

INTERGENERATIONAL PRAYER CARDS

CREATIVE PRAYER
FOR ALL

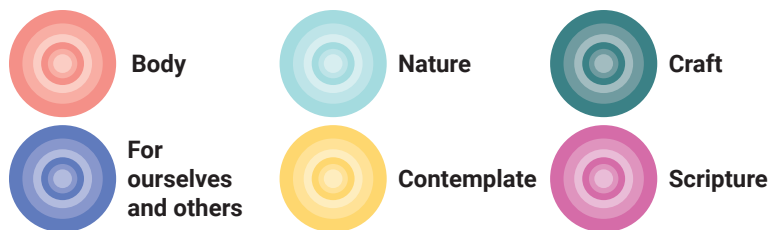


INSTRUCTIONS

It's good to pray. One of the commitments of a Methodist Way of Life – a rhythm of life built upon the Methodist Church's Our Calling – is to "pray daily". If that sounds like a challenge, these prayer prompts might help you.

Filled with engaging and accessible activities and prayer prompts, they can be adapted to your circumstances. This digital version is particularly useful for presentations, meetings and Zoom calls but can also be used for personal devotions and family times. Simply open the file on your computer, phone or tablet and you can use them anywhere, anytime whether you are a young professional, a busy shift worker or retired and praying on your own, in a church meeting, with your children or grandchildren at a meal or bedtime, or introducing new Christians or seekers to prayer.

These activities will provide both a 'how' to pray and a 'what' to pray for, to help you connect with God, yourself and the world. The 'how' is expressed through six colour-coded ways of praying: **Body**; **Nature**; **Craft**; **For ourselves and others**; **Contemplate** and **Scripture**. Most activities will take no more than five minutes, but could be extended for a longer reflection time. No special equipment or skills are needed other than simple craft items (pencils, paper, coloured wool or string) in the **Craft** section.



All of the activities and prompts can be utilised to "pray daily" and to "worship with others regularly", two of the commitments of a Methodist Way of Life. Many of the prayers also relate, directly or indirectly, to other commitments, for example prayer for justice, or recognising God's love which we share with others. This is a reminder that prayer is foundational to all we do as disciples.

Prompts which help us to pray about a commitment feature a symbol highlighting the connection – this is the 'what' to pray for. A key for these symbols is below.

Some ways to use this resource:

- Pick a number between 3 and 54 and go to that slide to use a random prompt each day.
- Choose a different colour or commitment for each day of the week.
- Dedicate a week to just one colour or commitment.
- Choose a prompt and use it every day for a week.
- In a group, ask people to take turns choosing a different prayer prompt.
- In a meeting, include one of the prompts in a PowerPoint to use as you turn your attention to God.
- All the activities can be used to pray many times – you will be in a different situation and frame of mind each time you return to them.

Some of the prayers might require you to move beyond your phone or screen, so if a prompt is chosen which doesn't fit where you are right now, or is impractical for the individual or group, don't worry, just pick another one.

We hope you enjoy using this resource to explore, imagine and contemplate, and that it helps you to notice how God is always lovingly present, in you, through you and around you.

The calling of the Methodist Church is to respond to the gospel of God's love in Christ and to live out its discipleship in worship and mission. A Methodist Way of Life is a rhythm of discipleship to put this calling into practice: twelve things that we do individually and together as we grow as followers of Jesus. **As far as we are able, with God's help:**

Worship



Pray
We will **pray** daily



Worship
We will **worship** with others regularly.



Notice
We **notice** God in Scripture, and the world.



Care
We will **care** for ourselves and those around us.



Learn
We will **learn** more about our faith.



Open
We will practise **hospitality** and generosity.

Service



Serve
We will **help** people in our communities and beyond



Flourish
We **care** for creation and all God's gifts.



Challenge
We will **challenge** injustice.



Tell
We will **tell** of the love of God.



Live
We will **live** in a way that **draws** others to Jesus.



Share
We will **share** our faith with others.

May we be a blessing within and beyond God's Church, for the transformation of the world.



God is with us all today

(hold out one hand)

and every day

(take hold of your outstretched hand
with your other hand –
or each others' hands in a group)

and forever

(move clasped hands up
and down once.)



(Raise your hands
above your head.

Breathe in.)

**Remember that God is
always with you.**

(Hold your breath.

Bend forwards.

Breathe out.)

**Know that God's love is with
you and everyone for ever.**



(As you breathe out, clench one hand as tight as you can.)

Ask to be closed from anything that is not from God.

(As you breathe in, gradually open your hand.)

Ask to be opened to anything that comes from God.



(Stamp your feet as hard as you can.)

**Think about an aspect of
injustice in the world.**

**Stamp your feet and tell God
how you feel about it.**





(Lie down flat, on the floor
or on your bed.)

**Think about how the
earth supports you.**

**What do you notice about how
God is supporting your body,
holding you, anchoring you?**



Choose one of your senses

(sight, sound, smell, touch or taste).

**How do you notice the presence
of God in what you see, or hear,
or smell, or feel, or taste?**



Go for a short walk

(on your street or around your room).

**Saying one word per step,
repeat the phrase:**

“To you, O LORD, I lift up
my soul.” (Psalm 25:1)

**What happens if you speed
up or slow down?**



“The trees of the fields
shall clap their hands.”

(Isaiah 55:12)

**Imagine that the trees are
clapping their hands.**

Could you join in?

Might God want to join in too?

What are you applauding?



**Open a news website,
app or newspaper.**

**Ask God to help the people involved
in the first story that you see or hear.**



Think of someone you really dislike – someone you know personally or through the media.

