

Creative Prayer Ideas

Here are a few random prayer ideas that others have used in their group prayer meetings.

AFFIRMATION JARS-each person in the class or group has a jar into which prayers of appreciation and affirmation are placed by others.(Great for family devotions)

BAND-AID PRAYER-give each person a Band-Aid to put on. This is a reminder and source for praying for those who are hurting and suffering both physically or emotionally.

COMMUNITY PRAYER JOURNAL-try a prayer journal as a class or something the youth group does each time they meet.

CHOCOLATE CHIP PRAYER- can be done individually but much more fun when done in a group. Make chocolate chip cookies. At break time or for evening devotions, each person gets a cookie and for each chocolate chip discovered, a prayer of thanks is offered.

E-MAIL PRAYER- if you ordinarily communicate with friends and family by using texts, chat, e-mail or social websites, consider this method to write specific prayers for someone, to ask for prayers for a concern or joy or to give a new twist to the prayer chain ideas.

FRIENDSHIP PRAYER-think of one friend who needs a special prayer

GROCERY LIST PRAYER-at the beginning of the Sunday school class or youth meeting, pass around a sheet for anyone to list the names, joys and concerns to be lifted in prayer

HAND PRAYER-use your hand as a reminder of those we need to pray for. *Thumb*-those closest to you, family and close friends; *Pointer*-those who lead and guide you, teachers, pastors, police, coaches; *Middle*-the tall finger reminds us of those in authority, presidents, mayors, student government officials; *Ring*-this weak finger is for those in our life who are ill, disabled, lonely, unhappy; *Pinky*-the smallest and last finger is a reminder to pray for ourselves!

INCENSE PRAYER-light incense as in... smoke of the incense rose with the prayers. Rev.8.4.

MAP PRAYER - post a large map of the world (USA or State) at home or church. With eyes closed, each person will spin around and then point to a place on the map. Lift up that particular place and it's people in prayer.

MARKED AND SEALED WITH THE CROSS OF CHRIST-get in the habit of putting a small cross beside your signature (on letters, exams, term papers, etc.) It's a quick reminder of "who you are and whose you are". Offer a prayer on behalf of the person your writing to or as you begin an exam or term paper.

MEMORIZED PRAYERS -our most cherished prayers are often those we learned as small children. Try singing prayers to new tunes such as theme songs

NAIL PRAYER -on a big sheet of newsprint draw a cross (or even better use an actual wooden cross) and give each person one or more post-it-notes to write a prayer concern on. Invite each person to place "nail" that concern on the cross.

PET PRAYER-pray about your pet OR with your pet. Many children, youth and adults find it comforting to gently stroke their pet while offering a prayer about anything else.

POCKET FULL OF PRAYERS- take your class or youth group on an outing where there is an abundance of small stones. Ask each person to select a smooth one about the size of a grape or small plum. Back at the church sand, paint or gloss each stone. Put all the stones in a pile and Use the stones to build an altar. Then pray a prayer of community. Give each person a stone to put in their pocket as a constant reminder of their relationship with God and with others.

PRAYER BOX -write prayers on a piece of paper and put them away in a box never to be opened. We are reminded that we put our lives and our prayers in God's hands!

PRAYER CALENDAR -before the beginning of the month, fill in a blank calendar with at least one prayer concern for each day. Encourage the class or youth group to remember their own group, members of the congregation, the community, things that are happening in the country and around the world. Decorate the calendar with simple cartoons or artwork and distribute a copy to each person.

PRAYERS FOR ALL NATIONS-at Pentecost or other times of the year, ask those who speak a language other than English to offer a prayer in that language.

PRAYER PARTNERS-relationships are strengthened through prayer! Prayer Partners can support each other through prayer in a variety of ways...

- praying in pairs may be less intimidating for those new to prayer
- pray together privately before or after Sunday School or youth meeting
- assign prayer partners for the week or for a month at a time
- prayer partners can make a commitment to call each other during the week to learn what each other's prayer needs are.
- agree to pray over the phone one, two or many times a week!
- pray through letters, texts, chat, or E-mail

- each person is assigned a secret prayer buddy. After a few months or at the end of the year have a party where everyone finds out who their partner was.

PRAYER PILLOW- this takes a little preparation and a few supplies but is an ideal family or youth group activity. For each pillow you'll need 2-16" squares of fabric (or enough for desired size) plus scrap fabric in the same fabric or contrasting color for the pocket. A pillow form or poly-fiberfill is needed to stuff the pillow. A sewing machine and thread will make this a quick and easy project but the pillows can also be hand stitched with heavy thread or yarn. Someone with basic sewing skills can help you place the pocket on the right side of one of the fabric squares. Sew around the perimeter of the pillow leaving an opening for stuffing. Fabric paints and permanent markers can be used to autograph and decorate the pillows but that should be done before construction. Each night, place a prayer concern(s) on slips of paper and tuck it in the pocket to be prayed over. Remind everyone to bring their pillow to the youth-group lock-in!

PRAYER STONES -see also *Pocket full of prayers*. Carry a stone or nail in your pocket or put it in a prominent place on your dresser or computer as a daily reminder to spend time with God.

PRAYER WALK -walk around a specific location while praying for the needs of those associated with the site. Pray around the hospital, high school, city hall, etc.

RAILROAD TRACK PRAYER -an old favorite of families and youth groups traveling in the car. Each time you cross a set of railroad tracks, everyone (except the driver) raises their feet in the air and offers a prayer for a safe journey.

ROCK PRAYER-place a rock on your pillow each night to remind you of God's constant care.

SEE YOU AT THE POLE - (SYATP) This is an international movement that gathers young people in Jr. hi, hi school or college for prayer around the school flagpole. It usually happens the third Wednesday of September at 7:00 am. For more information call: 619-592-9200 or see www.SYATP.com

SEED PRAYER-this is a good prayer to use at the end of an event when what you have learned or done is meant to be carried out into "daily life". Give each person a packet of seeds. It can be adapted to use in any context or ask each participant to write in the appropriate endings.

God of the soil, speak in the hearts of those present today that your message of love and grace is firmly planted to nurture and support...

God of the seeds, inspire our words, our thoughts, our hearts to grow into...

God of the sower, strengthen us with your spirit in the easy times and the difficult times that we....

God of the sun and the rain, pour down upon us all that we need to be Christ like

to.....

Be in us, be with us, be above us, be beside us.... Amen.

SIREN PRAYER -whether you are indoors or outside, when you hear a siren (ambulance, police car or fire truck) offer a prayer for the driver, the individual needing assistance and their families.

SPONTANEOUS PRAYER-the best time to pray is right now. Stop what you are doing and give a prayer of thanks; seek God's help, wisdom or guidance; pray for patience or to curb anger or simply shout for joy!

TIPPY CANOE PRAYER-when devotions are at river, stream or lake, ask each person to select a piece of fallen bark, twig or small pinecone resembling a small boat or canoe. After offering a prayer, each person places the twig in the water, (symbolically, in God's care)

WHAT'S THAT I HEAR? PRAYER-this prayer works best outdoors in a variety of settings. Begin in silence, and listen to the surrounding sounds. After a few minutes allow time for each person to offer a prayer guided by what they heard such as birds, crickets, sirens, children laughing, lawn mowers, etc. The leader could close by thanking God for the voices around the circle.

<http://www.prayingyouth.com>