

# Prayer

**MEMORY VERSE:** ‘...in your presence there is fullness of joy..’  
Psalm 16:11

**STUDY PLAN:** To achieve greater maturity in prayer and, as a result, go through your day to day life with God constantly in your choices and actions.

To earn the Prayer badge you will need to do the following:

**Step 1: Grow your Prayer Life** My initials \_\_\_\_\_



## Discern

Someone once said “As long as there are exams in school, there will be prayer.” Do you find yourself praying when stressed or frightened? Of course! Prayer can settle your mind and remind you about the ‘big picture’ in times of stress. What other times do you pray?

As you grow older, hopefully your prayers increase your awareness of the constant presence of God. As young children, your parents may have taught you to pray at meals and at bedtime and you probably continue that habit. It is a good habit, but maybe you are ready to move beyond routine prayer and to enhance your understanding of how prayer can become a bigger part of your life.

Prayer is the practice of the presence of God. It is a time to be honest about yourself, to reveal your worries, to admit your faults and to ask for guidance. Prayer is a time to praise God and recognize his presence in every part of your life and the world around you. It is a time to recognize your dependence on Him.

The benefit of prayer is peace.

A test of our prayer life could be the peace or lack of peace in our hearts. As we admit our dependence on God and our acceptance that he is with us in good and in bad, we hope to feel peaceful most of the time as we go through life’s troubled and joyful times.

## Discuss

1. Talk about what you just read and whether you have previously thought about prayer resulting in a sense of the constant presence of God.
2. When do you pray?
3. Are you interested in changing the way you pray? Are you curious about experiencing a deeper prayer life?
4. What does the phrase “the benefit of prayer is peace” mean to you?

## Praying in Color

**Do It!**

Using the information at the end of this lesson, under Leaders List, your leader will guide you through a session of Praying in Color. This is a different way to pray and incorporates more than just your mind. It is a way to sit still and stay focused on prayer and may help keep your mind on your prayers. This activity will take about 30 minutes. You may want to try this several times over the next few weeks.

You will need:

- Plain white or light pastel paper or a journal with blank pages
- Thick or thin colored markers. Give each child a black pen for outlining. Let each child choose 5 or 6 markers.
- A timer

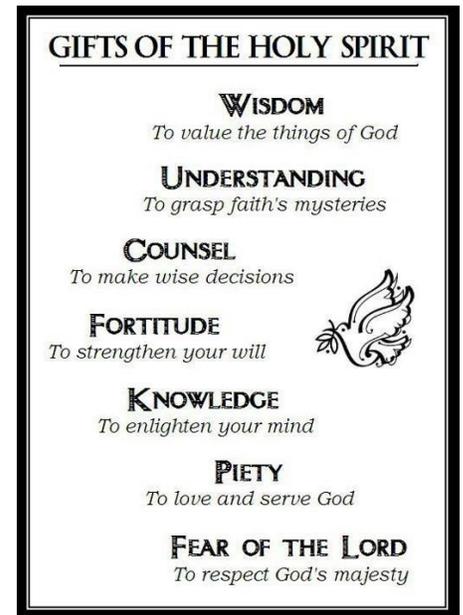
### Step 2: The 7 gifts of the Holy Spirit

My initials \_\_\_\_\_

When we pray and become closer to God, we receive 7 Gifts of the Holy Spirit that are described in Isaiah 11:2.

**Discern**

Wisdom  
Understanding  
Counsel  
Courage  
Knowledge  
Piety  
Holy fear



How do these gifts help us in everyday life?

**Wisdom** Everywhere you turn, people are telling you how to act, what to wear, what to believe, whom your friends should be, and what music to listen to. How do you know what is best for you?

The gift of Wisdom enables you to see life from God's point of view and to recognize the real value of persons, events, and things. Wisdom keeps you from foolishly judging only by appearances. It helps you mature in the way you think and act.

**Understanding** The gift of Understanding gives you insight into the truths of the faith and being a follower of Jesus, and it helps you make right choices in your relationships with God and others.

**Counsel** The gift of Counsel helps you seek advice and be open to the advice of others. Using this gift, you ask advice from parents or friends. Counsel also helps you give advice and to help others with their problems. You speak up and encourage them to do the right thing.

