

Dear parents and carers,

You may be aware from the recent notices in our Sunday services that during Lent we are having a focus on prayer as a church, including for the St Peter's building project which is at a critical stage. You are welcome to join us for regular prayer meetings on Sunday evenings at 6:30 or Tuesday mornings at 9:30 - see the notice sheet for details.

We also wanted to provide some prayer ideas and resources that families could try at home - below please find some suggestions which would probably be best for pre-school and primary-aged children. Most of them work with what you already have at home, and at the end there are a couple of resources that are available to buy. Please let us know if you do try any of these and how they work for your family!

For younger children, you could raid your craft materials for prayers that use playdough, tin foil or pipecleaners. You could use some games which focus on very simple 'please, sorry, thank you' prayers - there are options for prayer dominoes, 3-in-a-row or prayer dice. If you'd rather get out and about there is a nice idea here for a scavenger hunt prayer walk. There's also an idea for a mealtime placemat for pre-schoolers that you can print and laminate, with prompts to help children pray before meals.

We have previously used 'finger prayers' for our intercessions in church - attached is a bookmark which reminds you which finger is which, which you could use at home. You might also want to create a family 'blessings jar' - this would work with all ages!

You might want to explore a list of interactive prayer ideas from the Diocese of Bath and Wells, for children of all ages; and some creative ideas for daily prayer and worship from Engage Worship which they developed during lockdown last year. There's a different suggestion for each day but you could just pick what would work for you.

The annual national 'Thy Kingdom Come' prayer initiative has some great resources for children and families from previous years. This includes a 'prayer adventure map' with a short activity each day, which you can get digitally or in hard copy (free, just pay P&P). There's also a matching family prayer adventure journal which you fill in together (order here, £5 plus P&P). Both of these go alongside a short daily family prayer podcast. There's also the equivalent creative prayer journal from a previous year, if the first one goes well!

We hope that some of these can be a blessing for your family - please let us know how you get on!

The LIGHThouse team