

I can pray a rainbow...

Genesis 9 v 13

"I am putting my rainbow in the clouds as the sign of the agreement between me and the earth"



God placed a rainbow in the sky as a symbol of his promise to never again send a flood like the one that Noah had survived in the ark. Today the rainbow is a symbol of hope for us, a reminder that God keeps his promises. Here are some rainbow inspired activities for you and your family to explore together.

Rainbow prayer hunt

Go on a search around your house and try to find something of each of the colours below. Here is a prayer you can say for each colour as you find them.



RED

Thank you, God, that you love us and that you are always with us.



ORANGE

Dear God, please help us to be patient, to wait and listen to you and to be obedient while we wait for this crisis to end.

YELLOW



Dear God, please help all those who are scared. May they know your perfect peace that takes away all fear.

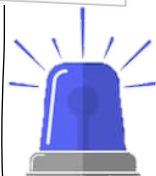
GREEN

Dear God, please look after all those who are sick, give them the treatment and help they need to recover, send your healing power into all the world.



BLUE

Dear God, please protect all those who are working for our emergency services, thank you for all they are doing to protect us.



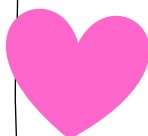
PURPLE

Thank you, God, that we are children of the King of Kings. Thank you that even though we are in difficult times we can trust in you and pray your Kingdom come.



PINK

Thank you, God, that we know you will bring us through this crisis to safety on the other side just as you protected Noah and brought him and his family through the flood.



Make an encouragement rainbow

You will need: Paper and pens or any other craft materials you have around the house

All around the world people are putting rainbows in their windows to encourage people in their street.

Use whatever craft materials you have in your house to decorate a rainbow and put it in your window where your neighbours can see it.



Some promises to share

Here are some more of God's promises from the Bible. Ask God who needs encouraging today and then send them a promise verse.

Joshua 1:9- Be strong and brave. Don't be afraid because the LORD your God will be with you everywhere you go.

Jeremiah 29:11 – "I say this because I know what I am planning for you," says the LORD, "I have good plans for you, not plans to hurt you. I will give you hope and a good future."

Mark 11:24 – So I tell you to believe that you have received the things you ask for in prayer, and God will give them to you.

Romans 8:28 – We know that in everything God works for the good of those who love him.



I can pray...in the pool!

Isaiah 43 v 2

“When you pass through the waters, I will be with you”



While the weather is so hot a paddling pool might seem like the best place to be! Here are some watery bible stories and activities to explore together. Don't worry if you don't have a paddling pool... they work just as well in the bath!

God parts the Red Sea!

Read the story in Exodus 14

Moses and the Israelites had left Egypt but they were being chased. God parted the Red Sea so that the Israelites could pass safely through on dry land.

Play...

Use some waterproof toys/figures... can you help them get from one side of the pool to the other without getting wet?

Ask...

- What are some of the challenges God has brought us through during lockdown?
- What are some of the good things to do we are looking forward to after lockdown?

Pray...

Thank you, God, that you bring us through difficult times and that you promise us good things in the future.



Jesus calms the storm!

Read the story in Matthew 14

Jesus and his followers were in a storm, the disciples were scared but Jesus told the storm to stop and be calm!

Play...

Make a boat to float on the water. Can it stay floating in the middle of a splashy storm! How big can you make the waves?



Ask...

- What are some of the things that scare you and make you afraid?

Pray...

Thank you, God, that you are always with us, thank you that we do not have to be afraid because you are always near.



Be Refreshed

As you enjoy a cool drink, here are some refreshing verses to think about together.

Psalm 42 v 1

As a deer thirsts for streams of water, so I thirst for you, God.

John 4 v 13–14

Jesus answered, “Everyone who drinks this water will be thirsty again, but whoever drinks the water I give will never be thirsty. The water I give will become a spring of water gushing up inside that person, giving eternal life.”



Jonah in the big fish!

Read the story in Jonah 1-2

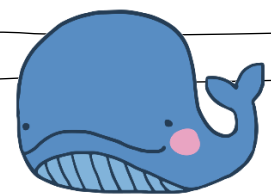
Jonah had a mission from God, when he disobeyed God he ended up underwater, inside the belly of a big fish!

Play...

The fish swallowed Jonah whole – float a container on top of the water, imagine it is the mouth of the fish. See if you can throw plastic figures or waterproof items into it – how many does it hold before it sinks? How far away can you stand and still get them in?

Pray...

Jonah wrote his own prayer poem from inside the fish, you can read it in Jonah 2 – why not write your own prayer poem together.



