

Prayer and People

Praying with people is something we are used to doing in church but why not try a way of praying with or for people that you haven't made a habit before?



Before a meal thank God for the food and remember anyone who is hungry.

When someone tells you something that is troubling them, why not ask them if they'd like you to remember them in your prayers? People are often pleased to be asked!

Try a hand prayer - this works really well with people of all ages:

Thumbs up - for the good things

Index finger - for people who show us the right way to live

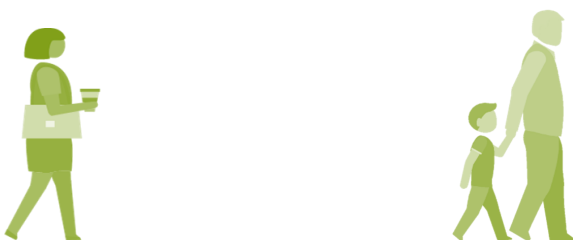
Middle finger - for the world

Ring finger - for the people we love

Pinkie - for people who are ill, worried or frightened.



Make a prayer wrist band. Use some elastic or string and five or six different coloured/shaped beads. Each bead can represent a person you are going to pray for. Find an opportunity to tell the people on your prayer band that you are praying for them.



Prayer - Everyone, Everywhere!

#LetsPray



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