

PRAYING HANDS

Fold this paper in half on the dotted line; then cut out the praying hands on the heavy, solid line. Carefully fold back the tabs on each side at the bottom and cut the slits. Hook the slits together to make your praying hands stand up.

Personalize the Lord's Prayer

Read the Lord's Prayer from Matthew 6:9-13. As you read, substitute the word *I* for *we*, *me* for *us*, and *my* for *our*.

One-Word Prayers

Before a meal, take turns saying one-word prayers. The word might be *thanks* or *help* or the name of a person you're concerned about. Each person may want to say several one-word prayers.

Walking Prayer

Take a walk anywhere. As you walk, pray silently for the people you pass and the people who live in the houses or stores you pass.

Potters' Prayers

Make a clay model to represent something you're concerned about. Pray as you model the clay. Let the clay model remind you to trust God.

"Don't worry about anything; instead pray about everything. Tell God what you need, and thank him for all he has done" (Philippians 4:6).