

PRAYER RELAY

FAMILIES

Thank you for being part of the Emmanuel church family prayer relay! Encourage your children that they are part of the Emmanuel family, praying along with lots of others, at the same time and before and after them.

You could perhaps make a craft about trusting God.

HERE'S AN IDEA



Explain that in our relay today, we are trusting God's promise from **Jeremiah 29 v 11-13**:

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart."

It does not matter if you do not pray for a whole 30 minutes! Do what works well for your family - and this may take some trial and error. You can always do it again on another day if it doesn't work out (or if it does!).

You should feel free to pray as you find most effective and for as long as you want to but if it helps, below is a suggested structure. You can use some or all of it. Remember you don't have to all sit down with your hands together!

If your children are small or love music, you may want to sing their favourite worship song first, to help you move from thinking about your day to focusing on God. Stuart's toddler music may help with this for little ones. They may want to draw a picture during or after the prayers to show what they mean and then you can email them to photos@emmanuelcroydon.org.uk

SAT 25 JULY

8am - 8pm

GETTING STARTED

1

PRAISE: Start by praising God for who He is. Ask your children what is their favourite thing about God and give thanks to Him for that. Tell them your favourite thing about God and thank Him for that too. If your children are a bit older, you may want to read **Psalms 18:1-2** together and pick out one or two verses which will help you to praise Him.

2

SAY SORRY: Focusing on who God is reminds us of our own unworthiness. Talk with your children about how we all fall short - and that living in lockdown can be hard! We all get grumpy, impatient etc.

Pray together as a family for this rather than asking your kids to list all the things they have done wrong. Spend some time in quiet and then ask God's forgiveness.

Remind your children that God promises us in the Bible that if we say sorry, he will forgive us because of what Jesus did on the cross, to take the punishment instead of us. You could read to them **1 John 1 v 8-9** to give you confidence in God's faithfulness as you do this:

"If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."

EMMANUEL CROYDON
VIRTUAL CHURCH FOR ALL

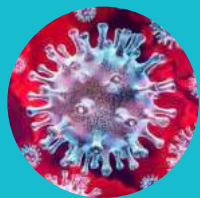
GETTING STARTED

3

THANK GOD: Ask your children to come up with (at least!) 3 things they would like to thank God for. It could be anything from the NHS to their favourite toy, to ice cream. Come up with your 3 things too. Thank God for our church family and our amazing staff team (especially the Rock and EYC leaders).

4

ASK GOD - your children may have particular things on their minds to pray for, but here are some suggestions.



CORONAVIRUS

- For a vaccine
- That people will be careful as lockdown relaxes
- For the NHS staff and carers and their families
- For those who are sick and their families
- For those who are sad or mourning
- For those who are alone and struggling with isolation, for those missing their friends
- For global cooperation in fighting the virus (and against global squabbling)

AND FINALLY.....

As you finish, you might want to say the **Lord's prayer** together, or sing a song together, or your children may want to draw a picture.

You could end with **Psalm 18v2** if you have used that:

"The Lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge, my shield and the horn of my salvation, my stronghold."



EMMANUEL

- For our staff team
- For Church Without Walls - for rest and refreshment over the summer
- For the pastoral team looking after people at home
- For Becky as she moves to her new job
- For our new vicar John and his family



OUR NATION

- For our government and its advisors, that the measures to stop the virus will be effective
- That people will become Christians during this time



OTHERS

- For their grannies/grandpas/other family members
- For their friends
- For their school teachers

THANK YOU FOR BEING PART OF OUR CHURCH FAMILY PRAYER RELAY