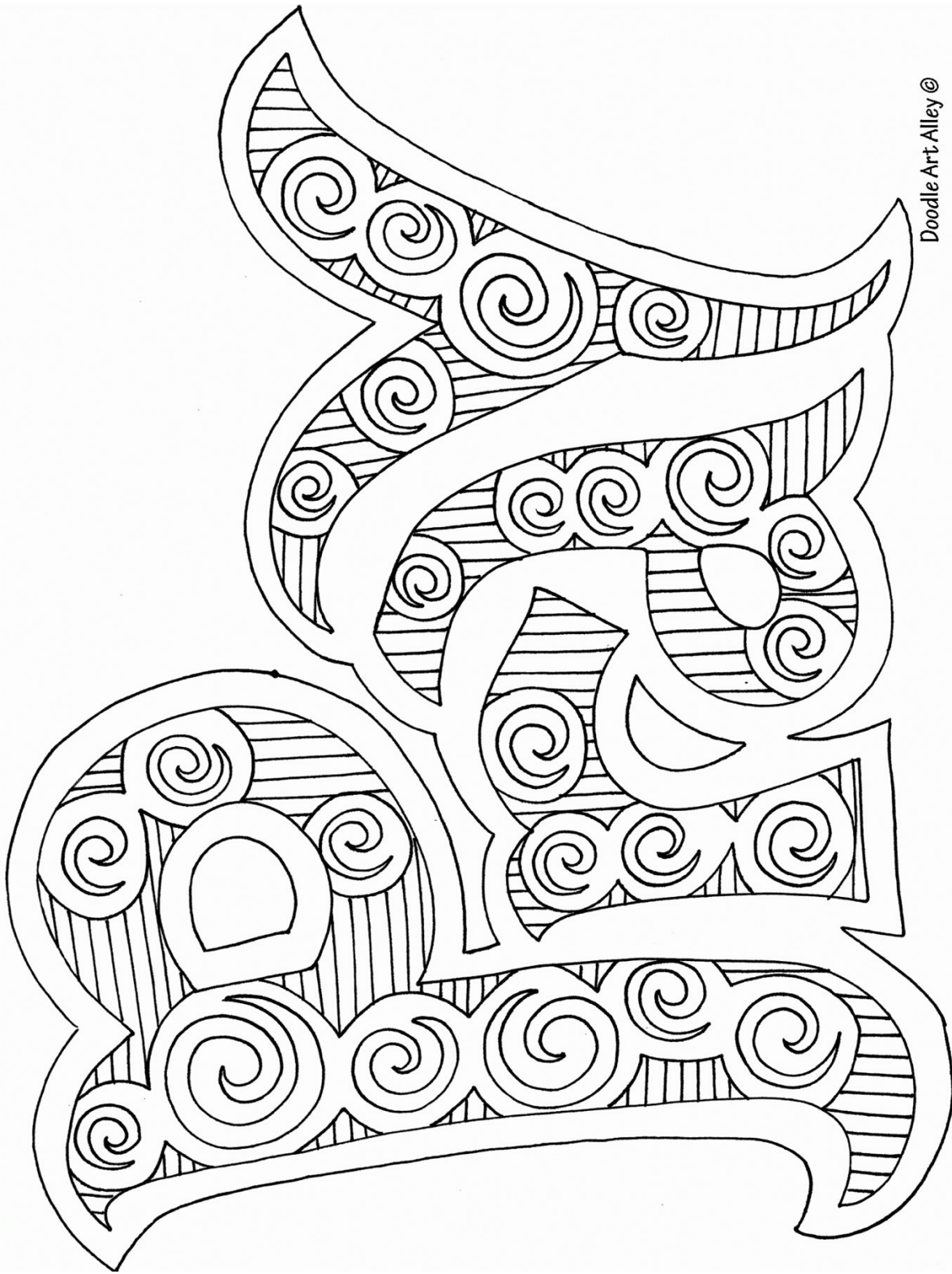
KINGDOM PRAYER HEAVEN BREAD SINS  
FORGIVE FATHER DAILY TALK GOD

A	N	G	E	U	D	G	T	E	S	I	B	L	C
A	I	S	E	O	P	H	E	A	V	E	N	A	O
E	L	R	G	T	A	L	K	I	L	L	I	W	N
E	A	E	D	K	I	N	G	D	O	M	U	S	V
S	C	E	V	I	I	D	P	R	I	V	A	T	E
D	N	S	E	T	I	R	C	O	P	Y	H	A	R
L	N	I	O	H	N	R	D	Y	E	H	B	C	S
I	K	N	S	N	E	M	A	A	M	O	A	R	A
A	E	O	T	E	I	U	Q	G	I	L	E	G	T
Q	E	R	E	E	I	R	E	W	I	L	I	L	I
N	I	I	H	A	L	L	O	W	E	D	Y	O	O
E	B	R	E	A	D	T	U	G	E	R	A	R	N
R	E	R	E	V	I	L	E	D	N	H	A	Y	H
L	M	P	R	A	Y	E	R	M	A	V	O	R	A

HYPOCRITES  
 PRAYER  
 KINGDOM  
 TALK  
 DAILY  
 BREAD  
 GOD  
 HEAVEN  
 GLORY  
 CONVERSATION  
 SINS  
 HALLOWED  
 DELIVER  
 PRIVATE  
 AMEN  
 QUIET  
 WILL

Play this puzzle online at : <https://thewordsearch.com/puzzle/2566160/>





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