

A WEEK OF PRAYER



GET INTO THE BIBLE



1 HOUR



READY TO GO



GETTING INTO THE ACTIVITY

Spend a week recording your prayers - encouraging you to pray every day.

Prayer is an important part of Christian life. It gives us a chance to talk to God and helps us to build a relationship with him.

You could record your prayers on paper or on notes in your phone. One way you could do this is by splitting your prayer across the 7 days:

Monday > My world

Tuesday > My country

Wednesday > My community

Thursday > My friends and family

Friday > Myself

Saturday > What I'm thankful for

Sunday > A big prayer, bringing all of the above together



WHAT YOU'LL NEED

- Pen
- Paper



NOTES FOR PARENTS & CARERS

Prayer is personal and a time of quiet. Give your child space to do this but be conscious that they may wish to talk to you about things afterwards. Be open to this and ready to talk.