

Year C - 30th Sunday in Ordinary Time

Luke 18: 9-14

Prayer Stations



Background

- There are lots of different ways to pray. The ones you may have discussed after the message are just some ideas. In this activity set up a few stations around the room and have the children move to each of them to try them out.
- You could let the children roam around and spend time at the one that interests them most or you could give some time at each station and rotate around the room.

Station Ideas

- **Little Book of Prayers:** Use the craft activity from this week for one of the stations.
- **Music:** Create a playlist of children's worship songs that you can play to them, let them have a dance around or skip ahead to other songs to hear different styles. Listening and singing music to God and about God is a way of praying.
- **Writing/Drawing:** Give each child a small piece of paper and a pen and let them write a note to God, explain that this is like journaling, like a diary we can keep full of letters we write to God. OR they could draw a picture, throughout our history people have painted or made incredible images as a form of prayer (you could share some photos of icons or the Sistine Chapel).
- **Listening:** this can be an important part of praying that we often forget about. We can talk to God, sign to him, write to him but lets not forget to listen to him and all the things he wants to say to us. Let the children spread out and sit or lie peacefully and ask them to listen, not with their ears but with their hearts. You can play some gentle music or read a reflection in this time.



Adapt it

You may find that for this activity you won't have enough time or volunteers to do all of them. You can adapt it to include just a 2-3 stations or just focus on one depending on how much time you have.