

## Creative Prayer Ideas

- Use world map/globe/inflatable globe to throw – pray for a country
- Congregation use an object to help them focus – e.g. a stone, a feather, a flower, or a candle
- Each person write a prayer topic on paper, put it into a balloon, blow up and tie the balloon. Hit balloons around room. Then pop balloons and pray aloud for each theme.
- Give everyone a small piece of play dough as they arrive. Ask them to shape it into how they are feeling or how they see themselves. Bring to the cross as a symbol of self-offering
- Put rubbish into a dustbin to symbolise something to repent of, then put the lid on as you pray a prayer of absolution
- Everyone holds a large nail and reflects on ways they inflict pain on others, Christ's suffering and those who suffer through persecution
- Draw one or more things you would like to praise God for onto a paper square. Stick them all together as a patchwork of praise
- Write what you have to give thanks for on the back of a paper coin. Collect and bring forward as part of the offering
- Give everyone a puzzle piece - give thanks for each person's uniqueness. Bring to the front as a sign of willingness to be part of the church
- Give everyone a raisin and a grape - which do you feel most like today? Ask the Spirit to fill you afresh so you can become more fruitful
- Give everyone an elastic band - reflect on how stretched or stressed you feel. Focus prayers on stress, relaxation & work/life balance
- Give everyone a playing card at random. Get into groups according to the card's suit. Hearts pray for personal relationships & family life; spades pray for workers, workplaces & work issues; diamonds pray for issues of wealth, poverty & economics; clubs pray for the community's social and voluntary organisations.
- Make a long paper chain with pre-gummed strips to express thanks and praise to God, writing a prayer on each one
- Bring your thanks, hopes, pain, sorrow for sin, guilt... with symbolic threads (cut into 10-20cm pieces) to the cross (e.g. interwoven willow twigs) and tie each one on
- Place paper/material doves onto a world map to pray for peace
- Give everyone a coloured pipe-cleaner. Bend it into shape of something to give thanks for; into cross during confession; into initial of person or place they want to pray for during intercessions

**More creative prayer ideas** can be found in the document 'Praying in Groups' or on these websites (some ideas designed for children & young people but can be suitable for all ages):

<http://www.praywithoutceasing.org.uk/zideas.htm>

<http://www.prayerrequests.co.uk/CreativeArchive04.html>

<http://www.rethinkingyouthministry.com/2008/01/creative-worship-artful-prayers.html>

<http://suzybower.wordpress.com/category/creative-prayer/>

<http://www.powerzone.org.nz/uploads/CreativePrayerIdeas.pdf>

[http://insight.typepad.co.uk/insight/prayer\\_and\\_young\\_people/](http://insight.typepad.co.uk/insight/prayer_and_young_people/)