

Our Saviour's Lutheran Church
Children, Confirmation & Youth Ministries



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Whisper Prayer

Have youth cup their hands over their mouths. They then each whisper their prayer into their hands.

When they are done whispering their prayer, they cup their hands together and “hold their prayer tight”.

When everyone has their eyes up and are holding on to their prayer, count to three. On three, everyone throws their prayer up to God and shouts “Amen!”

Prayer Tree



Use an image of a tree on tag board/paper in your room. Each week, have the youth say a one word prayer as they put a fingerprint leaf on the tree (use paint or ink pads). Watch your tree grow!

News

Bring in a newspaper and place in the middle of your group. Open it to the news pages. Invite youth to sit around and see what is happening in the world around them.

Youth could pray aloud in conversation about what they are seeing in the newspaper or silently as they observe.

Prayer Net

Have a piece of netting in your room and multiple strings of yarn or ribbon.

Youth tie a piece on the net as they say a prayer.

It then fills up through the year to show them that one little prayer each time adds up to a lot!



Squeeze Prayer

Join hands in a circle. Someone starts and then squeezes the hand of the person to their left. That person then prays (aloud or silently) and then squeezes the hand to their left. Go until the prayer goes all the way around the circle. Then close with the Lord's Prayer.

Stuff in My Pocket

Connect a prayer with a random item from your pocket or bag. What or who does the item make you think of.

For example – a dollar might remind you to pray for those who don't have enough money to support themselves.

Chapstick could remind us to pray our lips only say kind words. A highlighter says to pray for the highlight of your day with thanks.



Group Poster

Use a piece of large paper or poster board. Work as a group with magazines to come up with a prayer using the words in the magazine.

“Popcorn” Prayers

“Popcorn” prayer refers to short, spontaneous bursts of prayer in a group setting. Often there is no theme and each person prays whatever comes to mind or heart. However, there could be a theme as well.

You can do a one-word prayer from each person (a person they look up to, something happening in the world, etc.) or leave it open to pray for whatever they want to with however many words they want. Pick someone to open and someone to close when it seems as though everyone is done.

To youth:

“Today we’re going to try a popcorn prayer. Just like kernels jump around as they pop, our prayers will be short and jump around. They do not need to go in any order. When you feel so moved, say your prayer and then someone else can say theirs. I will end the prayer when everyone seems to be done.”

Write It

Grab some paper, magazines and art supplies. Make a prayer collage – pictures of things we can pray for, cut out letters to spell out a word of something that’s on our hearts, etc.

Collages can be folded and put in a Bible, put on a nightstand as a reminder to pray, etc.

Skittles Prayers

Have each youth grab a small amount and put on a napkin in front of them. Then they pray a line for each skittle they have by color (below).



Psalms

Each person opens up their Bible to the book of Psalms and find some verses that speak to them as prayer. Let the youth know that you're going to ask them to share their favorite one they found as group prayer time. Encourage youth to circle, highlight, color that Psalm that inspires them.

The World

Place a map or a globe in the midst of the group. Spend time silently or out loud praying for different places around the world and their inhabitants.

Prayer Swap

Distribute paper to each person and ask them to write down a prayer request. Fold and put in a bowl. Each person then picks one (if they get their own, exchange it) and prays over it silently. Encourage youth to put that request in their Bible to remind them to continue to pray.

Prayer Stones

Gather smooth rocks. Have each person paint a rock to remind themselves to pray. After you pray at night, set it on your cell phone or alarm clock. When you wake in the morning, that will remind you to pray. When you're done praying in the morning, place the rock on your pillow to remind you to pray at bed time. A great reminder to pray!



Fill in the Blank

Ask each person to fill in the blank:

“God, I’m thankful for [fill in blank]” – or -

“God, today I’m thinking about [fill with a name]” – etc -

The first person says the introduction, then go around the circle and have each person fill in the blank. After the last person, the facilitator says “In Jesus Name” Then all say “Amen” together.



Puzzle Prayer

Prior to the year starting, cut out puzzle pieces that all interlock with one another. Each week, write a prayer (words or drawing) on a piece and add it to your puzzle. Watch your prayers grow through the year.

Partner Prayers

Find a partner. Share a prayer request with the other person. Pray out loud for each other and their request.

Prayer Candle

Have youth each bring a baby food jar or small glass. Tear up pieces of tissue paper. Brush glue over the entire piece of paper on the glass. When it dries, it has a stained glass appearance. Place electric candles inside. "Light" when praying.

Focus

Read Psalm 100 out loud together. After reading the Psalm, ask the youth to pray one sentence prayers of thanks. Encourage them to express their gratitude to God for God's love, grace, mercy, forgiveness, presence. Close the prayer with a scripture (Psalm 95:1-7, Colossians 3:12-17, 1 Thessalonians 5:16-18).

Candle in the Dark

A time of prayer for the suffering church and the persecuted Christians around the world. Darken the room and use one lighted candle (electric) in the center of the circle. Pray for isolated and persecuted believers, for God's grace and strength to fill their lives. Resource to use: "Jesus Freaks" by Toby McKeehan and Michael Tait