Ask God to give them what they most deeply need today.

If you struggle, tell God about the struggle.



SHOP



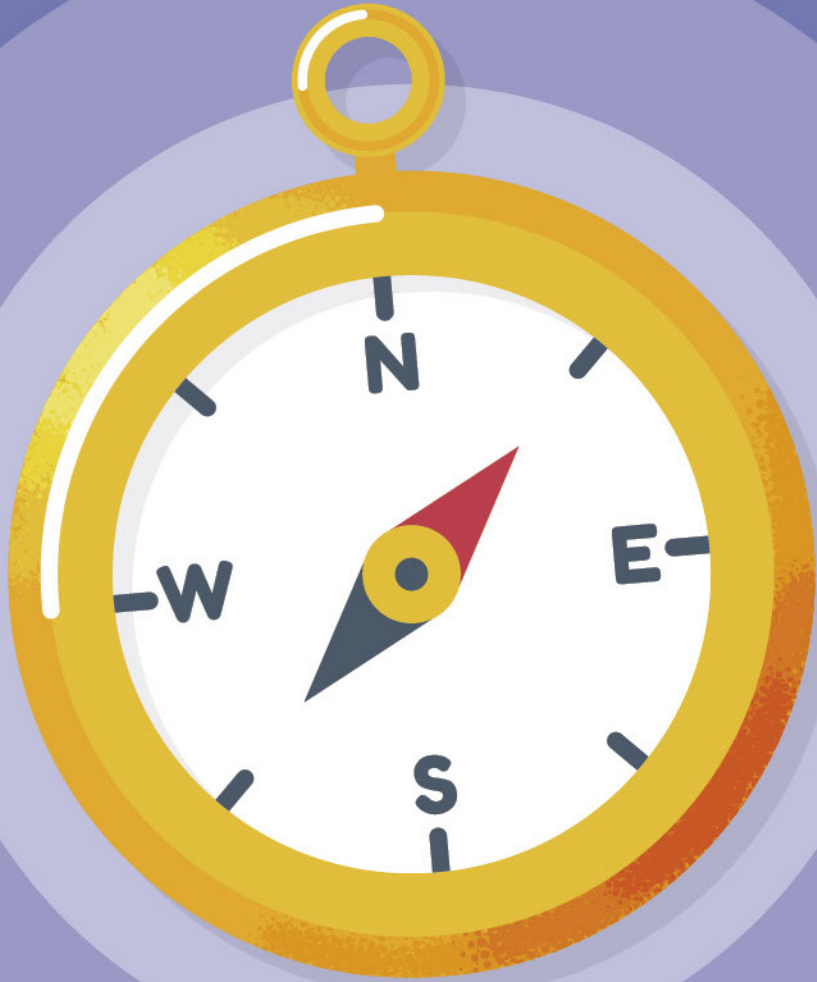
Is there a shop you visit frequently?

**Write a blessing for the people
who work and shop there.**



**Who has shown you kindness
in the last day or two?**

**For a few moments thank God
for that person and pray that they
may experience kindness today
from God and from others.**



Think of a place where God is not openly worshipped.

Ask God to bring joy, peace and an awareness of God's love to the people there.



Write down the names of five people you care about.

Place the list before a symbol of God's presence (perhaps a picture, a Bible, or a flower).

Ask God to help those people to be aware of God's care for them.

Leave the list with the symbol for the day.



**Take a slice of bread.
Tear a piece off.**

**As you eat, pray for those
whose lives are torn apart by:**

illness

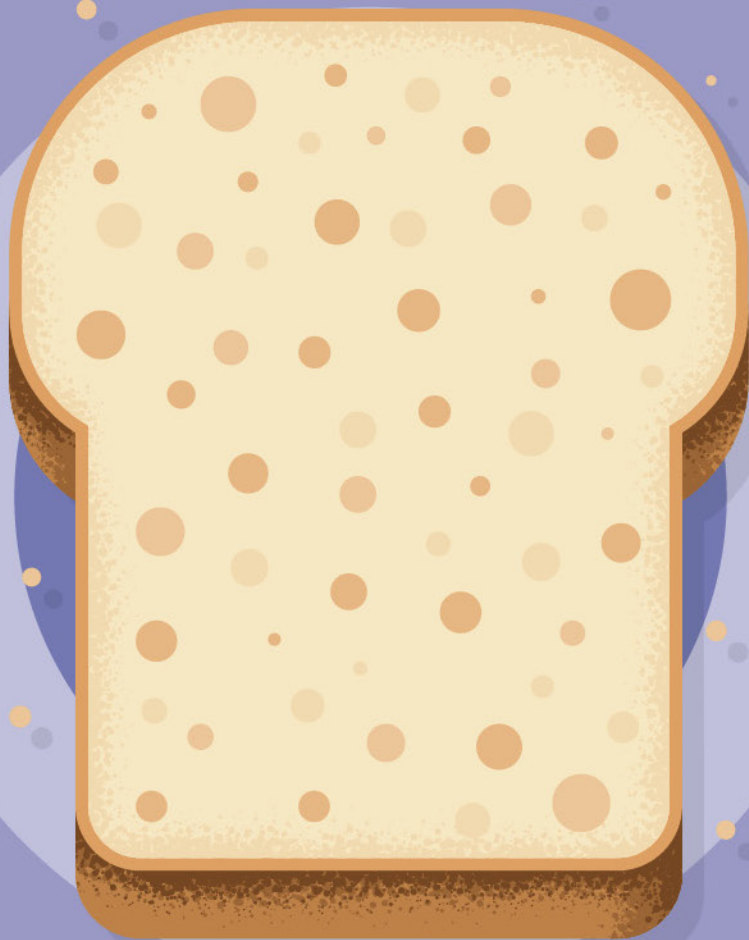
hunger

loneliness

war

relationships.