**Courage** The gift of Courage enables you to stand up for your beliefs and to live as a follower of Jesus. With this gift, you have the inner strength to do what is right in the face of difficulties. Courage helps you undertake challenging tasks in the service of your faith. But it also takes courage to be faithful to ordinary duties. It takes strength to live a good Christian life even when no one praises you or notices your effort.

**Knowledge** The gift of Knowledge helps you know what God asks of you and how you should respond. You come to know God. You come to know who you are and the real value of things through the experiences of your life. This gift also helps you recognize temptations for what they are and turn to God.

**Piety** The gift of Piety, or Reverence, is a gift that helps you love and worship God. It calls you to be faithful in your relationship with God and others. Reverence also helps you to be respectful and generous to others.

**Holy fear** The gift of Wonder and Awe, sometimes called Fear of the Lord, helps you recognize the greatness of God and your dependence on him. It leads you to marvel at God's incredible love for you.

**Wisdom Understanding Counsel Holy Fear Piety Courage Knowledge**



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Looking at the image above from [soulpacifica.deviantart.com](http://soulpacifica.deviantart.com), discuss how each woman represents each of the gifts of the spirit. For notes from the artist on the symbolism used, refer to the Leader's List at the end of this lesson.



1. Do the Gifts of the Holy Spirit Interactive Activity (See Leader's List)
2. Write a one paragraph reflection of how prayer can create a closeness with God and channel the Gifts of the Spirit.

**Step 3: Girls and Women Who Follow a Rule of Prayer** My initials \_\_\_\_\_



There are many organizations in the Episcopal Church through which women do ministry and fellowship together. One group doesn't call itself an organization. Instead, it is called an "order" because the members don't just sign up to become members. They take vows to uphold a Rule of Prayer and a Rule of Service. The order is called The Order of the Daughters of the King®.



There is also an opportunity for girls to be a member of the Order of the Junior Daughters of the King®. These girls make a promise to pray daily and serve our Lord Jesus Christ. Membership is extended to all baptized girls, regardless of denomination.



**Maddie**, left, is a junior Daughter of the King in the Diocese of Central Florida. She was featured in the Spring 2017 issue of The Royal Cross, the magazine of The Order of the Daughters of the King®. This is an excerpt of her story:

*I am just a normal kid. I go to church every Sunday. I hang out with friends. I goof around. I text people. I do everything a normal kid does besides one little thing...I am also a junior Daughter of the King...*

*I can't list off scripture readings off the top of my head, but that isn't what the Jr DOK is. We are a group of girls. In this group, we grow closed and learn to trust each other. I remember I used to be just another girl who wouldn't talk at all. Now I'm ready to go jump in front of a camera and make a fool out of myself. Joining this group made the girls and I all different and grow stronger together....*

*Do we do stuff that normal kids don't usually do? Of course, most definitely yes! We promise to pray for others in need, just at least once a day. We promise things most kids don't even think of doing. And is it hard to remember to do it every single day, especially when you've had a really bad day and no one is there for you? Of course it is. We all broke the promise many times, but He forgives us because we try our best.*

*I can't put what the Junior Daughters of the King are in words because for each person it is different. Yes, we all do the same things like community service, but for each Daughter we all have a different understanding and point of view on what being a Daughter is.*

*I have blonde hair and bright blue eyes. I like to be different and go against the crowds. I listen to popular music and go to concerts. Most importantly, I am a Junior Daughter of the King. By Maddie Chandler, 12 years old.*

Members of The Order of the Daughters of the King® adopt a Rule of Service and a Rule of Prayer. A "rule of prayer" is a schedule for communication with God. It should be reasonable and not burdensome.

A rule of prayer usually includes:

- a. Set a regular time for prayer
- b. Include reading from the Bible or from a devotional book
- c. Some time being silent with God

There are 7 principal kinds of prayer:

- Adoration – asking for nothing but to enjoy God’s presence
- Praise – praise of God, not to obtain anything, but because God’s presence draws praise from us
- Thanksgiving – gratefulness for all the blessings of our lives
- Penitence – confessing our sins and making amends where possible
- Oblation – offering ourselves for the purposes of God
- Intercession – bringing the needs of others before God
- Petition – bringing our own needs before God



- Which kind of prayer do you most often say?
- Which kind of prayer would you like to start to say more?
- What kind of Rule of Prayer would you write for yourself?