I can pray...the weather

Psalm 148 v 8

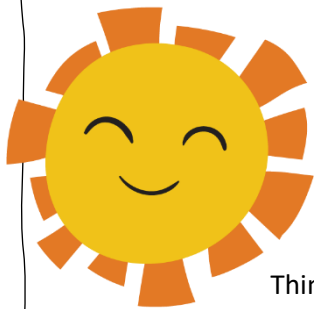
“lightning and hail, snow and clouds,
stormy winds that do his bidding,”



The weather is different every day, but the God who created the weather never changes. Why not use the weather to inspire your prayer today. You could wait for different weather to appear or hide weather symbols around the house and go on a weather prayer hunt.

Weather prayer hunt

Pray the prayer that best matches the weather or draw your own weather symbols to hide around the house, search for them and then pray a prayer that matches the symbol.



A sunny prayer

Think of something that makes you feel happy and sunny inside – turn it into a **sunshine** thank you prayer for God.

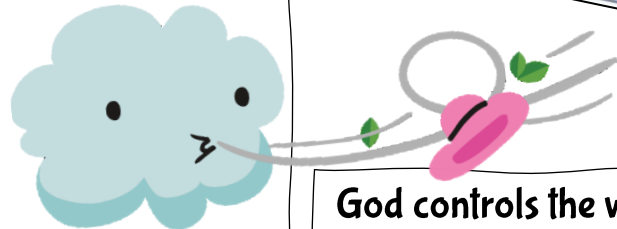
A rainy prayer

Think of something that makes you feel sad inside – bring it to God and ask God to help, remember no problem is too small or big for God.



A windy prayer

What is something that makes you excited and energised? Pray and ask God to fill you with the **Holy Spirit** to give you even more energy and enthusiasm to use for Him.



A stormy prayer

Think of something that makes you feel stormy and angry inside.

If it is something that makes God angry too - Pray a Justice **thunder** prayer asking God to make things right.

If it is something that God would not want you to be angry about – Pray a make things brighter **lightning** prayer asking God to help those involved to forgive each other and make things right.



A rainbow prayer

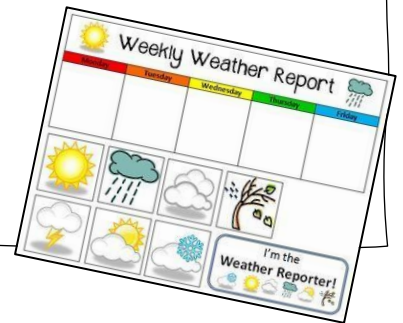
The rainbow is a symbol of God's promises of **hope** – pray for all those in the world who need hope and comfort at the moment.



Make your own weather chart

You will need: Paper and pens.

Design your own weather chart – make a grid with 7 spaces, one for each day of the week. Each day draw a picture of what the weather was like.



God controls the weather!

There are some amazing stories in the Bible of God controlling the weather... why not read some of them together.

Noah and the first rainbow

Genesis 6 – 9

The battle where the sun stood still

Joshua 10

Elijah stops the rain

1 Kings 17

Jesus calms the storm

Mark 4 v 35-41

The sun goes out!

Luke 23 v 44-49

I can pray...a scavenger hunt

Matthew 7 v 7

**"Ask, and God will give to you. Search, and you will find.
Knock, and the door will open for you."**

The Bible tell us that we should be searchers – seeking to know God better and draw closer to Him. Why not practice searching by looking for these items in your garden or on a daily walk and using them to inspire your prayers.



Outdoor prayer hunt

Go on a search in your garden or on your daily walk and try to find each of these items. Here is a prayer you can say for each item as you find them.

A stone

Dear God, thank you that you are our firm foundation. Help us to trust in you and build our lives on your word.

A flower

Dear God, thank you that each one of us is beautiful and precious to you. Thank you that you know each of us by name.

Do you know the name of the type of flower you have found?

A twig/branch

Dear God, thank you that just like every twig comes from a tree each of us is a small part of your big plan. Help me to live for you every day and share your love with others.

A berry or fruit

Dear God, help us to share your love with others, may we demonstrate the fruits of your Spirit.

You can read about the fruits of the Spirit in Galatians 5 v 22-23.

A leaf

Dear God, just as a leaf is blown about by winds we cannot see; help me trust in your Holy Spirit to guide me in my life.

A piece of rubbish

Make sure you put the rubbish in a bin when you finish.

Dear God, thank you that you forgive us for our mistakes. I am sorry for the times when I have not lived right for you. Help me to clear up the mess from my own life.