**May they know that
God is with them.**





Roughly sketch, or print out, a map of the world or of a particular country.

Consider the places you want to ask God to bring hope and light.

Take a highlighter pen to mark these places as you pray.





**Point to each finger in
turn as you pray:**

your thumb for your family

**your pointing finger for
those who teach**

**your index finger for
government and leaders**

your ring finger for those in need

your little finger for yourself.



Go outside.

What do you see, hear, smell, feel, or taste that delights you?

Insert the names of the things you have noticed as you speak, sign or silently reflect on this prayer.

Lord we praise you that the world you created is amazing.

We are thankful for...

Amen



Build a prayer cairn by creating a pile of stones (or other small objects if you're indoors, like paperclips or dried pasta shapes).

As you lift and place each stone hold it tight and tell God about an issue of injustice you are concerned about.

Now place your stone onto the prayer cairn.



Go outside on a:

windy day – move and shout into the wind your praises to God.

sunny day – absorb and enjoy God’s light.

rainy day – remember that you are drenched with God’s love.



Touch a tree or look at one through the window, online, or in a picture.

Imagine how its roots sink down into the earth.

We are “rooted and grounded in love”.

(Ephesians 3:17)

Imagine yourself like a tree, sinking your roots down into God’s love.



Find (or imagine) a plant growing in a crack in the pavement.

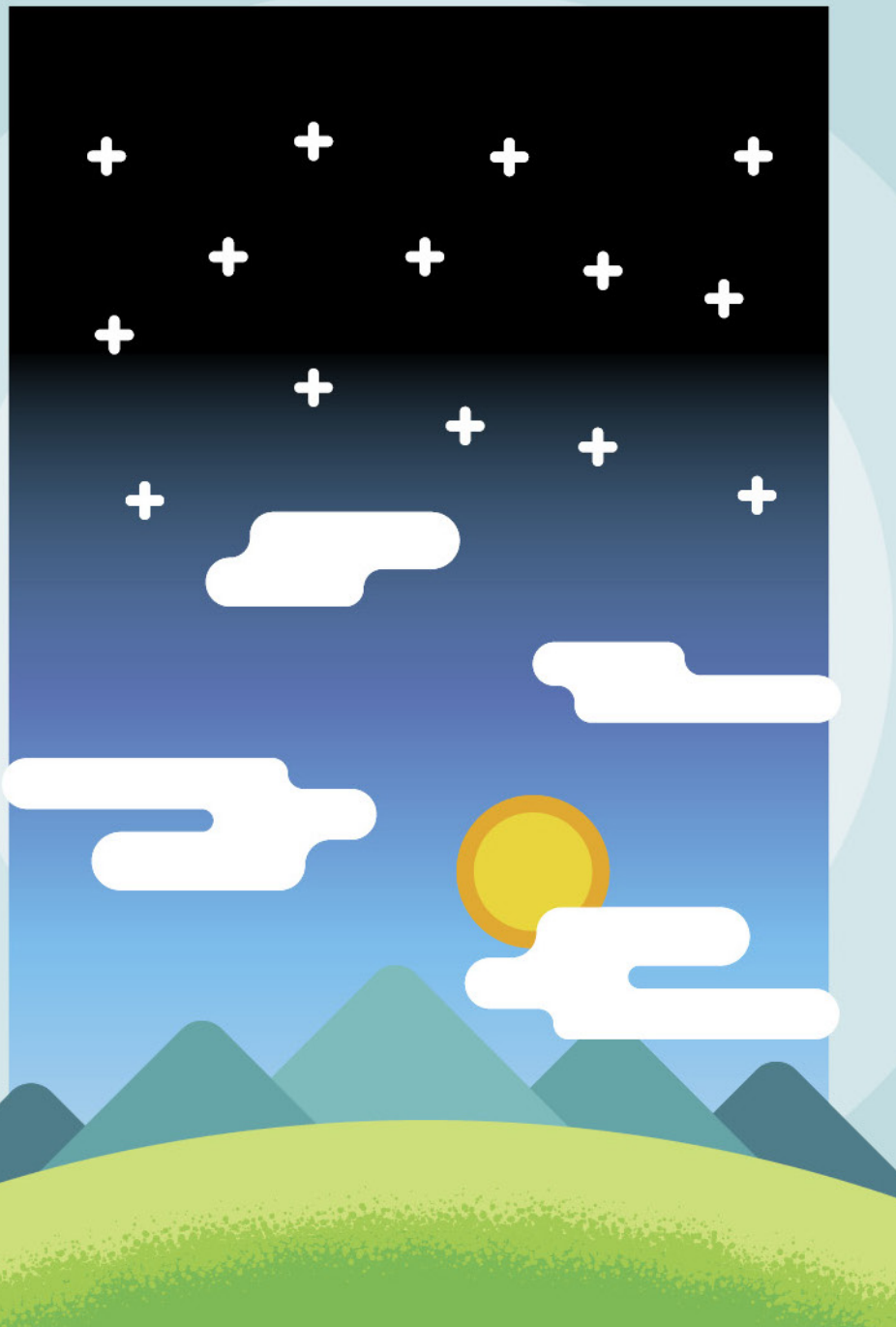
Notice how God is at work in places we barely notice. Pray that people who don't recognise God's presence in the world may have a revelation of how God is at work in the hidden places in their lives.



