

Hear my prayer – difficult day

*Lord, listen to my prayer.
Let my cry for help come to you.
Do not hide from me in my time of trouble.
Pay attention to me.
When I cry for help, answer me quickly.
Psalm 52:1-2*

Sometimes on our journey, we encounter difficult times, times of sadness, challenge, anger frustration, worry, fear. Whatever you are feeling, you can share it with God. Talk to God about whatever is in your heart. Even when you are having a difficult time, God hears your prayers.

Journey colour map

Take a pen and a blank sheet of paper. Start drawing a path. Think about your journey, and what might some of the challenges and obstacles be. Perhaps your path will go over rivers, through a marsh, meet a dead end or perhaps there are calming waters and sunshine. While you are drawing your path, spend some time talking to God about your journey. What are the twists and turns, what are the bumps, and what makes the path smooth? Know as you reflect and doodle, that you can pray to God no matter where your path takes you.





God walks with you

The Lord is my shepherd. I have everything I need. He gives me rest in green pastures. He leads me to calm water. He gives me new strength. For the good of his name, he leads me on paths that are right. Psalm 23:1-3

The Shepherd is always with his sheep, just as God is with us always and as we journey through Lent. Read or watch Psalm 23.

The Jesus Storybook Bible: www.youtube.com/watch?v=K6fM4_8VU-8

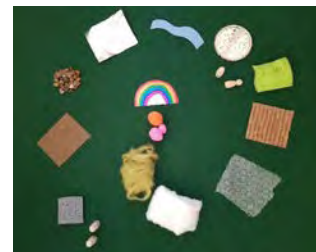
Rewrite the word of the psalm for yourself. Say thank you for all the ways God has taken care of you, and tell him anything you are worried about.

Finger prayer walk

Collect some items that will help create a finger prayer walk, linking to the different parts of the psalm. Here are a few ideas:

- sandpaper
- stones

- blue paper
- foil paper
- bubble wrap
- corrugated card
- soft wool
- cotton wool



Place the items in a circle on the table or floor and use your finger to walk around the different textures. Ask God to walk with you. Stop and think how each one makes you feel.

With the hard and rough surfaces, talk to God about things that are difficult and frightening. With the shiny and water-like items, talk to God about what is making you sad. With the squishy items like the sponge, sink your fingers into the sponge. Ask God to help you and be with you when things are difficult. With the bubble wrap, pop the bubbles and talk to God about things you are worried about. Feel the items that are soft and comforting and remember that God loves everyone. As you reach the centre you can be still and when you are ready say: Amen.

Thirsty - the need to be refreshed

*A deer thirsts for a stream of water.
In the same way, I thirst for you, God.
I thirst for the living God.
When can I go to meet with him?
Psalm 42:1-2*

Imagine you are out walking and you have been in the hot sun all day, and you are thirsty. You turn a corner and see in front of you a stream of clear fresh water. You long for a drink.

How much do you long for God? Is there a special place where you can meet with God, where you can sit and talk to God or read from the bible. God wants to spend time with you on the journey. Just spend some time quietly with God – find your favourite spot to sit, get comfy and just be quiet with God.



Or

Take a glass of fresh water and think about how good it is to be close to God. Sip gently from the glass and talk to God about your day. Perhaps what the day has been like or before the day begins ask God to be with you through the day.



Direction – God leads you on your journey

*Lord, tell me your ways.
Show me how to live.
Guide me in your truth.
Teach me, my God, my Saviour.
I trust you all day long.
Psalm 25 :4-5*

Ask God to guide you.

Sit quietly with some paper and coloured pens or crayons. Start praying by drawing a shape on your piece of paper. In the shape write your name for God. Ask God to part of your prayer time. Start to colour and draw around your God shape.

You can write words or just doodle. Add other shapes and colours as you pray. You can pray with words in your head, or write words on the paper. Enjoy your quiet time with God and see where the patterns and colours lead you.

If you would like to start with a template, you can download a selection here:
www.prayingincolor.com/handouts



Forgiveness

*God, be merciful to me because you are loving.
Because you are always ready to be merciful, wipe out all my wrongs.
Wash away all my guilt and make me clean again.
Psalm 51:1-2*

What do you need to talk to God about? Where do you need God's forgiveness?

Talk to God about the things you have got wrong. Tell God that you are sorry and know that you are forgiven by God. God wants us to talk to him, and we can say sorry to God for things that we have done.

Try 'painting' with water and see how your picture is transformed and then disappears as the water dries.

Write, draw or make handprints with water on a suitable surface. As you watch the image disappear, say sorry to God and know that God forgives you because he loves you. He takes away those things for which you are sorry. Know that God hears you when you say sorry, and washes away the wrongs and gives you a clean heart. You could write the word 'sorry' in the mist, on a mirror, or in the sand and watch as the word disappears. Or, write the word 'sorry' in the centre of a page, and put your prayer/thoughts around the word.



Blessings for others

*God, have mercy on us and bless us.
Show your kindness to us.
Then the world will learn your ways.
All nations will learn that you can save.
God, the people should praise you.
All people should praise you.
Psalm 67:1-3*

This psalm was a blessing for God's people. Who can you bless?

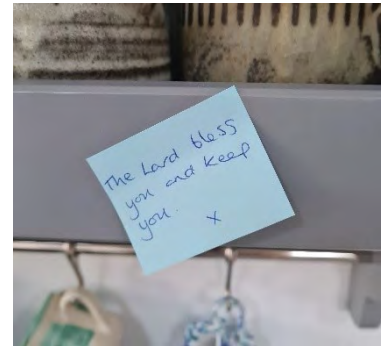
Write a card of blessing for someone. Bless members of your family household or a neighbour by doing something kind. Leave a note or a picture for them somewhere they will find it as a surprise for example in a lunch box, coat pocket or bag, or put it through their letter box.

Or

Get in touch with someone who you have not spoken to for a while. Make a card, give them a call or write letter.

Pray this blessing:

The Lord bless you and keep you, the Lord make his face to shine upon you and give you peace.



Being thankful

*You are my God, and I will thank you.
You are my God, and I will praise your greatness.
Thank the Lord because he is good.
His love continues forever.
Psalm 118 :28-29*

As you journey, it is good to notice things around you – people, places and things that happen – and give thanks to God.

Take a few moment each day to think of things that you are thankful for. Take some ribbon or string and tie it to a notice board, door handle, a stick or piece of wood. You could use different colour ribbons to represent different things you are thankful for.

Or

Write a list of thanks, and pin it up on a notice board, or attach it to a mirror or window where you will see it. You can add to this through the journey to Easter.

