

Prayer: activities for preschoolers



Lesson

God loves us so much that he wants to talk to us. That is why he gave us the Bible (show the children a Bible). God speaks to us when we read the Bible.

But God also wants us to talk to him. That is what we do when we pray. Prayer is talking to God. You can talk to God anywhere and at any time. I can talk to God:

- here, with my eyes closed and my hands together;
- when I'm running in the park;

- when I'm sitting quietly at home;
- when I'm lying in my bed.

God always hears me. I can whisper [speak quietly], and God hears me. I can shout [speak loudly], and God hears me. When you speak to God he hears you. You can talk to God about everything. [Give some examples: "Thank you, God, for my Mummy and Daddy"; "Please help me to sleep well", etc.]

God wants me to tell him when I'm happy [ask the children to make a happy face].

God wants me to tell him when I'm sad [ask the children to make a sad face].

God is your friend and he is my friend. God wants us to talk to him.



Game Idea

Option 1: Play around with various activities, each time commenting on the fact that we can talk to God while we are doing them e.g.

- Football using a soft ball – "We can say 'Thank you, God, for my friends.'"
- Looking at a book – "You can say 'Thank you, God, for this exciting book.'"
- Sleeping using a pillow – "I can say, 'Please help me to sleep well.'"
- When you are eating breakfast – "You can say 'Thank you, God, for this tasty toast/egg/cereal.'"

Option 2: Show the children a number of different actions e.g. eating breakfast, brushing hair, playing with a toy, reading a book. Get the children to guess what you are doing. After each action ask the children, "Can we talk to God when we [eat breakfast]? Yes! God loves it when we talk to him."

After a few rounds you could get some of the more confident children to think of an action as well. Remind them that we can talk to God anywhere and anytime.