**Feel a piece of tree bark,
notice the roughness,
ask God to be with the
rough places in you.**

**Hold a leaf,
notice its tenderness,
ask God to be with the
tender places in you.**





Look up at the sky.

Imagine how far above us it reaches, and how far into the space of the universe beyond.

Take a moment to consider how God is present everywhere and is present now with you.

Think about how amazing this is.



Sit by the window, or outside, early in the morning or late in the evening.

Watch the sun rising or setting.

As you sit and watch, thank God for the blessings you have.



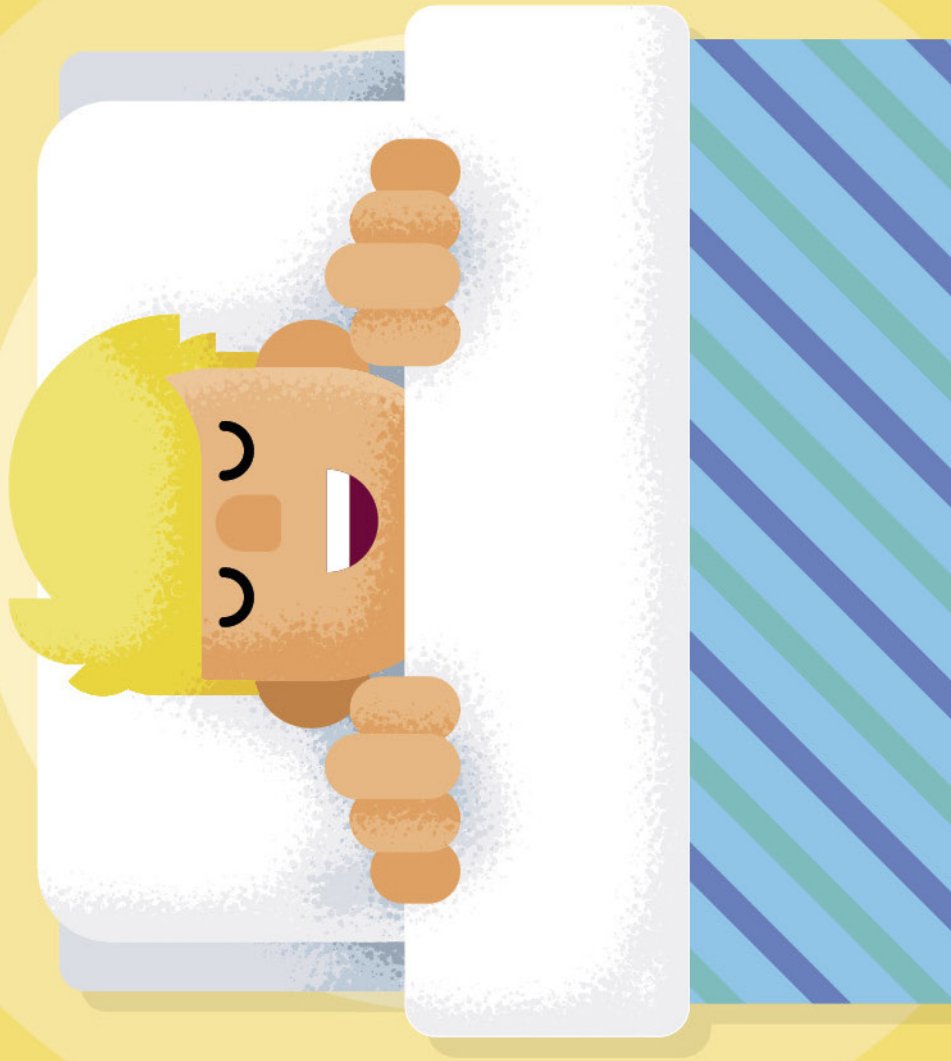
**Stand quietly for a moment
looking out of a window.**

What do you see?

What do you hear?

What do you notice?

What might God notice?

