**‘Contemplative’ prayer**

These resources work best with smaller groups of 4-5.

**The Environment**

The environment can be used to create a space that allows for contemplative and reflective prayer. Instrumental worship in the background can be used to maintain a calm atmosphere and will enable children to focus on listening to God without getting diverted or guided by the lyrics of a song. It also has high repeatability as it requires little equipment and setup time.

Here is a useful playlist to use:

<https://open.spotify.com/playlist/4XyENOQeho7v4UlHwmjfOV?si=CXqAQz8HRFaftHOucVE3Dg>

**Habakkuk’s guide to contemplative prayer**

Outline a brief description of Habakkuk – who he was and the situation he was in – emphasising that God cares about all the details of life, the questions, struggles, interests, and achievements.

5 Steps to Contemplative Prayer (based on Habakkuk scripture)

1. Climb up the watchtower
2. Wait
3. Look to see what the Lord says
4. Write down what God has said
5. Read what has been revealed

**Psalm Writing**

* Look at and read a psalm together as a group
* During the exercise, emphasise how David poured out his heart to God (the good and bad) but also spent time seeking and listening to God
* Encourage a time of quiet and calm using instrumental worship
* During the time of quiet children will be encouraged to write their own Psalms to God

**Prayer wall/Prayer Chain**

* Spend time in quiet together, then write down any prayers that come to mind on sticky notes/paper to make a prayer wall or a prayer paper chain
* These can also be used to reflect on answered prayers in the future and how God provided

**Breath Prayers**

Focusing on centering the breath and repetition of small and simple prayers that can be said in one breath. Examples:

* I cast my cares on you – 1 Peter 5:7
* I wait for you, Lord – Pslam 25:21
* My soul finds rest in you alone – Psalm 62:5
* Help me be still. You are God – Luke 22:42
* Watch over the ones I Love
* Thank you for my family/friends/teachers

**Dr Gloria Wilcox Feeling’s Wheel**

* The aim is to develop an emphasis on praying over others
* Time spent helping put words to feelings
* After a time of quiet, children reflect on how they are feeling using the feelings wheel and in small groups pray for each other
* Encouraging children to pray for each other’s needs and encourage one another

