

Enjoying faith
as a family



Discover Ways to Pray

In our families we talk to each other, we listen, we enjoy each other's company. Prayer is a natural development of these family interactions – doing the same thing with God. These are a few ideas for you to try or adapt with your family. They may also inspire further ideas of your own!

1. Have a board in the home that the family can put their prayers on in the way they want (it could be one word or a picture.) A whiteboard is easily cleaned. Choose a family prayer of the week or praise word of the day.
2. Make up actions to symbolise “thank you; help; sorry” and use them as a way of praying. It's not necessary to vocalise what they represent.
3. Draw or write what you want to say sorry for on a balloon and then pop them to symbolise that God takes away our wrongs and gives us a new start.
4. Blow bubbles and silently pray whatever they make you think of as you watch them.
5. Play a version of I Spy:
“I'll pray, say thanks today for something beginning with.....”
6. Throw a ball. Whoever catches it calls out a word describing God; something to thank God for or an issue for prayer.
7. Draw your praise and thanks to God. Use colours to spark ideas for prayers.
8. Take a few moments to silently ask God what he wants to say to your family. Then either tell each other your thoughts, or draw or write them down.

Pray:

Together take turns to make your thank you, help or sorry action, and then pray aloud or silently.

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