



session 9 Why Pray?

Theme:

Prayer: Why?

Key Bible

verses:

**Psalm 61:1-5
and Matthew
6:10-13**

Aim to teach:

That prayer is about communicating with God and that prayer does change things.

Aim that the group should:

- Learn that communication can take different forms and that communication is about a two-way relationship.
- Learn that sometimes we can be the answer to not only our own prayers but other people's.

Leader's Prayer:

Lord, help us to realise how important it is to communicate with you. Help us to realise that there are different ways of praying and to find the time to pray everyday. Amen.

Introduction:

Your young people will probably have been told often that prayer is important, but they might not really know why! With so many other pressures on their time, prayer might well be the first thing to go, unless they grasp why prayer is so important. This RS2 session seeks to emphasise why prayer matters.

C Contents

	ACTIVITY	TIME	MATERIALS
TASTE...	Written Communication	10 minutes	Packs of post-it notes, pens, refreshments
ENGAGE...	Reading the Signs	5 minutes	Packs of doughnuts, plastic cups, jugs of water, laminator, four differently-coloured sheets of paper
ENGAGE...	Spell it, Don't Cook it!*	7 minutes	Bags of pasta, two chairs
HEAR...	Drip Dry	5 minutes	Felt tip pens, tray, water, paper and notices
ENGAGE...	Pump it!*	5 minutes	Balloons, 2 pumps, black pen and 2 black bags
THINK...	Communicating Starts with Sharing	5 minutes	Bible
ENGAGE...	Sand Drawing	5 minutes	2 trays, play-sand, 2 sticks, tarpaulin, 2 plastic rakes
THINK...	Is the Answer Us?	5 minutes	Bible
SPEAK...	My Prayers	7 minutes	Prayer lists (see accompanying artwork) and blu-tac
PRAY...	Praying for an Answer	5 minutes	Call Out Bubble (see accompanying artwork) and pens
REMEMBER...	Communicate for a Change!	1 minute	None

ACCOMPANYING ARTWORK...

- Prayers list
- Call Out Bubble

(* These activities can be eliminated for a 45 minute programme)





Taste... Written Communication

Time: 10 minutes

Materials: Packs of post-it notes, pens, refreshments

Aim: To introduce the theme for the session.

Activity

- As people enter, give them each a pack of post-it notes and a pen.
- Explain that there is to be no talking. The only communication that people are allowed is written communication.
- They must write what they want to say on post-it notes.



Engage... Reading the Signs

Time: 5 minutes

Materials: Packs of doughnuts, plastic cups, jugs of water, laminator, four differently-coloured sheets of paper

Aim: To realise that communication can also take the form of signs.

Preparation: Buy enough doughnuts for each of your young people to have one or two. Laminate each of the coloured sheets of paper.

Activity

- Place the packs of doughnuts on a table at the side of the room.
- On the opposite side of the room, place the plastic cups and fill with water (you will need a leader ready with the jugs of water to re-fill them).
- A leader must have the coloured signs and stand on a chair at one end of the room.
- Explain that the leader will choose a coloured sign and hold it up. Each sign means that a different action must be performed.
- Tell the group that a red sign means that they must run to a door in the room, a yellow sign means that they must run to the table and drink a cup of water, a green sign means that they must jump on the nearest person's back and a blue sign means that they must run to the table and eat a whole doughnut.
- There will be no talking by the leader so they will need to watch the leader to see what colour sign is being held up.
- The person that is last to perform each task will be out of the game and the game will continue until one person is left as the winner.



Engage... Spell it, Don't Cook it!

Time: 7 minutes

Materials: Big bags of pasta and two chairs

Aim: To be the first team to guess their word.

Activity

- Separate the group into two equal teams.
- Ask each team to select one volunteer from their team.
- Sit each volunteer on a chair at either end of the room.
- Then ask each team to stand at the opposite end of the room to their volunteer. (They will be standing with the volunteer from the opposite team.)
- Explain that in a minute you are going to give each team a word to spell. They have to then spell that word using the pasta that they will be given.
- Explain that they must make it big enough for their volunteer, at the opposite end of the room, to see.
- The winning team is the team whose volunteer manages to guess the right word first.



Hear... Drip Dry

Time: 5 minutes

Materials: Felt tip pens, tray, water, paper and notices

Aim: To give the week's notices and introduce the theme for the session.

Activity

- Fill a tray with water and place on a table.
- Explain that you are going to write the notices on pieces of paper and then place the paper in the tray of water, so that the ink runs.
- The group must then try to read what is written on the pieces of paper.

Say

Prayer is simply about talking to God. Talking and sharing things with your best friend helps you to get to know one another better and it is the same with God. You can communicate with God in many different ways, through drawing, talking, dreams, reading, even dancing. Prayer can change situations that we face everyday.



Engage... Pump it!

Time: 5 minutes

Materials: Balloons, 2 pumps, black pen and 2 black bags

Aim: To be the first team to get all their balloons to their side and to work out the message.

Preparation: Think of a short message. Blow up the balloons and then spell out the message on the balloons (writing one letter on each balloon). Place the balloons into a black sack. You need to do this twice as there are two teams.

