



LIFE 2.0 at St. Peter's

Prayer

Activity Guidelines

All LIFE 2.0 activities are designed for families and individuals to move independently through each station. General guidelines are listed below, but you are encouraged to make the activity meaningful to you and your experience. Feel free to interact with others at the table, as fellowship is one of our goals, but we ask adults at the table to help keep the younger participants focused as much as possible.

Winter Prayer List

God, be with us in the warmth of this space and with those who feel the cold of winter.

Make a list of things people struggle with in winter. Use the following questions to help expand your list (parents of younger children, feel free to adapt in whatever way to connect with your children, as appropriate).

- How does winter impact those who farm or work outside?
- How does winter impact those with sub-standard housing, or those who are homeless?
- How does winter impact energetic children?
- How does winter impact people with depression or mental illness?
- How does winter impact the elderly or disabled?
- How does winter impact those with no transportation?
- How does winter impact those who are lonely or alone?

Write the names, issues, or concerns you have listed on a snowflake(s). Hang them up at home and remember to pray for these through the winter.

Lord, we are blessed to have this space to gather in the warmth of a home. We lift up those who might feel the bitter cold of winter. Hear us as we pray for...

Amen