Year B - First Sunday of Lent
Mark 1:12-15
Lent Prayer

Overview

Give the children a chance to pray using their prayer mats.

- Explain to the children that they will have an opportunity to spend their own time with Jesus.
- Discuss together how they might choose to pray during this personal prayer time:
  - They could say a prayer they know off by heart.
  - They could light their battery candle and watch the flame flicker and think about God.
  - They could tell God all the things they are thankful for.
  - They could say 'Jesus, please come and be with me' and then just lie down and rest beside their prayer mat.
  - They could look out the window and try to see as far into the sky as they can and wonder about how God's love is so, so much bigger.
  - They could say the names of people who need Jesus' help.
  - *The children may come up with other ideas too. Encourage them to try out those ideas, reminding them that prayer is spending time with God.*
- Teach the children that prayer includes listening so that God can speak to us. That means part of our prayer time needs to include some quiet.

For this weeks Lenten videos scan below...

First Sunday of Lent

Lenten Minute Week 1

Teach the children that when we listen to God, God speaks to us. Sometimes, God speaks to us through our imagination, with words or pictures. Sometimes, God speaks to us through memories or feelings. Sometimes God speaks to us when we remember something we've heard or read from the bible. There are lots of ways. Once the children are prepared, invite them to take their prayer mat and candle and sit in their own space. Give them an idea of how long they will have and encourage them to respect each other as they engage in the experience. We suggest playing some music to help create the atmosphere.
When the time is up, have the children return to the communal space. Invite anyone who would like to share to tell the group how they prayed and what they may have 'heard' God saying to them.