Plant Collage

You will need: Card/Paper, Glue, plants/ grass/ flowers

Why not create your own collage using the plants, grass and flowers from your garden or daily walk?

Remember not to pick any flowers or leaves from plants in other people's gardens without permission.



God's Wonderful Creation

What a wonderful world God has created for us to explore. Here are some verses that King David wrote about how beautiful the world is, why not write your own poem or song about some of the beautiful things you see in the world.

Psalm 104 v 19-25

You made the moon to mark the seasons, and the sun always knows when to set. You make it dark, and it becomes night.

Then all the wild animals creep around. The lions roar as they attack. They look to God for food. When the sun rises, they leave and go back to their dens to lie down. Then people go to work and work until evening. LORD, you have made many things; with your wisdom you made them all. The earth is full of your riches.

Look at the sea, so big and wide, with creatures large and small that cannot be counted.



I can pray...a scavenger hunt

Matthew 7 v 7

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Knock, and the door will open for you.”

The Bible tell us that we should be searchers – seeking to know God better and draw closer to Him. Why not practice searching by looking for these items around your house and using them to inspire your prayers.

INDOORS



Indoor prayer hunt

Go on a search around your house and try to find each of these items. Here is a prayer you can say for each item as you find them.



A photo of family or friends

Dear God, we pray for the people in this photo, thank you that you love and care for them. Help them to know you more.

A spoon



Dear God, we thank you that you provide the food we need each day. We thank you for our local foodbanks who are helping to feed the hungry.



A cuddly toy

Dear God, we pray for all those who are lonely or feel isolated while we cannot meet freely. Help them to know your love and comfort.



A pencil

Dear God, thank you for all those working in education who are finding ways to teach even though they cannot meet with their classes in person.



Soap

Dear God, we pray for all those working to protect us from Coronavirus and keep us safe. We pray especially for those working in hospitals and searching for a cure.



A clock

Dear God, we pray for patience as we wait for all the restrictions to be lifted. Help us to trust in you and your perfect timing.

Scavenger Junk Modelling

You will need: Any craft materials you have around the house and any junk/recycling that is clean and safe (no sharp edges)

Every week we throw lots of things away in our homes. Why not use some of the rubbish that you would normally throw away to create your own junk model or art project.



Ask, Seek, Knock

We can be seekers, not just of objects but of God! We can seek to know more about God and spend more time talking and listening to Him. These verses from the Bible remind us that when we pray and seek God, He hears and answers our prayers.

1 John 5 v 14-15 - And this is the boldness we have in God's presence: that if we ask God for anything that agrees with what he wants, he hears us. If we know he hears us every time we ask him, we know we have what we ask from him.

1 Chronicles 16:11 Depend on the Lord and his strength; always go to him for help.

2 Chronicles 7:14 - Then if my people, who are called by my name, will humble themselves, if they will pray and seek me and stop their evil ways, I will hear them from heaven. I will forgive their sin, and I will heal their land.



I can pray...a thank you prayer!

1 Thessalonians 5 v 17–18

Pray continually and give thanks whatever happens.
That is what God wants for you in Christ Jesus.

God loves it when we pray and talk to him – we can pray and ask for things, we can stop and listen to what God is saying – today let's take some time to pray a big **THANK YOU** to God for all the amazing things He does for us.



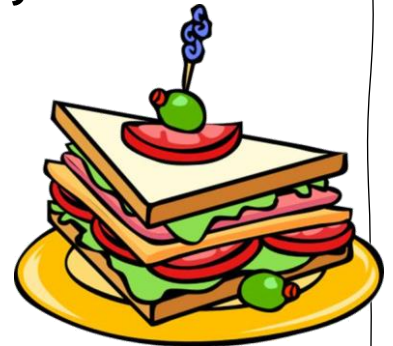
Thank you for friends and family

Visit all the rooms in your house – every time you come across a photo of a friend or family member stop and say a thank you to God for them.



Thank you for food

Every time you stop to eat or drink today – take a moment to say thank you to God for everything he provides for us.



Thank you for our home

Some things we use every day without thinking about them.

Pick a room in the house – stretch out wide with your hands towards the walls, stretch up tall between the floor and the ceiling – and say thank you to God for the house you live in.



Thank you for creation

Look out of a window at the beautiful creation that God has made – thank God for all the different plants and animals you can see.



Psalm 95 v 1–3

Come, let's sing for joy to the Lord.
Let's shout praises to the Rock who saves us.
Let's come to him with thanksgiving.
Let's sing songs to him,
because the Lord is the great God,
the great King over all gods.

Thank you for music

Put on a worship song and sing and dance as a thank you to God!



