



St John the Evangelist, Bexley
Part of the Bexley Team Ministry

Prayers For Children

In difficult times, prayer can be a way of collecting together our hopes and our fears, for ourselves and for others, and offering them to God. Praying can often bring us calm and comfort when we are worried, and join us with those who are praying elsewhere in our community and across the world.

These prayers are for you to use as you choose. You may want to use them alongside other prayers; you may want to pray with others, or on your own. It may help you to find a quiet, still time to pray - but remember, there is no right or wrong way of praying!

Praying with Words:

At the start of the day:

The night has passed and the day lies open before us: As we rejoice in the gift of this new day, so may the light of your presence, O God, set our hearts on fire with love for you now and for ever. *Amen*

Lord, help me to remember that nothing is going to happen to me today that You and I can't handle together. *Amen*

At the end of the day:

Lord, keep us safe this night, secure from all our fears. May angels guard us while we sleep till morning light appears. *Amen*

Now I lay me down to sleep; I pray the Lord my soul to keep. May God guard me through the night, and wake me with the morning light. *Amen*

For the World:

Creator God, who loves the World and holds all Your children in Your hands, send Your Spirit throughout the nations, bringing healing and comfort, peace and kindness to all Your people. *Amen*

For our school:

Bless our school,
Bless our teachers,
Bless our friends,
Bless our families,
Help us to be kind
And remember that
As many hands
Make a house,
So many hearts
Make a school.
Amen

Before eating:

Thank You for the world so sweet,
Thank You for the food we eat,
Thank You for the birds that sing,
Thank You God for everything. *Amen*

For the Health Service:

Grant to all who work in the NHS
And minister to the suffering
Wisdom and skill, sympathy and
patience. *Amen*

For those who are ill:

Dear God, please be with those who are ill, (*you may wish to name someone*).
Please be close to them,
Please be with those who are looking after them,
Please help them to get better and to know that You love them. *Amen*

The Lord's Prayer:

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 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 for ever. *Amen*

Praying with Actions:

Finger prayers:

Hold your hand out in front of you and say a prayer as you touch each digit:

- Thumb:** Praise God for God's greatness.
- Index:** Give *Thanks* for something special.
- Middle:** Pray for the needs of *Others*.
- Ring:** Say *Sorry* for something you feel bad about.
- Pinky:** Ask God, for something you need.



Compass Prayers:

For these prayers you might find it helpful work out which way North, South, East and West are but if you don't know or don't have a compass, don't worry, just guess! God won't mind!

Turn to face:

- North:** Pray for the rest of the country, for the government and those in charge.
- West:** Pray for the rest of London, for those in hospitals and other schools throughout the Capital.
- South:** Pray for those in the world who are affected by climate change, poverty or famine.
- East:** Pray for the people of Europe, for other Christians and their churches.



Prayer beads:

Different types of prayer beads are used across a wide range of the World's religions as a way of focussing attention to short prayers.

You will need: Beads; Thread or string:

- Count out a bead for every one of your classmates or group of friends.
- Thread each bead slowly, saying a prayer for each person with every bead.
- Tie the thread to complete a bracelet or necklace. You may want to include an extra bead on the join - say a prayer for yourself as you do.
- Pray for your classmates or friends, by saying a prayer for them as you count your way round the beads.



Make a 'Home Oratory':

Historically an 'Oratory' was a very small private chapel with its own altar. Its name comes from the word 'Orare' which means 'To Pray'.

Set aside a small space in your home where you and maybe also your family would find it comfortable to pray. Include artwork or objects that help you think about God, and that help you feel calm or prayerful.

As you put the space together, say a prayer offering your creativity to God.

Remember that any candles need adult supervision!