Eat your breakfast

# Instructions

You have some string and need to collect a bowl of coloured hoops.

How many bracelets (the hoops need to go all the way around the wrist) can you make during this activity? Do get some more hoops if you need them.

To make as many as you can you have to keep on going. When you have finished making one you have to start again on the next one.

Feel free to eat some of the breakfast cereal if you think you need more energy.

# Bible Reading

Whilst making the bracelets ask someone to read out loud this verse from Romans 12:12

*“Be joyful in hope, patient in affliction, faithful in prayer.”*

# Thoughts

Can you see how the activity relates to prayer?

Sometimes we think we have done enough praying, yet God wants us to keep on praying to him, talking to him.

Just like when finishing a bracelet you need to start again, so with each new day we need to be talking to God afresh.

Sometimes praying seems hard. That is why it is good to pray with others, as this can help keep you going, just like a good breakfast!

# Reflection/Discussion

What do you find is a good time to pray each day and why?

What helps you to pray?

Are you patient with God, or impatient for answers?

Do you pray regularly with others? If you don’t how could you do this – whether with friends or family?

Brush your teeth

# Instructions

Look at the toothbrush and toothpaste.

Discuss how often you should brush your teeth and why.

# Bible Reading

Once you have finished the discussion read Mark 1:35

“*Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.”*

# Thoughts

Jesus knew that his days would be busy, so he made sure to find time to talk to his heavenly Father, even if it meant getting up early.

Although Jesus would do many good things, he knew the most important thing he did each day was praying. He found a time when he wouldn’t be disturbed by others.

Although we get a glimpse here into Jesus’ daily discipline, it isn’t the only time he prayed during the day. It wasn’t a once and done approach.

# Reflection/Discussion

Why is praying first thing in the morning a good idea?

If you have a busy day ahead, that needs you to get up early, are you likely to pray more or less that morning?

What are the things that prompted Jesus to pray during the day? How might that help us know how we should pray when facing different things?

Many households find praying together difficult in the morning. What works/has worked best for you?

Prepare your lunch

# Instructions

From the front collect a plate of cream crackers and cheese. Sadly, no Wensleydale! Make yourself a Wallace sandwich.

Feel free to eat the sandwich when made.

# Bible Reading

Once the Sandwich is made read out loud this verse from Matthew 6:9

*This, then, is how you should pray: “Our Father in heaven, hallowed be your name.”*

# Thoughts

When we pray, it is very easy to come to God with our own concerns and wishes at the forefront of our minds. Jesus’ teaching is a helpful reminder that when we pray, we need to start by focussing on who God is.

Jesus’ use of Abba (which we translate as Father) is a reassurance of a close relationship with God. It really does matter to God what is on our hearts and minds.

A key factor in praying is trust. We have to trust that God is listening and hears our prayers. We have to trust that God will act in response to our prayers. We have to trust that God’s purposes are good. So, like at the beginning of our prayers, we end our prayers coming back and thanking God (and reassuring ourselves) of God’s goodness and our trust in him.

Just like the layers of the sandwich. The top and the bottom are the same (bread/crackers), but the filling is of our own choosing.

# Reflection/Discussion

When you pray, are your prayers all filling, or do you get the balance right?

What are the things you have found to be really helpful in focussing on God at the start of praying to him?

What are the dangers of not remembering to thank God for his goodness, and affirming our trust in him?

Pack your rucksack

# Instructions

Inside the envelope there is a template for a rucksack. Using scissors and glue make a rucksack.

In the envelope there are also a number of cards. Look through them. If these are things you pray for regularly, place them in the prayer basket/bowl. If you don’t pray for them, place them into the rucksack. There are also some blank cards to write or draw additional things for the bag or the bowl.

# Bible Reading

Once you have finished sorting read Philippians 4:6-7

*Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

# Thoughts

In the book Pilgrim’s Progress, Christian needed to learn not to carry all his own burdens, but to lay them at the Lord’s feet.

Paul says the lack of prayer can lead to anxiety. We are not sure what to do. We are not sure what is happening. We don’t know where to turn. Our sense of worth is determined by others rather than Jesus.

When we pray we are invited to let go, and trust God.

# Reflection/Discussion

How many things have you got in your rucksack?

What are the hardest things to let go of? Why?

What makes us hold on to things rather than praying about them?

When we do pray about things, how do we truly let go and trust God, rather than carrying on worrying about things?

Do you think, if we’ve given things to the Lord in prayer, that we need to pray about them again on another day?

Pick up your mobile phone

# Instructions

Inside the envelope there is an image of a mobile phone.

What are the different types of phone call you make with your phone? Can you list as many different types of call as possible?

# Bible Reading

You’ll need to grab a Bible to look up some psalms. Read (together or individually) Psalms 13, 23 & 103.

# Thoughts

These Psalms are very different. One is a psalm of lament. One is a psalm of comfort and reassurance. One is a psalm focussed on praising the character and attributes of God. The psalms are very real.

Just as some things are difficult to say to people on the phone, it is not always easy to express what we feel or think to God. Yet the psalms can be a model for us of how to speak to God in prayer.

Psalm 13 is clearly not a “sandwich” prayer. Yet it does end in trust. It’s an important reminder that sometimes our issues seem overwhelming, and it is good to talk to the Lord about them, even if we’ve lost sight of everything else.

# Reflection/Discussion

What are some of the situations you find hard to pray in?

Do you think we can be angry with God in our prayers?

What are some of the situations that you think it would be really helpful to pray for at the moment?

Take some time to write some prayers about the things that are a real concern, and add them to the prayer basket.

Remember the map

# Instructions

Inside the envelope there is a map. Unfold on the table.

Maps contain symbols to identify things. How many different symbols can you identify? How do you direct yourself if you are lost?

# Bible Reading

Once you have finished read Proverbs 16:9

*The heart of person plans their way, but the Lord establishes their steps*

and Proverbs 20:24

*A person’s steps are from the Lord; how then can they understand their way?*

and Psalm 37:23

*The steps of a person are established by the Lord, when the delights in his way;*

# Thoughts

It is a real comfort to know that the Lord is there to help and direct our steps. Yet it is also easy to walk away, to head in the wrong direction, to ignore the directions we are given.

Many people who come to faith talk about signposts along the way. They may not have recognised them at the time, but looking back they see how important they were. It is encouraging to think the Lord was guiding them before they even knew him.

It is always good to know how to be able to give good and Godly direction to others.

# Reflection/Discussion

In Romans 10, talking of people who do not know Jesus, Paul asks the important question: “how will they know, . . . How will they hear?” How seriously do we take our role in signposting others to Jesus?

What is the right balance between talking and praying to others about Jesus?

Take a moment to think of people who need to be signposted towards or back to Jesus. Using the post-it notes, write down their names and add them to the prayer basket.