

Our School Prayers





Notes

This prayer can be adapted to a breath prayer. Children can choose a word or brief phrase to repeat in one breath. Now, if it's a phrase, say one part on the inhale and one part on the exhale. For example, invite your children to think in their minds or whisper to themselves Psalm 56:3. Next, on the inhale, think or say "When I am afraid." Then, on the exhale, think or say "I will trust you." Repeating breath prayers is a meditative practice that can be done with children of almost any age.

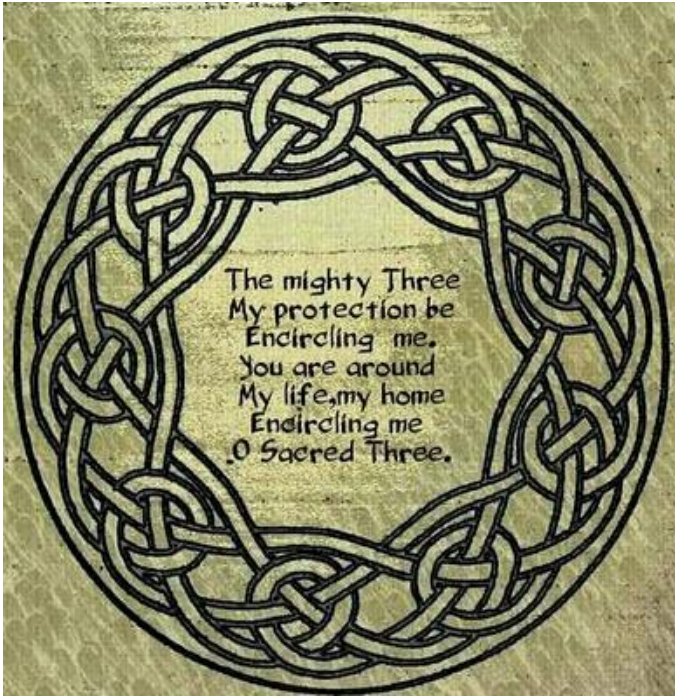
Breathing Prayer

Breath in love... Breath out
hate...

Breath in joy... Breath out
worries...

Breath in kindness... Breath out
stupid actions...

Breath in goodness... Breath out
anger...



Caim (circling) Prayers

Caim prayers are encircling prayers- the circle symbolises the encircling love and presence of God surrounding you- protecting you- caring for you.

In your classroom, four children stand in a circle around the edge of the room forming a cross. The class stands up and faces the front of the room and reads out the first part of the prayer, the bells then ring and the class turns and faces a different child forming the cross. Eventually, all of the children make a full circle and recite the encircling prayer.

Caim Prayer

Circle me Lord

Keep protection near and danger afar.

Circle me Lord

Keep light near and darkness afar.

Circle me Lord

Keep peace within, keep evil out.

Circle me Lord

Keep hope within, keep doubt without.

Amen

The Worship team can lead children through this prayer.

Children hold out their hand and touch each finger as they pray for a different person.

Variations

- Choose different people to pray for.
- Use beads that represent different things/people to pray for. Red bead-forgiveness, more love.
- Choose themes and issues that the children are interested in. For example. Pray for the environment, the unemployed, children affected by war.

