

LIFE 2.0: Prayer St. Peter's Church

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Take Home Sheet



Using Five Fingers to Pray

Each summer we use the Five Fingers Prayers of the People during Funday School. Using our fingers can help younger children remember to pray for others. Try it with your own children!

- **Thumb:** use this to point to a person close to you. Pray for those close to us (friends, others in the group, parents, grandparents, siblings, etc.)
- **Forefinger:** use this to point far away. Pray for those who are not close to us right now (perhaps grandparents, someone in the family who is traveling, etc.)
- **Middle Finger:** this is the tallest, so we pray for our leaders (the president/governor, church leaders, teachers, soldiers, etc.)
- **Ring Finger:** this is the weakest finger, so we pray for those who need help, such as those who are sick, lonely, or sad. Include names from parish prayer list here.
- **Pinkie Finger:** we use our littlest finger to remember God's littlest children: you!

Different Types of Prayer

The *Book of Common Prayer* teaches us that there are actually SEVEN different types of prayer!

First of all, prayer is defined in the BCP as "responding to God, by thought and deeds, with or without words." What are some of the different ways you can pray?

Here are the seven types of prayer. Think about which ones you already do, and which ones you might like to do more!

Adoration is the lifting up of the heart and mind to God, asking nothing but to enjoy God's presence.

Similarly, we offer **Praise** not to obtain anything, but because God draws praise from us!

Thanksgiving is offered to God for all the blessings of this life, for our redemption, and for whatever draws us closer to God.

In **Penitence**, we confess our sins and make restitution where possible, with the intention to amend our lives.

Oblation is an offering of ourselves, our lives, and labors for the purposes of God.

Intercession brings before God the needs of others; in **Petition**, we present our own needs, that God's will may be done.

From Book of Common Prayer, page 856-7.

A Faith at Home Activity: Choosing a Mealtime Prayer

One of the most accessible times for family prayer is at meals. Mealtime prayers can be short and sweet, or adapted for different needs and events.

If you have a family prayer, let us know so we can add it to our list! If you're looking for one, try one of the prayers on the back of this page. Let us know which ones work best for your family!

Continued on back page

Bless us, O Lord,
and these thy gifts
which we are about to receive
from thy bounty.
Amen

For life and food,
for love and friends,
for everything thy goodness sends,
Almighty God, we thank thee!
Amen

God,
Bless this food we are about to receive.
Give bread to those who hunger,
and hunger for charity and justice
to us who have bread.
Amen

Thank you for the earth so sweet.
Thank you for the food we eat.
Thank you for the birds that sing.
Thank you, God, for everything!
Amen

God is great, God is good!
Let us thank him for our food.
By his hand we all are fed,
give us, Lord, our daily bread.
In Jesus' name,
Amen

Bless our food, dear God we pray,
and bless us, too, throughout the
day.
Keep us safe and close to you,
keep us just in all we do.
Amen

**We thank you Lord for
generous hearts,
for sun and rainy weather.
We thank you Lord for
drink and food,
and that we are together.
Amen**

Bless the food before us,
the family beside us,
and the love between us.
Amen.

Who... gives us the food that we
need everyday?
THANK YOU, JESUS!
Who gives us the truth and the
light and the way?
THANK YOU, JESUS!
THANK YOU, JESUS!
THANK YOU, JESUS!
THANK YOU, JESUS!
Thank you, Amen!

To the tune of "The SpongeBob Theme
Song"
Courtesy of Forward Movement's *Family
Graces*. See also Jamie Osborne's article
"Table Grace with Little Ones" on
www.growchristians.org for more
inspiration!