



Switch on: the real life of 10-14s

Prayer is simply talking to God. This session will help 10-14s explore the power and importance of prayer.

Play: throw and tell

There are five different types of prayer including praising God, saying sorry, thanking God, asking Him to help you, and praying for other people.

Get a sheet of paper and draw around your hand. In the outline of your fingers and thumb, write an answer to each of the statements below:

- I praise you God because... (you love me, you made me etc.)
- I'm sorry because... (I've done things that have you made you sad etc.)
- I'm thankful because... (I have a family, I have a bed to sleep in etc.)
- Please help me by... (keeping me safe etc.)
- Please help... (keep the emergency workers safe during this difficult time etc.)

Decorate your handprint and put it on your wall to remind you to talk to God everyday.

Rewind: let's pray

As a family together, you could create a safe space to explore prayer using fun and creative prayer ideas. Here are some favourites...

- Prayer consequences – like the game called consequences where you write down a word or phrase, fold over the paper and pass it on. But writing things like your name, someone you'd like to pray for, a teacher's name, a country etc. folding it over each time and passing it on.
- Playing card prayers – take a deck of cards or deal each person three cards. If a **heart** is drawn, they say a short prayer for someone who's special to them, if it's a **spade** they pray for people who work on behalf of others e.g. emergency services, teachers. If a **club** is drawn, they pray for those who are caught up in acts of violence and if it's a **diamond**, they pray for people's needs – close to home and around the world e.g. food and medical care.
- Love Hearts – take a Love Heart sweet and read the 'Love is...' passage from 1 Corinthians Ch.13:4-7. Read it again replacing the word love with your name. Take a pack of Love Hearts and wrap a message around it for someone you love.



Pause: yes or no - answers to prayer

Show or refer to the video clip/YouTube clip from *Bruce Almighty* where Bruce/God is surrounded by sticky notes of prayers then answers 'yes' to all his prayer emails at youtu.be. Discuss what is an answer to prayer? Is it possible for all prayers to be answered? Read Matthew Ch.26:36-46, or look it up using www.biblegateway.com, to see Jesus' approach to prayer.

Switch off: connect

It's really important to pray during this global pandemic. The Girls' Brigade Malaysia is uploading daily prayer requests. You can pray along on The Girls' Brigade Malaysia official Facebook page: www.facebook.com/gb.malaysia