MY 5-FINGER PRAYER

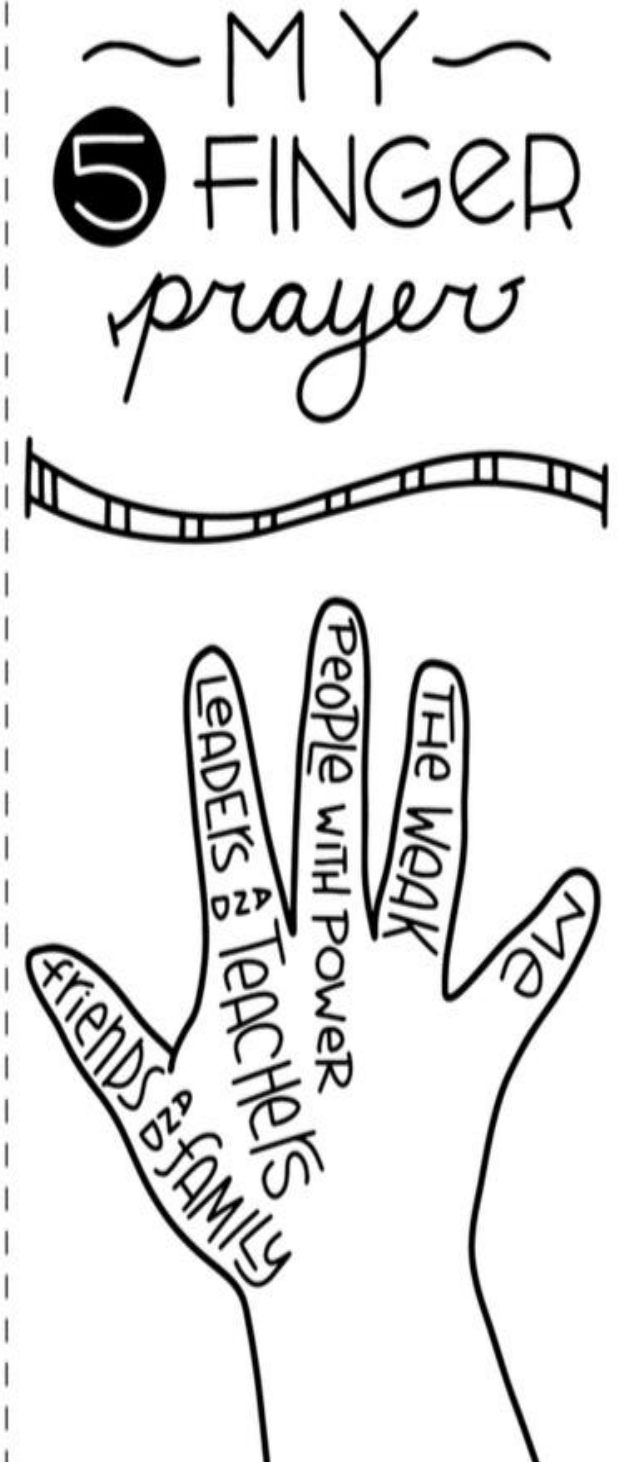
THUMB: God, thank you for my friends and family. Protect them and give them joy. Heal those who are sick or having a hard time.

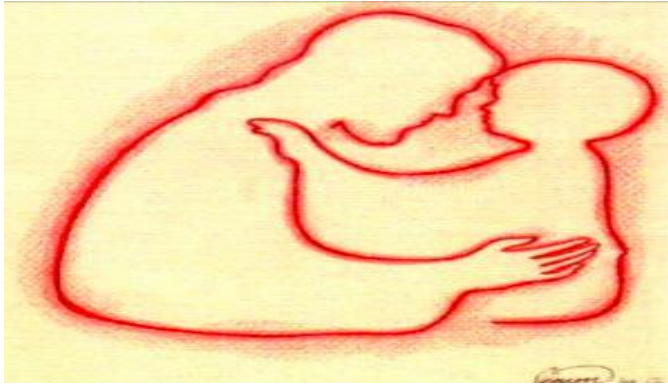
POINTER FINGER: God, thank you for my leaders and teachers who point the way for me to go. Give them rest and clear minds.

MIDDLE FINGER: God, thank you for the people with power. Give the police, government and military wisdom, strength and open hearts.

RING FINGER: God, strengthen those who feel weak, those who are struggling or in need. Help me to see them and offer help when I am able.

PINKY: God, help me learn your ways, surround me with good friends and strengthen me in mind, body and spirit.