Here are some activities to explore and understand commitment to prayer:

1. Invite a Daughter of the King or a junior Daughter of the King to attend a GFS meeting and talk about their Order.
2. Research the Beguines, women who from the 12th century banded together to live religious lives without joining a religious order.
3. Jesus taught us how to pray by giving us the Lord’s Prayer. Read

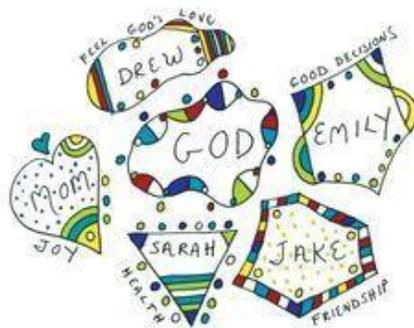
through the Lord’s Prayer and note which types of prayer are being used throughout the prayer. You can do the same exercise with the GFS prayer.

Our Father, Who art in heaven, Hallowed be Thy Name;	_____ Praise _____
Thy kingdom come, Thy will be done,	_____
on earth as it is in heaven	_____
Give us this day our daily bread,	_____
and forgive us our trespasses,	_____
as we forgive those who trespass against us;	_____
and lead us not into temptation,	_____
but deliver us from evil.	_____
For thine is the kingdom, the power and the glory,	_____
For ever and ever	_____
Amen.	_____

## Leader's List

Step 1 “Do It” activity: This information on Praying in Color by Sybil MacBeth is a free download from the website [www.prayingincolor.com](http://www.prayingincolor.com). Leader can follow these guidelines to lead a praying in color activity as required in Step 1. **Supplies**

- Plain white or pastel paper or journal with blank pages
- Thick or thin colored markers. Give each child a black pen for outlining. Let each child choose 5 or 6 markers.
- A timer



### Getting Started

#### 1. Review your Doodling Vocabulary

Start with a three-minute refresher “doodling” class. I ask participants to tell me the names of some shapes they could draw. They’ll probably say “circle, square, star, heart, rectangle, octagon...” I will say some of the shapes they might have missed like amoebas, blobs, clouds,. As they say them I quickly draw them on the easel I’m using up front. They don’t need to draw them. Then I ask them how they could decorate or add designs to the shapes. They might say “lines, teeth, crosshatching, dots, polka dots, scallops, arcs, rays...” I draw the ideas as they say them. The idea is to let them know that anything goes in the drawing. They don’t have to be an artist, just a person who can draw lines or dots! But I also tell people to feel free to draw things that actually look like real objects--trees, flowers, people, cars—if they want to.

#### 2. Names for God

On another piece of easel paper I ask them to tell me the “God” names they use when they pray; “God, Holy One, Loving Father, Jesus, Holy Spirit, Creator, You can write the names on the paper as they say them. I also remind them that we often add adjectives to those words: Amazing God, Brother Jesus, Heavenly Father.... The idea is to acknowledge that we use different names for God at different times or in our different prayers. God is also so much bigger than our names. Children can use whichever name like in their prayer. I also suggest they can just draw a window or a big opening through which we try to imagine God.

### Praying in Color

Then we get down to praying in color. I tell the group that we will be entering a time of quiet (no talking while drawing/praying). I ask them to take a big breath and let it out. We do this a couple of times. I tell everyone we will start praying by drawing a shape on our own piece of paper (I usually put my shape in the middle of the paper, but that isn’t necessary). In the shape, ask them to write their God name-- whichever name they choose from the list you made earlier or from their own personal list. Then I say that for three minutes we will “ask God” to be part of this time together by drawing around the name for God. The asking can include words, but words are not necessary. The drawing is a way to get still on the inside and prepare for a time of intercessory prayer

## **Praying in Color (continued)**

and listening to God. They can add to their shape using the doodle ideas above and also add color. People can pray with words in their heads or just be silent as they concentrate on the drawing and on the name of God. I often say—“If you want to talk to God in your head, go ahead. Ask God to be with us now; but when your words run out, keep praying—do this by drawing and focusing on the name for God. Your marks, color on the page and your attention are the prayer.” I also say, “If words come, pray them. If not, enjoy your quiet time with God.”