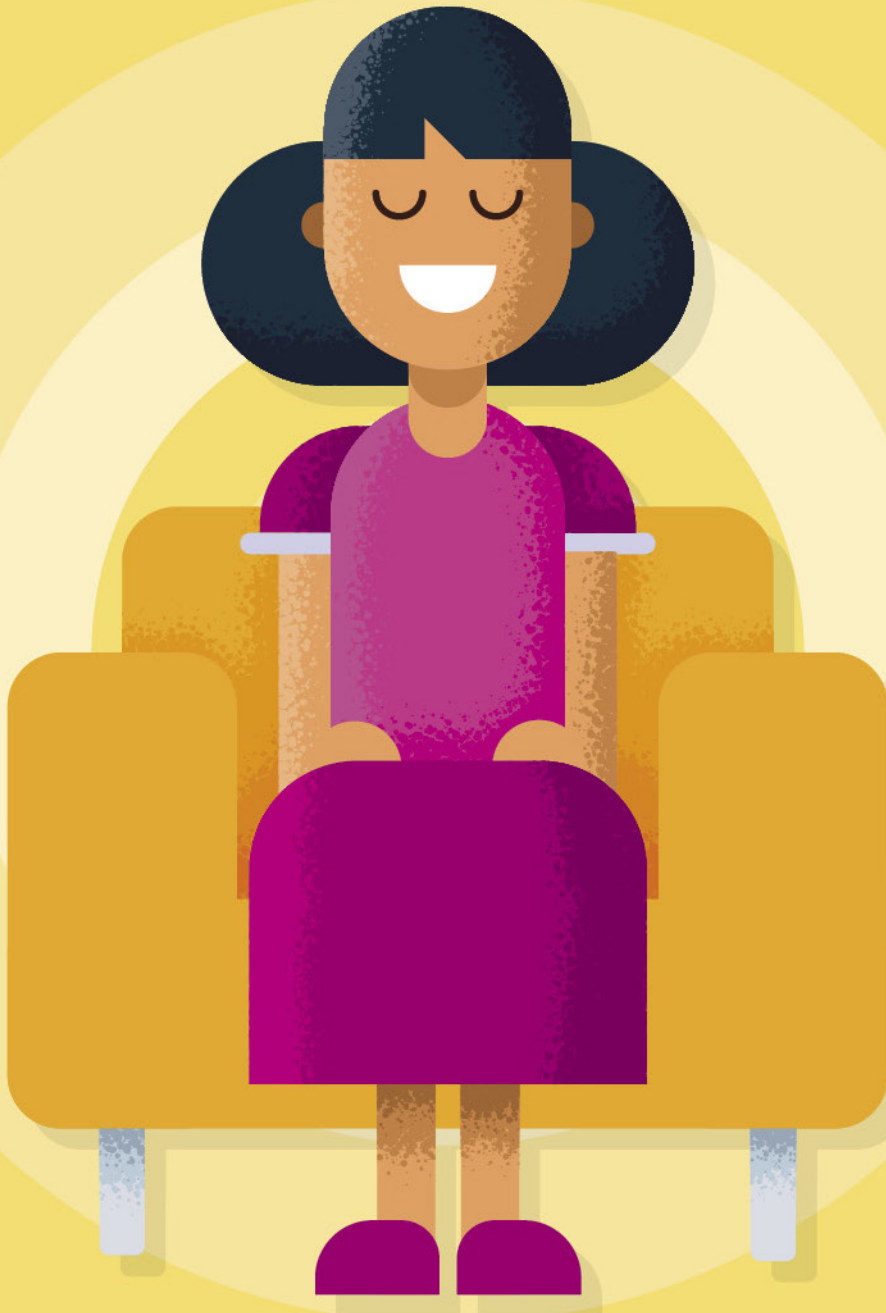


Lie down on a bed or blanket.

Stretch out and close your eyes.

How do you find rest?

**Thank God for your ways of resting
and for the rest God brings.**



Sit comfortably.

Close your eyes.

Take some deep breaths in and out.

Repeat these words (inspired by Philippians 4:4-7) to yourself slowly, a few times:

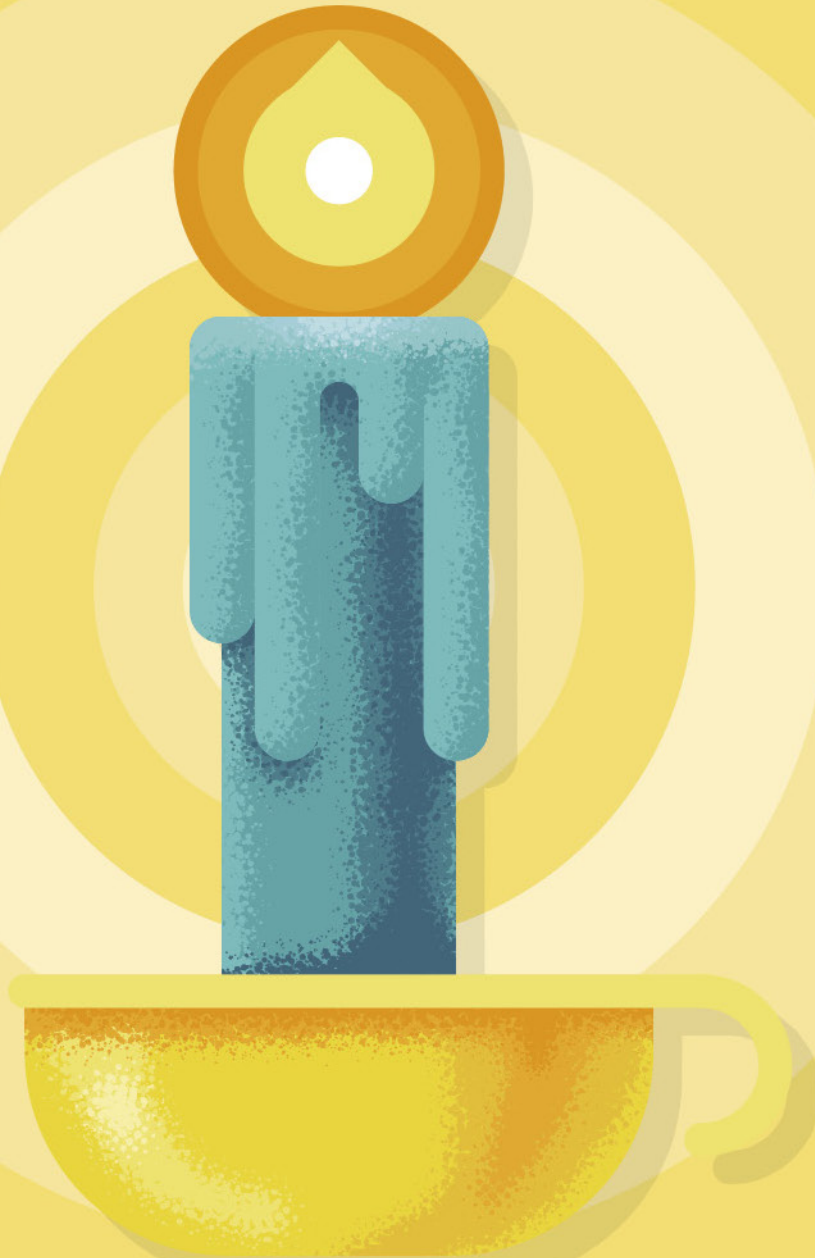
“Rejoice. Be gentle. Do not worry. Pray. Be thankful. The Lord is near.”



