

# Prayers to use at home

Dear children and parents of Aldbury School,

This leaflet of prayers is offered for you to use as families together or for children to use alone, whichever works best in your situation. Some are simple spoken prayers, some have a built-in activity. There is no right or wrong way to pray - prayer is simply expressing to God how we feel.

Pausing and praying can be helpful and calming. Even if you are not in the habit of praying, you might like to give it a go!

The churches in Aldbury and Tring are open everyday, and you are very welcome to pop in, to pray, to light a candle, or simply to enjoy the space.

The Church of England is here for the whole community - people of all faiths and none. If you would like prayer or other support for you or someone else, please do get in touch.



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# Prayers with something to do

## Lego Prayers

Hold a lego brick and count the bobbles on the top, think of that number of things to thank God for, and then think of that many people to pray for.

Then build a model of something to thank God for.



## Hand Prayers

Draw around your hands and colour them in. For each finger, think of a person you are thankful for or who you want to pray for.

## Prayer Photo Scavenger Hunt

Go for a walk around the house or garden and take a photo of something you're thankful for. You might like to create an album of things to say thanks for and add to it each day.



# Prayers to say together or on your own

## A prayer for when a friend is ill

Loving God, *(name of friend)* is ill.

They can't come over to play.

I'm sad because I miss them.

They must be feeling miserable and lonely as well.

Please be close to them.

Please be with the people who are looking after them.

Please help them to get better and to know that you love them.

**Amen.**



## A prayer at bedtime

Before the ending of the day,

Creator of the world, we pray

That you, with steadfast love, would keep

You watch around us while we sleep.

Tonight we pray especially for *(names of family or friends)* and the people of *(country or place)*.

Please give skill and wisdom to all who are caring for them.

**Amen.**

## A prayer remembering God is with us

Loving God, you are always with me.

You are with me in the day and in the night.

You are with me when I'm happy and when I'm sad.

You are with me when I'm healthy and when I am ill.

You are with me when I am peaceful and when I am worried.

Today I am feeling *(name how you are feeling)* because *(reasons you are feeling this way)*.

Help me to remember that you love me and are with me in everything today.

**Amen.**