Any kind of timer will do. When the three minutes are up, I ring a chime or a bell. Have anyone take a deep breath. At this point you can also say a one-line prayer or one line of a psalm or a short Scripture passage together. “Thank you for loving us.” “You are our shepherd.” “You are awesome, God.” If your one-liner is long, write it on an easel or project it onto a screen so everyone can see it and say it together out loud.

Next, I say that we are going to pray for about three or four people, one at time. We will all pray for the same person at the same time. I ask one person in the group (maybe by a raised hand) to tell us the name of someone they would like us to pray for and ONE sentence about why. Use just one sentence, because too much information leads to both worry and over-curiosity. You could model this: “I’d like us to pray for Keisha. She has the flu.” That’s enough information. When someone in the group offers a name and a one-sentence reason for the prayer, I ask the whole group to pray for the named person by drawing a shape on their paper and putting the name of the person in it. For three minutes, everyone will pray for the person by doodling and coloring a shape with the name in it.

As they draw/pray, they can use words in their heads if they want (or write them down), but the words aren’t necessary. Or they can start using words, but when the words run out we continue to sit with God by drawing. We are offering the person into God’s care without necessarily knowing what to say or what the person needs. We are spending time with them and God by drawing. The movement of our hands allows our bodies to participate in the prayer and to be less distracted.

Ring the chime or bell at three minutes. Have everyone take a deep breath and say the line of Scripture you chose. Then ask for another name. Pray for the new person for three minutes in the same way. Repeat the process as many times as you want. I encourage people to do the entire prayer drawing on one sheet. But if they draw big they can use more than one sheet. There are not a lot of rules!

Praying for three or four people takes about fifteen minutes. It is enough time to establish the idea of the prayer practice and to help people to settle into the stillness and quiet. For the last name you might suggest that everyone draw a doodle for someone they personally want to pray for without saying the name out loud. It’s a nice way to end the session. When the time is up and we have taken a breath and said the line of scripture, I might say, “And at the end of the prayer, the people said,” and everyone responds, “Amen.”

At the end of the prayer time, I'll often ask people "What did you notice during this prayer exercise?" This is a safer question than "What did you think or feel?" "Noticing opens the door for many kinds of responses. I also suggest they take their prayer **Praying in Color (continued)** drawing home and put it someplace where they'll see it. Every time they walk past it, it is a reminder to pray for the people again.

This process takes about a half hour or forty-five minutes. You can teach the five traditional ways to pray using praying in color:

Prayers for others (Intercession)

Prayers for yourself (Petition),

"Thank you, God" prayers (Thanksgiving or gratitude)

"I love you, God; you are awesome" prayers (Adoration)

"I'm sorry, God." (Confession)

Step 2 "Discuss" activity: These are the artist's notes on the images of the 7 Gifts of the Spirit on page 3 of this lesson:



From left to right:

**Wisdom** Purple represents royalty. The crown of the queen represents God's Wisdom. She's got the attitude of a queen by letting God's wisdom guide her.

**Understanding** The girl has closed her eyes and put her heart aside so that outer appearances and her desires don't blind her mind during a comprehension or judgement process. The scale symbolizes the gift to distinguish between right and wrong from God's perspective, but also to discover the truth by balancing out the material things. The girl is enlightened by the Holy Spirit by understanding the right way to live. A symbolic example: she carries as much gold on the scale as she needs to survive (buy bread).