Breathe in for three counts and out for three. Repeat this a few times.

**As you breathe in say:
“When I am worried...”**

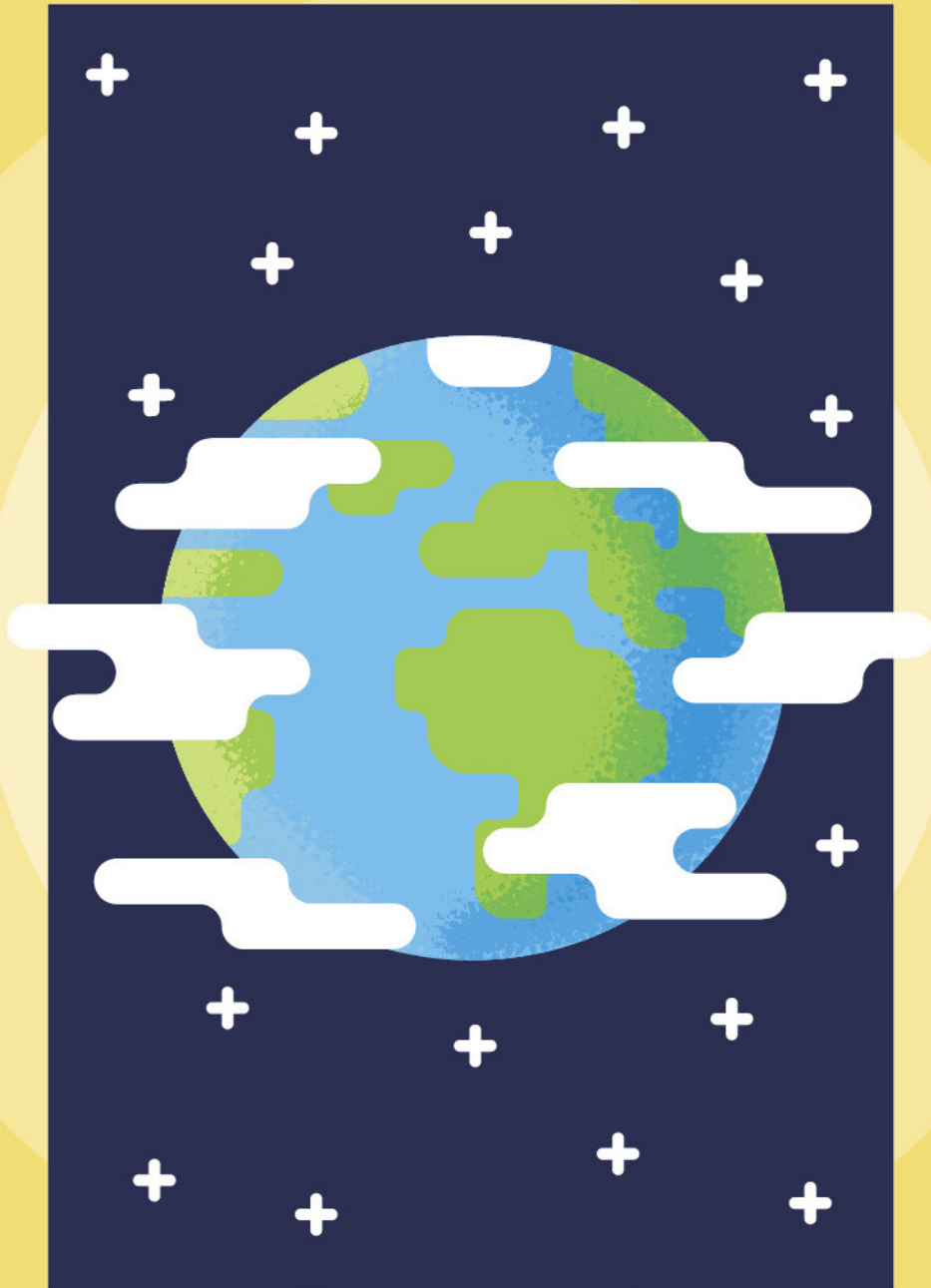
**As you breathe out say:
“I will trust in you.”**



Light a candle and watch the flame flickering.

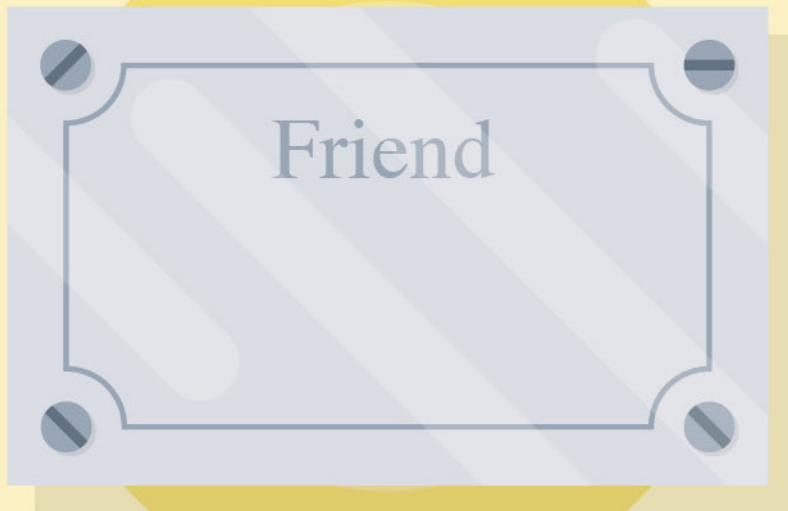
Say:

“We light this candle as a reminder that wherever we are, and whatever we do, Jesus, the Light of the World, is with us.”



