



# SO LET'S PRAY



## **SMALL HANDS IN PRAYER**

**SIMPLE IDEAS FOR PRAYER AND SIMPLE PRAYERS FOR  
CHILDREN**

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St. Richard of Chichester. Peel Hall

# What is prayer

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Prayer is very simply, talking to God, and listening to his answer.

Think about the times you want or need to talk to somebody.

When you want someone to help you or just to listen.

We want to speak and talk to someone who understands and who loves us.

God know what we **need even before we start to pray** but its always nice to ask and have a conversation with him

When God Answers our prayer it is **always** the answer we **need not always the answer we WANT**. The answer to our prayer can be difficult. But it will make us stronger in ourselves and in our faith

God loves us, Jesus Christ loves us and he is waiting for you to talk to him because, how can he help you if you don't ask him?

Times that we might want to pray may include.



When we are **Sad**  
something

When we **Dislike** or **Hate**

When we are **Frightened**  
**Excited**

When we are **Happy** and

When we are **Angry**

## How to Pray

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There is no correct way to pray because this is YOUR time with God and you can talk and pray in any way you wish.

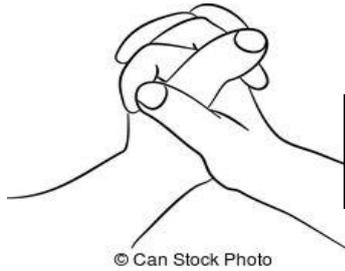
GUESS WHAT YOU CAN PRAY ANYWHERE AT ANY TIME IN ANY WAY YOU WANT

So here are just a few ways you might like to try.



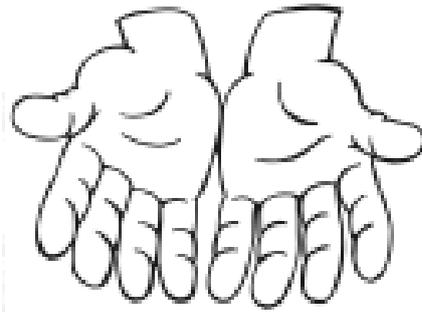
HANDS TOGETHER

This way will be helpful  
for the FINGER PRAYER  
that you will find later  
in the booklet



HANDS CLASPED

© Can Stock Photo



HANDS OPEN

You can pray standing, sitting down when you are chilling on the settee when you are playing outside in the park, just before you go to sleep when you get up The choice is yours.

Here is a lovely way to learn to pray. Using your own words and talking to God in your own way.

Try this THE FINGER PRAYER



**See your hand.**

Your fingers can be used to bring to mind different things to pray for.

**Thumb** this is the strongest finger on your hand.

Give thanks for all the strong things in your life, like home and family, relationships that support and help you.

**Index finger** this is the pointing finger.

Pray for all those people and things in your life who guide and help you. Friends, teachers, doctors, nurses, emergency services and so on.

**Middle finger** this is the tallest finger.

Pray for all the important people who have power in the world, like world leaders and their governments, members of parliament and local councillors, the Royal Family, other world leaders and their governments.

**Ring finger** this is the weakest finger on your hand.

It cannot do much by itself. Remember the poor, the weak, the helpless, the hungry, the sick, the ill and the bereaved.

**Little finger** this is the smallest and the last finger on your hand.

Pray for yourself.

### The Sign of the Cross



Often in church meetings the whole congregation will Prayer out loud, and to each other.

## Well known Prayers

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The Lord 's Prayer      Jesus  
gave us this prayer

Our Father who art in heaven,  
Hallowed be thy Name.  
Thy kingdom come.  
Thy will be done,  
On earth as it is in heaven.  
Give us this day our daily bread.

*Did you know that  
"Amen" means  
"YES, I agree with that!"*

And forgive us our trespasses,  
As we forgive those who  
trespass against us.  
And lead us not into  
temptation,  
But deliver us from evil.  
For thine is the kingdom,

and the power, and the glory,  
for ever and ever.

Amen.

This is a link to you tube for the words and music for the Caribbean Lord's Prayer. See what you think and tell us about it.

<https://youtu.be/7VwGRoLHIYo>

## The Grace

The Grace of our Lord Jesus Christ, the love of God and the fellowship of the Holy Spirit be with us all evermore Amen



## Good Morning God

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God of the morning.

Thank you for the gift of this new day. Be with me during the good times and the difficult times of today. Look after my family, (Pets), friends and teachers this day Keep us safe in your love. Through Jesus Christ our Lord

Amen

The Prayer of St. Richard of Chichester.

One of our Churches within our Team is dedicated to St Richard of Chichester and St Richard wrote a lovely prayer it is very well known

**Thanks be to you, our Lord Jesus Christ,  
for all the benefits which you have given us,  
for all the pains and insults which you have borne for us.  
Most merciful Redeemer, Friend and Brother,  
may we know you more clearly,  
love you more dearly,  
and follow you more nearly,  
day by day. Amen**

**BUT**

The prayer was USED for the song "Day by Day" in the musical *Godspell* (1971), with music by Stephen Schwartz.<sup>[27]</sup> The words used, with A FEW CHANGES

Day by day,  
Dear Lord, of thee three things I pray:  
To see thee more clearly,  
Love thee more dearly,  
Follow thee more nearly,  
Day by Day.