I can pray...a rock hunt

Joshua 4 v 21

"In the future your children will ask you,
What do these rocks mean?"



In the story of Joshua, the tribes of Israel collected rocks and placed them at the point where God took them across the river Jordan into the promised land. They were to be a reminder of all that God had done for them in the past and all his promises for the future. Here are some rock themed activities for you and your family.

Rocks prayer hunt

Go on a search around your garden or on your daily walk, collect some rocks and then sort them and match them to these simple prayers together.

Your **ROUNDEST** Rock



Dear God, we pray for everybody around the world affected by this pandemic. Help those in the world's poorest countries, protect them through this difficult time.

Your **BIGGEST** Rock



Dear God, we pray for the leaders and government of our country as they make difficult decisions and work to keep us all safe.

Your **SMALLEST** Rock



Dear God, we pray for all the children who are not able to go to their school, help them to learn and have fun in their homes.

Your **PLAINEST** Rock



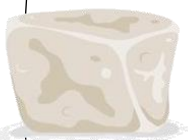
Dear God, we pray for all those who may go unnoticed but who are doing essential work – our delivery drivers, rubbish collectors and many more working in our community.

A **MULTICOLOURED** Rock



Dear God, thank you for all the colourful rainbows that have appeared in windows. We pray for all those living on our street that they would not feel lonely but would feel connected and loved during lockdown.

Your most **SQUARE** Rock



Dear God, we pray for all those keyworkers working in our hospitals and shops, thank you to all those who are working to keep us safe.

Decorate a rock to hide

You will need: Paint and Brushes
or felt tip pens

Pick a few of the rocks that you have collected. Wash them and then leave them to dry.

Once your rocks are dry; paint or draw a design on them. You could write an encouraging word or Bible reference on them, or just do a pattern that you like.

Once your rocks are ready release them back into the wild for somebody else to find! Pray that whoever finds your rock will be blessed and encouraged.



What do these rocks mean?

Just as the Israelites built a pile of rocks to remind them of how God had looked after them.; why not start your own rock collection in your home?

When something good happens to your family during lockdown or you do something fun together write it on a rock as a reminder.

On days when you are struggling as a family you could go back and remember a better day and say thank you to God as you remember. Just like the Israelites we can hold onto God's promise that he has good plans for our future and that there will be better days ahead.

Psalm 9:1

"I will give thanks to you, Lord, with all my heart; I will tell of all your wonderful deeds."



I can pray...all over my house!

Isaiah 32v18

"My people will live in peaceful places and in safe homes and in calm places of rest.

The Bible teaches us that God provides for us and keeps us safe. Why not use the safety of your house as a place to pray for some of those in the world who are struggling at the moment.

Everybody's house is different so if you don't have one of the rooms in your home just use the room that best suits the prayer!



A prayer in the bedroom

Take a moment to pray for anybody who doesn't have a safe place to sleep at night.



Thank God for all the hotels that have taken in the homeless during lockdown.

Pray for all those working to find safe homes for people to stay in.

A prayer in the kitchen

Take a moment to pray for all those keyworkers who are making sure that food is still being prepared, transported and sold during lockdown.



Pray for the foodbank and all those charities helping people to access food and supplies.

Ask God to help all those who are struggling to afford food to feed themselves and their families.

A prayer in the dining room

Take a moment to pray for those families who are isolated in their homes together.



Ask God to draw them closer to one another and Him during this time of being together at home.

A prayer in the bathroom

While you are in the bathroom... wash your hands and then take a moment to pray for all working for the NHS and emergency services.



Pray for all those who are working to find a cure for the Coronavirus that God would give them wisdom and help them bring an end to the spread of the virus.

A prayer in the living room

Take a moment to pray for all those who appear on the screens of our home.



Ask God to guide the leaders of the countries of the world as they make difficult decisions to protect everybody.

Thank God for all those who lead and work for the church and are finding new ways to connect with their congregations.

Thank God for all those in the entertainment industry who continue to produce television, theatre, music and films for us to watch at home.

A prayer in the garden

If you do not have a garden, you can pray from your doorstep or from a window.



Take a moment to pray for all those in your street and community.

Thank God for all those who have reached out to help and support their neighbours during lockdown.

Ask God to keep our communities connected even after the lockdown time is over.

I can pray...shapes

Jeremiah 29 v 13

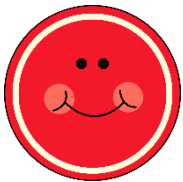
“You will search for me. And when you search for me with all your heart, you will find me.”



The Bible tell us that we should be searchers – seeking to know God better and draw closer to Him. Why not practice searching by looking for shapes around your home and finding some of the shapes described in the Bible.