Imagine God gazing at the world.

**How might you be able to sit beside
God and ask to see what God sees?**



**Choose a word that describes
God (such as Father/
Mother/Friend/Spirit).**

**Breathe slowly and say this word
on each breath in and out.**

**Let the word and breath
ground and calm you.**



Choose a letter of the alphabet.

**Think of something you are grateful
for that begins with that letter.**

**Take some time to express
your gratitude to God.**



In the place where you are right now, where might Jesus choose to sit or stand?

Can you imagine him there now?

How does noticing that he's present change how you feel?



Take a stick and lots of coloured pieces of wool or string.

What are you grateful for – big or small?

Thank God for these things, one by one, as you tie a piece of wool to the stick.



Pour salt across the bottom of a tray.

**Use your finger to write an initial
or draw somebody you would
like to ask God to bless.**

**As you say 'Amen',
smooth the salt over.**



Take thin strips of coloured paper.

**Write on each one a thing
you are thankful for.**

**Loop and fix them together
to make a paper chain.**

**Over time add to the chain
as you thank God.**



Take a large sheet of paper and write 'God' in the middle.

Doodle the names of people you want to pray for or images which represent them.

When you have finished write 'Amen' at the bottom of the page.



Walk around your local area.

What do you see?

Jot down, sketch or take photos of the places and people you want to pray for.

Take a few moments to pray for them and their needs.



Choose three colours that reflect how you feel today, and three that reflect what God seems to be like to you today.

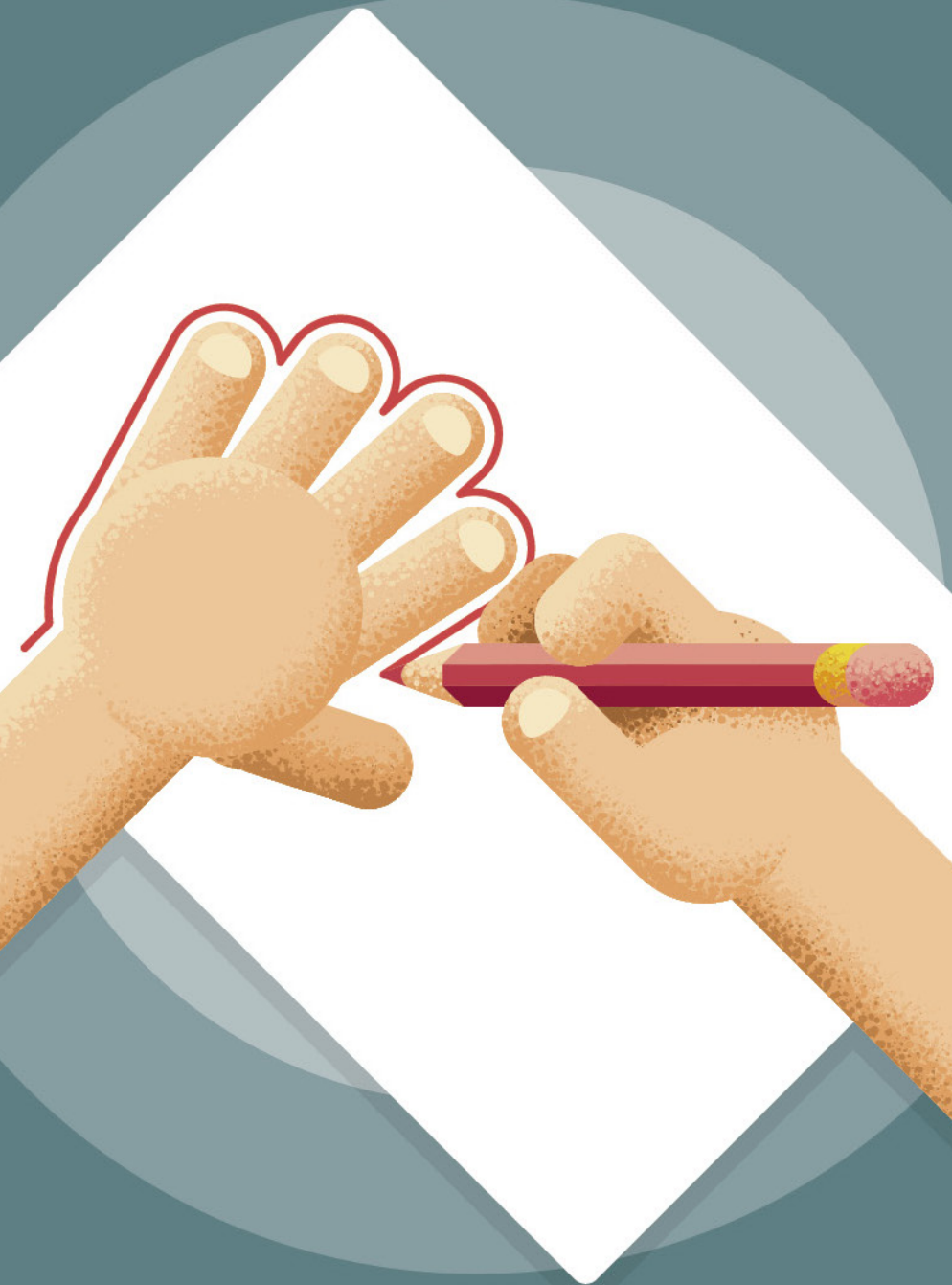
Now doodle or scribble and see what emerges.





