

## **God is always with You - Sand Prayers**

Use: Sand trays and paddle pop sticks

God is always with us. Sometimes good things happen, and God is with us. Sometimes bad things happen, and God is with us.

Work with the sand as you think about some good things in your life. You might like to touch and move the sand around, draw or write the good things in the sand. As a symbol of thanking God for these good things smooth the sand over again.

Now work with the sand as you think about some bad things that might be happening for you or someone you know. Again, touch and move the sand around, draw or write the bad things in the sand. As a symbol of giving these bad things to God smooth the sand over again.

Write, draw or move the sand in some way to remind you that God is always with you.

Close with: "Thank you Lord that you are always with me. Amen"

## **Jesus Heals – Playdough Prayers**

Use playdough to make heart shapes.

As you do, think of people who are ill.

Ask God to heal them and give them hope.

## Make a melody – Music Prayers

### I will make a melody to God

#### *Psalm 27:4-6*

*One thing I asked of the Lord, that will I seek after:  
to live in the house of the Lord all the days of my life,  
to behold the beauty of the Lord, and to inquire in his temple.*

*Now my head is lifted up above my enemies all around me,  
and I will offer in his tent sacrifices with shouts of joy;  
I will sing and make melody to the Lord.*

The psalmist seeks the presence of God - beauty and goodness in a place of safety and peace. In such a place, the heart offers praise with gladness. Imagine yourself in such a place where God's nearness is felt deeply where God's goodness is vivid where God's song is in your heart.

Let music be your experience of grace  
and expression of thanks

Allow yourself the freedom to offer the  
song of your heart to God.

Scan the QR code or visit the website to  
make some music and offer your own  
thanks to God.

Let the music become the prayer of  
your heart.



<https://musiclab.chromeexperiments.com/kandinsky/>

## Under Siege



Image source, Vera Oleinikova

Wearing a protective vest, a young woman sat in front of Russia's riot police. On her lap was a copy of the Russian constitution, which she began reading to the heavily armoured police around her. Behind them was a demonstration calling for transparent Moscow elections, in which several people were injured.

Olga Misik, 17 says she doesn't support any particular political party.

"I am only for myself and for the people. I have a neutral attitude towards [Alexei] Navalny and other opposition leaders, but I support what they are trying to do."

***Psalm 27:1-3***

*YHWH, you are my light, my salvation*

*— whom will I fear?*

*You are the fortress of my life*

*— of whom will I be afraid?*

*When my enemies attack me, spreading  
vicious lies about me wherever they go,*

*they, my adversaries and foes, will  
stumble and fall.*

*Though an army mounts a siege against me, my heart will  
not fear;*

*though war break out against me, I'll still be  
confident.*

Priests for Equality. The Inclusive Bible. Sheed & Ward.

- When do you feel under siege?
- What are the fears that you face?
- At times we experience opposition from people or institutions.
- At other times our fear is related to our own sense of inadequacy in the face of stressful challenges.
- How do you experience the presence of God in these times?

Have a conversation with God, sharing your responses.

## He will hide me in his shelter

### *Psalm 27:5*

*For he will hide me in his shelter in the day of trouble;  
he will conceal me under the cover of his tent; he will set me high on  
a rock.*

Equipment: Tent, blankets, teddy bears, cushions.

Get comfortable in the tent. Shelter can mean different things for different people.

The psalm uses the images of the cover of a tent or being lifted to safety on a high rock.

- What does shelter or feeling sheltered and safe mean to you? What imagery comes to mind when you reflect on it?
- Is it a place, or a person?
- What does shelter or safety look like for you?
- In what way, if at all, can it be connected to your experience of God?

Have a conversation with God about this.

## Hear My Cry – Magnetic Prayers

### *Psalm 27:7-9*

*Hear, O Lord, when I cry aloud, be gracious to me and answer me!  
Come,” my heart says, “seek his face!” Your face, Lord, do I seek.  
Do not hide your face from me.*

Read and reflect on these verses.

- What is your ‘cry’ to God at this time?
- What grace do you seek?
- Is God’s face easily glimpsed, or hidden from you at this time?
- What are the answers for which you hope?

Take a few minutes to make your own prayer of seeking. Allow the prayer to speak hope to you.

Use the magnets to write your prayers on the board

## **Highs, Lows and Buffalos – Pray for one other**

Share your highs lows & buffaloes with someone else and use the things shared to pray for each other.

- Praise God for the highs, and the great things that happen.
- Ask God to be with you and give you strength during the tough times in life. Ask that God would show you how good could come from the situation.
- Thank God for the buffalos and that He is with you even through the crazy things that happen in life

## **Psalm Starters**

Write a Psalm (Prayer) to God using the prompts