<b>Counsel</b>	The Holy Spirit is represented here as a parrot who whispers the words of Wisdom/Truth into the ear of the girl. She is enlightened by the Holy Spirit how to act correctly and has therefore no fear to speak and act frank. She is going straightforwardly towards others, reaches out a helping hand and enlightens others with the words of the Holy Spirit (The Truth).
<b>Holy Fear</b>	The hand of God is watching over our heart while it beats. But it also decides when our heart will stop beating. This gift is not a threat, but a helping reminder to show due respect to the Lord and to not waste our lives on things which distance ourselves from Him.
<b>Piety</b>	The rosary stands for the devotion to God which helps us to eavesdrop on His will. Only through devotion and prayer we can meet God with deep respect.
<b>Courage</b>	The shield and the knight dress symbolize the strength of will with which we can resist evil intentions/desires and endure pain/suffering.
<b>Knowledge</b>	The book symbolizes Knowledge (of Right and Wrong), the girl points her finger upward to emphasize that it is given from above. Therefore, the book is made of pure gold and a real treasure (Truth). She wears an eye-patch which stands for ignorance. The meaning of the eye-patch is connected with the meaning of the golden glittering accessories she is wearing. They stand for the lies which deceive us by imitating the Truth ("All that glitters is not gold"). Therefore, the ignorant eye can't be aware of the real treasure as long as it doesn't discover the book and gain the Knowledge (Truth). Till then, it will be satisfied with the lie, which it thinks is the truth.

Step 2 "Do it" activity. Source: the Archdiocese of Winnipeg website at

[http://www.archwinnipeg.ca/wcm-docs/youth\\_resources/youth\\_resource-1224696741.pdf](http://www.archwinnipeg.ca/wcm-docs/youth_resources/youth_resource-1224696741.pdf) **Gifts**

### **of the Holy Spirit Activity**

#### **Materials:**

1. Seven Gift Bags
2. Starburst Candy (enough for the class)
3. Smarties (enough for the class)
4. Rose Petals (enough for the class)
5. Stick of Gum (enough for the class)
6. Card with "AHA" written on it (enough for the class)
7. Pretzels (enough for the class)
8. Suckers (enough for the class)
9. Sealed Envelopes (enough for the class)



Note: Items # 2 to 8 are placed in one of the seven gift bags (i.e. starburst all in one gift bag)

## Gifts of the Holy Spirit Activity (continued)

Inform the girls that today we will look at the seven gifts of the Holy Spirit. To do this, girls will be invited to sit in a circle so everyone is facing each other. Take out the seven gift bags. Inform the girls that each bag represents one of the seven gifts of the Holy Spirit. To make this activity interactive, have the girls guess what each of the items represent based on the explanations in Step 2 of this lesson. For example, what gift of the Holy Spirit does a starburst candy represent? Show them the item to help their thinking process. Also, note that you do not have to hand out them in any particular order. Mix it up so they do not find a pattern.

Once they have guessed correctly, give the students the “gift” and then read the explanation of the gift below. Do this for each gift.

**Starburst:** “Wonder” is the gift of the Holy Spirit that keeps us awestruck by the power and beauty of God in our lives. Wonder and awe explode like a starburst when we let the Holy Spirit in our lives.

**Smarties:** “Knowledge” is the gift that makes us smart about ourselves. Knowledge is the gift that helps us to know ourselves and the world around us. It helps us to know where our faith is leading us and what our church is about.

**Gum:** Courage is the gift of the Holy Spirit that helps us walk out into the world and feel prepared. It gives us the stick-to-it-iveness to stand up for what we believe.

**Pretzels:** “Understanding” helps us to untie the knots, to straighten out our lives, to deal with our problems. Understanding is letting the Word of God have room in our lives.

**AHA card:** “Wisdom” is the gift of the Holy Spirit that helps us to see and understand God’s plan in our lives and in the world. It helps us to say, “Aha, I finally understand.”

**Suckers:** “Counsel” is the gift of the Holy Spirit that encourages us to talk things over so that we can make choices that let us feel comfortable with ourselves afterwards. “Counsel” keeps us from feeling like suckers.

**Petals:** “Reverence” is the gift of the Holy Spirit that helps us to see God in everything around us. It teaches us to treat our fragile world gently

After the gifts of the Holy Spirit have been handed out, give each of the girls one of the sealed envelopes. Inform them “this envelop represents you. Put all the gifts into it as a symbol that the Holy Spirit will give you.

They will figure out the envelope is sealed. Ask them, what this means and how they are going to get the gifts of the spirit inside? From the discussion, girls will realize that they have to be open for the gifts of the Holy Spirit to enter inside them. Remind them that the disciples were frightened, confused, and their hearts and minds were closed. It is after Pentecost, when they received the Holy Spirit, that the disciples were finally open to the promptings of the Holy Spirit.