

PRAY IT – Week 4: Practicing the Way of Love Through Prayer

Big Idea

Prayer helps us notice God’s presence in everyday life. Prayer can be words, silence, movement, gratitude, questions, listening, or simply paying attention.

Core Truth for All Ages

God is always near. Prayer helps us open our hearts, minds, and lives to God’s love.

| Age Group | Theme | Main Activity | Key Connection | Conversation / Reflection |
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| Ages 0–4 | Notice It | Simple Prayers, Stuffed Animal Prayers & Listening Prayer | Prayer is safe, loving, sensory, and relational. Children learn that God is near in everyday moments. | “What do you hear?” “Who should we pray for?” |
| Ages 5–10 | Say It | Prayer Jars, Prayer Walks & Color Prayers | Prayer can happen through creativity, movement, gratitude, and noticing the world around us. | “What made you happy today?” “Where did you notice kindness?” |
| Ages 11–13 | Explore It | Emoji Prayers, Prayer Playlists & Prayer Experiments | Prayer can include honest emotions, music, questions, silence, art, and reflection. | “What kind of prayer feels natural to you?” “What helps you feel grounded?” |
| Ages 14–18 | Own It | Unfiltered Prayer, Breath Prayer & Praying for the World | Prayer connects real emotions, anxiety, justice, compassion, and action. | “What do I wish God understood about me right now?” “What helps me feel calm or connected?” |
| Adults | Live It Deeply | Breath Prayer, Praying the Day & Listening Prayer | Prayer becomes a practice of attention, reflection, honesty, and openness to God’s presence. | “What is shaping my inner life?” “Where is God inviting me toward trust or healing?” |

Suggested All-Ages Practices for Home

Prayer Can Be...

- words
- silence
- movement
- music
- art
- gratitude
- questions
- breath
- paying attention

Simple Practices for the Week

- Share one gratitude each day
- Pause for one minute of quiet together
- Take a prayer walk outside
- Pray for someone by name
- Try a breath prayer before bed or school/work

Sample Breath Prayer for All Ages

Inhale:

“God, you are near.”

Exhale:

“Help me live your love.”

Weekly Invitation

“How can we notice God’s presence in everyday moments this week?”