Listening Prayer

Be still and know that I am God, Psalm 46:10

Notes

Schools are busy places. In fact, the whole of our lives are busy, full of noise and other people. WE rarely get to stop, to switch off, and just 'be'. This prayer encourages children to pause and be still for a few minutes, to be silent and listen.

As a stimulus you can show children the above painting, Tell Me, by Andras Simon. What does the artist think about prayer? What do you think about prayer? Who is talking and listening?

You could start the prayer with 'Be still and know that I am God.' Psalm 46.10. Why were those words so important to King David? Why are they important to⁵ Christian's today?



Pray for the World

Notes

This activity encourages pupils to think about things that are happening around the world; perhaps things they've seen or heard about in the news, or about family or friends who live in different countries who they don't often get to see. Display the world map, either on the floor or securely fixed to a wall, along with any newspapers or other information that you have collected, and some Post-it notes and pens. This is a great place to display information about any international charities which the school supports, partner schools in other countries or other overseas links that the pupils may have.

Encourage pupils to write or draw their thoughts or prayers on the Post-it notes and stick them on or near the country.



Bubble Prayers

Notes

These prayers have a 'please' focus. Children write on post it notes their prayer requests or prayers of gratitude. They can pop them on either a bubble tube or on a prayer wall.

The bubble tube or bubbles represent prayers 'rising' to God. See prayer spaces document for more ideas.



Big Questions

Notes

This prayer activity allows pupils to express their questions, and if they want to, to express them to God. It's really simple and usually very popular. Some of the pupils' questions will be 'head' questions about ideas and beliefs, some will be 'heart' questions about life and death, hopes and fears. Some will be funny, others profound or heartbreaking. This activity affirms that all questions are OK, and it acknowledges that some questions are very difficult to answer. The focus of this activity is on the asking and not the answering. Where pupils want to talk about their 'big questions', it's important that team members don't feel that they need to try and offer answers. "I don't know." and "What do you think?" are sometimes the best answer.



Forgiveness Prayers

Notes

The narration guides pupils to reflect on a situation or person they might need to forgive.

Pupils are invited to pick up a stone, and to imagine that it represents the hurt they feel. Then they are invited to either place it in a container of water to symbolise letting go and forgiving, or put it back with the other stones if they don't feel ready to let go and forgive yet. It is important that pupils have this option so they are not being forced into a particular response and they feel they have made the choice for themselves.



Thank you, Sorry, Please

Notes

Have 3 buckets where the children add their thank you, sorry or please prayers. Sometimes the children like to write their names on their prayers and sometimes they like to keep their identify confidential.

Select children to pick 3 prayers and read them out. The whole class then prays for those people. Following this the children have quiet reflection time to think about the things that they are thankful for, sorry for and also may need help with.

Peace Prayer



*Lord, make me an instrument of thy Peace,
Where there is hatred, let me sow love:
Where there is injury, pardon;
Where there is despair, hope:
Where there is darkness, light;
And where there is sadness, joy.*

Christ is with Me



*Christ with me, Christ before me,
Christ behind me, Christ below me,
Christ within me.
Christ at my right hand,
Christ at my left hand.
Christ in every ear that hears me,
Christ in every mouth that speaks of me,
Christ in every heart that thinks of me.*

The Lord's Prayer

*Our Father in heaven,
Hallowed by 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 who sin against us.
Lead us not into temptation
But deliver us from evil.
For the kingdom, the power and the glory are
yours
now and forever.*

Amen



*May the road rise up to meet you
May the wind be always on your back
May the sun shine warm upon your face
May the rain fall soft upon your fields
And until we meet again
May God hold you in the palms of his hands.*

Meditate on God's Word

Christian's often mediate on God's word. They repeat scripture from the Bible many times to help gain His wisdom through situations. Some people believe that God speaks to them through his word. For these prayers, children repeat scripture a few times. As a class or quietly by themselves. On youtube there are lots of songs and dances available to help children learn scripture. Once children have the words in their hearts, it becomes them. Christian's believe that there is power in what you speak.