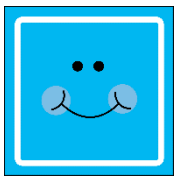
Shapes prayer hunt

Go on a search around your house and try to find something of each of the shapes below. Here is a prayer you can say for each shape as you find them.



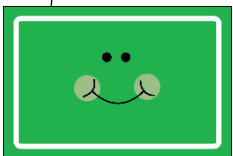
CIRCLE

Dear God, we pray for the whole world, for all those who are sick because of the Coronavirus that they would know your love.



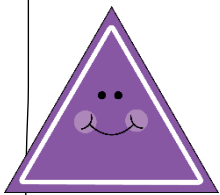
SQUARE

Dear God, we pray for everybody in our house, that they would feel safe and loved while we must spend so much time at home.



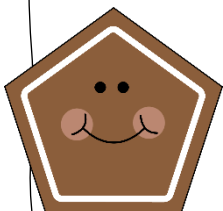
RECTANGLE

Dear God, we pray for all those working in big buildings like hospitals and supermarkets that you would protect them and give them strength.



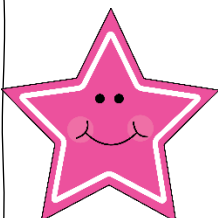
TRIANGLE

Dear God, we pray for all those who lead our churches, thank you that they are still working to share your love and hope with others.



PENTAGON

Dear God, we pray for all those who are leaders of countries around the world. Help them as they make difficult decisions and work to look after us and keep us safe.



STAR

Dear God, thank you that your promises never change, that we can trust in you. Thank you that you are the light of the world and our hope in dark times.

Make a shapes picture

You will need: Paper and pens or any other craft materials you have around the house

Find some different shaped objects around your house, put them on a piece of paper and then draw round the shapes.

Once you have a page of shapes use your imagination to turn the shapes into a picture.



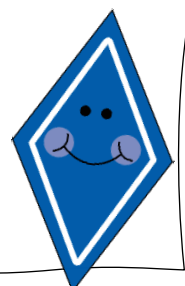
Help shape the world

These bible verses encourage us to be world shapers, to change the world around us by living lives in obedience to God.

Romans 12 v 2 - Do not be shaped by this world; instead be changed within by a new way of thinking. Then you will be able to decide what God wants for you; you will know what is good and pleasing to him and what is perfect.

Philippians 2 v 14-15 - Do everything without complaining or arguing. Then you will be innocent and without any wrong. You will be God's children without fault. But you are living with crooked and mean people all around you, among whom you shine like stars in the dark world.

Mark 6 v 33 - Seek first God's kingdom and what God wants. Then all your other needs will be met as well.



I can pray...a snow day!

Isaiah 1 v 18

“The Lord says, “Come, let us talk about these things. Though your sins are like scarlet, they can be as white as snow. Though your sins are deep red, they can be white like wool.”

If it has been snowing where you are why not try out some of these snowy activities and connect with God together.



Make a snow angel!

Read **Acts 12 v 5-17** together where an angel rescues Peter from Prison.

Make a snow angel!

Lie on the floor and spread your arms out to the side to form an angel shape in the snow.

Ask...

- What do you think angels look like?
- How do you think Peter felt when the angel appeared?

Pray...

Why not pray for all those in the persecuted church who struggle to worship God freely and share the Good News where they live.



Write a message in the snow!

Seeing it snow can bring us real excitement and joy. Why not spread some joy, hope and love by writing a message for somebody to find in the snow?



Sorry Snowballs

Read **Isaiah 1 v 18** together, it reminds us that God makes our scarlet sins as white as snow.

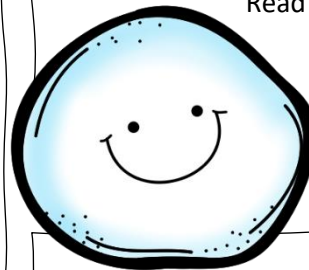
Make a snowball!

Scoop up some snow and make it into a snowball. As you do ask God what mistakes and sins in your own life you need to say sorry for.

Throw your snowball!

Throw your snowball as far as you can, remember that Jesus died to take the punishment for all of our mistakes. As you throw your snowball say a great big SORRY to God.

Read **Psalm 51 v 7** together as a thank you prayer to God.



Catch a snowflake...

Head outside and open your mouth to catch a falling snowflake on your tongue as it falls from the sky.

Catch a message from God...

What messages does God have for you today? Close your eyes and ask God to give you a message, feeling or picture in your head.