Activity

- Ask the group to get into two separate teams and to line up at one end of the room.
- At the other end of the room, place both the black bags with the balloons in them.
- Explain that they are going to run a relay race. They need to run to their black sack at the end of the room, select a balloon and then get it back to their team at the other end of the room.
- Once they have taken the balloon out of the black bag, they must not touch it with their hands, but use the bicycle pump provided to blow the balloon back to their team.
- They then pass on the pump and the next person in the line goes.
- The balloons will spell out a message and each team must try to work out what the message is.
- If any person touches the balloon with their hand while trying to pump the balloon back to their team, they must go back to the black bag and try again.



Think... Communicating Starts with Sharing

Time: 5 minutes

Materials: Bible

Aim: For the group to realise that prayer is about simply talking to God.

Read

Psalm 61:1-5

Ask

- Do you think the writer of this Psalm finds praying to God helpful?
- What has God given this person?

Say

God wants to know how we are feeling and what is going on in our lives. If we share our lives with God, then God can change things and help us to feel better.



Engage... Sand Drawing

Time: 5 minutes

Materials: 2 trays, play-sand, 2 sticks, tarpaulin, 2 plastic rakes

Aim: To be the first team to correctly guess all the pictures being drawn in the sand.

Preparation: Prepare two different lists (one for each team) of items that are relatively easy to draw. Plastic rakes can often be found in bucket-and-spade playsets.

Activity

- Place the tarpaulin at one end of the room, then put the two trays on it. (Make sure there is space between the two trays).
- Pour sand into both the trays.
- Select two leaders to stand by the trays with the rake. It will be their job to rake the sand after every picture has been guessed.
- Make sure that those two leaders have a copy of the list as they will need to let the teams know when they have guessed the correct object.
- Ask the group to separate into two equal teams and number themselves from 1 to however many people there are.
- Explain that number 1's will run up and each get a different object that needs to be drawn. They then run back to their team and use the stick to try to draw the object in the sand.
- When their team have guessed right, number 2 will then come and get another object to draw and so on.
- The winning team will be the team that guesses all their objects right first.
- Please remember that when the person is drawing they are not allowed to talk or communicate any other way than drawing the picture.
- Spelling the word is not allowed either.



Think... Is the Answer Us?

Time: 5 minutes

Materials: Bible

Aim: For the group to realise that sometimes the answer to other people's prayers could be us

Read

Matthew 6:9-13

Say

An important part of prayer is talking to God and asking Him to change something or a situation within your life. The Lord's Prayer asks for God's kingdom to come on earth just as it does in heaven. (In other words, it asks for what God wants to happen.) We can make this happen. We need to realise that we may be the answer to prayer for another person. If we want to see change and people's prayers answered then we need to be listening and asking God what He wants us to do each day.



Speak... My Prayers

Time: 7 minutes

Materials: 'Prayer List' (see ACCOMPANYING ARTWORK) and blu-tac

Aim: For the group to think about whether they could be the answer to other people's prayers.

Preparation: Print out the prayer list. Make sure you have one copy of the list per group.

Activity

- Ask the group to get into groups of 4 or 5.
- Give each group a copy of the list and explain that you would like them to discuss what prayers would be prayed the most by young people of their age.
- When they have an idea of the order they would like to put the prayers in, ask them to blu-tac the list to the wall, (most popular prayer at the top).
- Ask the groups to quickly feedback their discussions.

Ask

- Are there any prayers on the wall that you could be the answer to?

Say

Could you be friends with the person at school that gets bullied and has no friends? Could you help the person who you know finds maths or science really difficult? Could you try to be kind to everyone no matter who they are? The people who are praying for a friend, or to be better at school want God to answer their prayers. We could be that answer.



Pray... Praying for an Answer

Time: 5 minutes

Materials: 'Call Out Bubble' (see ACCOMPANYING ARTWORK) pens and blu-tac

Aim: To end the session by committing to pray for an answer to prayer.

Preparation: Print or photocopy the Call Out Bubble several times.

Activity

- Ask everyone to find their own space in the room.
- Make sure everyone has at least 2 call out bubbles, pen and a piece of blu-tac each.
- Explain that you would like each person to think and pray about something that they would like to see change in their lives.
- They then need to write it in the call out bubble and stick it on the designated wall.
- Once everyone is ready, they then need to select a prayer that is not their own.
- Over the next few days, they should pray for what has been written in the call-out bubble and also ask God whether they could be the answer to that person's prayer.
- Close the session in prayer



Remember... Communicate for a Change!

Time: 1 minute

Materials: None

Aim: To end the meeting with a reminder of the main teaching points.

Say

Prayer is simply about communicating with God, and talking to God helps the relationship to grow. Prayer can change situations and struggles that we face everyday.



Accompanying Artwork... Prayer List

**I pray for some
friends**

**I pray to do well
at school**

**I pray to be
popular**



Accompanying Artwork... Prayer List

**I pray for my
parents to get
back together**

**I pray for the
latest game
console**

**I pray for more
money**



Accompanying Artwork... Prayer List

**I pray to be
happy**

**I pray to get on
better with my
family**

**I pray to feel
better about
myself**



Accompanying Artwork... Call out bubble