If you were to send God a postcard from your life today, representing a change you would like to see in the world, what picture or photo would you send?

Sketch a picture or choose a photo and write a brief message.



Draw around your hands.

Decorate them by drawing all the ways that you will use them today.

Ask God to guide everything that you will do.



Cover a blank page with just one colour (you might use different shades).

What are you grateful for that is represented by that colour? It might be things, or memories, or hopes.

As you colour the page, thank God for these things.



“If I ascend to heaven you are there;
if I make my bed in the depths....

If I take the wings of the
morning and settle at the
farthest limits of the sea....”

(Psalm 139:8-9)

**Think of places you like
to spend time.**

**Change the words of the
Psalm to include the places
you spend your days.**



“Make a joyful noise to
the LORD, all the earth...

For the LORD is good;
his steadfast love endures forever,
and his faithfulness to
all generations.”

(Psalm 100:1,5)

**Stand and shout
the words from the Psalm**
(aloud or inside your head).

How does it feel?



“O LORD, in the morning
you hear my voice;
in the morning I plead
my case to you...”

(Psalm 5:3)

**Write these words onto
a piece of paper.**

**Fix this verse next to your alarm
clock or phone** (somewhere
you will see it each morning).

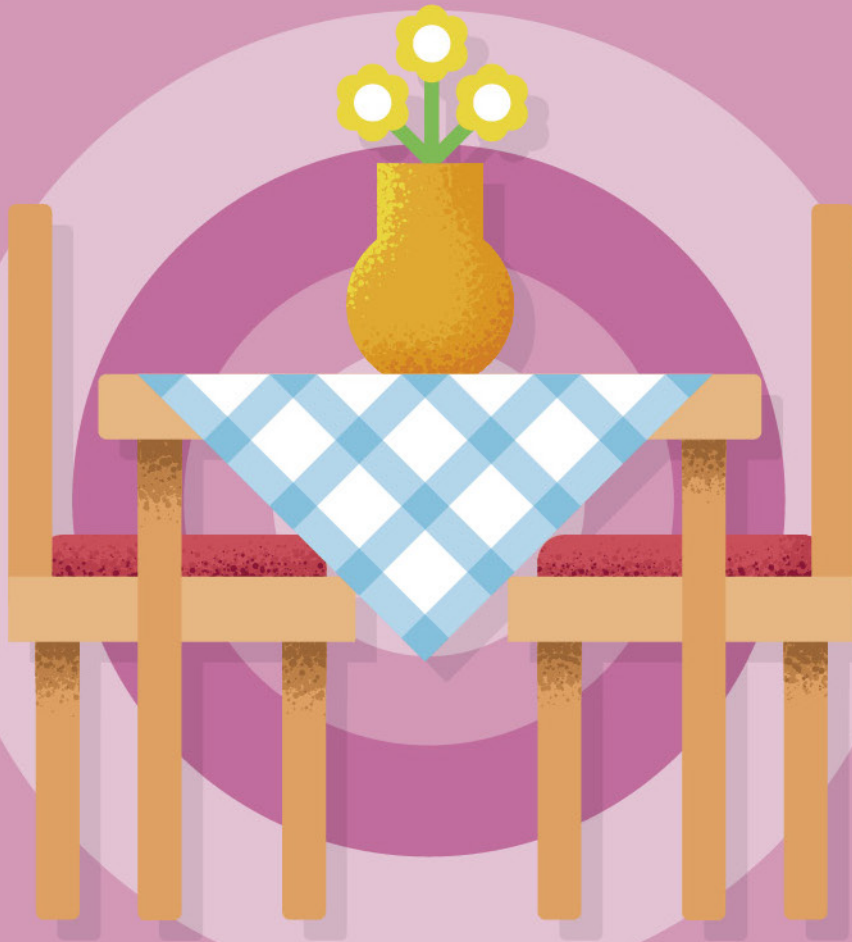


“God is our refuge and strength...”

(Psalm 46:1)

Think about what kind of refuge God is for people looking for peace.

Imagine yourself there now, with God. How would you describe it to others?



“Jesus came to Bethany...
There they gave a dinner for him.”

(John 12:1-2)

**What kind of meal would you
like to invite Jesus to?**

**What would you talk to
him about over food?**

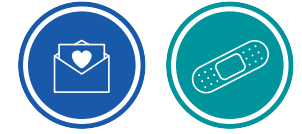


“Peace be with you.”

(John 20:19)

**Imagine Jesus’ peace
with you right now.**

**What does it look, sound,
smell, taste or feel like?**



“He has anointed me to bring good news to the poor.”

(Luke 4:18)

How might Jesus be inviting you to be good news to the people around you today?



“For I, the LORD your God,
hold your right hand...”

(Isaiah 41:13)

Hold your right hand open.

Imagine God taking hold of it.

**What does it feel like to
hold God’s hand?**

**What does it feel like for
God to hold your hand?**



God at work

“Now to him who by the power at work within us is able to accomplish abundantly far more than all we can ask or imagine, to him be glory...”

(Ephesians 3:20-21)

How have you noticed God at work within you today?

What might God accomplish in and through you today?