

# PRAYER IDEAS FOR TEENAGERS

## BEDROOM DOOR PRAYERS

Why don't you try writing some prayers for your bedroom door? What would you want to pray as you go into your room? A prayer of blessing? A prayer for your homework? A prayer for peace?

What about as you leave your room? For school? Your friends?  
Your family?



BEDROOM DOOR  
PRAYERS

## MAKE A PRAYER DEN

Many find it easier to pray in church than at home. It's easier to go into a place for prayer than just praying in your bedroom.

Why don't you have a go at creating your own Prayer Den in your room? Or pitch a tent in the summer! Decorate it how you like, then go in, sit down and spend time in God's presence.



PRAYER DEN

Based on ideas from the  
Teenage Prayer  
Experiment Notebook

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## LEGO BIBLE MODELLING

Why don't you have a go at reading a story from the Bible, imagining the scene, and then designing the scene in Lego?

What does it look like?  
What sounds can you hear?  
What does it smell like?

As you do it, imagine where you are in the scene. Who are you? Imagine Jesus turning to you – what does he say?



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## FIVE FINGER EXAMEN

The Jesuit's have been using this method of engaging with the Examen or one very similar for hundreds of years. Part of Ignatian spirituality, it's a guided way of spiritually reflecting on your day.

Start by getting the young person to close their hand into a fist, and then open each digit (finger or thumb), read the text and pause in order to reflect.

### WHAT HAS STOOD OUT?

As our middle finger sticks out, think about the moments that have stood out to you today - why have they stood out? Were they good or bad?

### WHERE HAVE YOU ENCOUNTERED GOD?

As our index finger is often used for pointing at things, look back on your day as to where you have encountered God during your day. Why do you think it happened there?

### WHAT HAS BEEN GOOD?

As a thumbs up often conveys something as good, think about the moments that have been good this week and thank God for those moments.

### WHAT DO YOU NEED GOD'S HELP WITH?

Our ring fingers are named after where we put our wedding rings. Think about the promises you've made and the responsibilities you have. What do you need God's help with?

### WHAT LITTLE CHANGE CAN YOU MAKE?

Our little fingers are often used to balance us when we are holding something. Reflect upon the balance in your life, either between what's helpful and what isn't about the joys and challenges. What stuff do you need to say sorry for? What changes do you need to make?