<https://youtu.be/OqEHaQ1RbME> (Youtube link to Day by Day from *Godspell*) #verydodgyfashion **Tell us what you think about it**

# INSIDE ST. RICHARD OF CHICHESTER



Revd Ian, is The Vicar at St Luke's(Which is another of the churches within our team) and I asked him what HIS favourite childhood prayer was and this was what he said...

"not so much a childhood prayer but something my old teacher used in assemblies many times before I became a Christian":

So here hath been dawning  
Another blue Day:  
Think wilt thou let it  
Slip useless away.

Out of Eternity  
This new Day is born;  
Into Eternity,  
At night, will return.

Here hath been dawning  
Another blue Day:  
Think wilt thou let it  
Slip useless away.

# INSIDE ST. LUKE THE PHYSICIAN



You may, like Ian, have a favourite song you sing at school or school prayer you use during assemblies that you like and means something special to you



## Night Night, God Bless.

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AHHHHH Bed time, tired out after a long day of learning and play of enjoy peoples company and of making good and sensible choices for ourselves. If we have had a good day, FANTASTIC. If we haven't...well that day is over and with God's help if we have done things wrong we can ask for forgiveness, help and take comfort in the fact that he loves us and that he wants us to rest so that tomorrow...we, tomorrow we can start again try and get it right.

Night-time prayers are important bedtime prayers can be even more so. I was lucky my mum and dad said them to me and

years later I said them to my daughter's (we ended up praying for all dolphins and seals; it was important for them, because they really loved marine animals) then, after prayers were finished, I tucked them into bed.

This may not be possible for all to have your parents or guardians/brothers/sisters say prayers with you but God is with you alongside you protecting throughout the night and if you pray to him you WILL feel nearer to the one who knew you by name before you were born and loves you without limits now.

This is Revd Stephen's favourite childhood prayer and it's a night-time prayer.

"This is my childhood prayer." Says Revd Stephen

Lord keep us safe this night,  
secure from all our fears.  
May angels guard us while we  
sleep,  
'till morning light appears. Amen.

*Revd Stephen is the Team Rector he is in charge of The Parish Church of William Temple and he is also like our Head Teacher (Or he is like Gru and we are the Minions!)*



**ARE ALL THE MINIONS BOYS?**

# INSIDE WILLIAM TEMPLE CHURCH



My childhood is prayer is also a bedtime prayer

Gentle Jesus meek and mild,

Look upon this little child,

Pity my simplicity,

Suffer me to come to thee,

Amen.

*(Happy Dreams)*

Revd Adam who works with us all but especially with Revd Stephen at the moment told me about his prayer.

Like Revd. Ian Adam wasn't raised as a Christian but there was one bit of the bible that Adam learnt and that was from the Old Testament (This is the first part of our bible, it tells us about

God from Creation to before Jesus was born) and in the Old Testament is a book called The book of Psalms (*pronounced sarms*) this a book that contains all sorts of thing but in poems.

One of the most well-known is Psalm 23 and it brings comfort and help to a lot of people when they are very sad and fed up.

The language used is old fashioned but it is lovely that is why this version is still used today despite newer version being around see what you think.

### Psalm 23 King James Version (KJV)

**23** The LORD is my shepherd; I shall not want.

<sup>2</sup> He maketh me to lie down in green pastures: he leadeth me beside the still waters.

<sup>3</sup> He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake.

<sup>4</sup> Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.

<sup>5</sup> Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over.

<sup>6</sup> Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the LORD for ever.

<https://youtu.be/cUXtuwlQXsU>

This is a link to You tube to a boys choir call "Libera" and they are singing these words the tune is very beautiful. It is very

*If you have any questions about any of the language of the words used in the booklet or article please do ask we will be more than delighted to answer your questions*

different from the other music, but listen to it hear how the music fits the words. We think it is lovely.  What do you think? You may not like it you may love it.

## **FOR YOU TO WRITE YOUR OWN PRAYERS AND THOUGHTS**



# Lord's Prayer Word Search

A N L N S S E N E V I G R O F  
N T A L K T D A N L H V O R P  
Y E V E I L E B N H P A E Z R  
T Y A R P B U H E Y E M N Q A  
I L I S T E N S C Y W A A D I  
M U F E E L P M I S E H V X S  
E T E M P T A T I O N S E E E  
C O M M U N I C A T E A S R N  
S R A E H P O W E R G Y S X E  
D A I L Y F I Q Q Y M G U K X

ANYTIME  
ANYWHERE  
ASK  
BELIEVE  
COMMUNICATE  
DAILY  
EXAMPLE  
EYES  
FORGIVENESS  
HANDS

HEARS  
HEAVEN  
LISTENS  
POWER  
PRAISE  
PRAY  
SIMPLE  
TALK  
TEMPTATIONS

