

# FaithTrek

Children's Ministry for 3 Year Olds through 5th Grade

March 2019



## Transformation = Change

Transformation is best explained when we can see physical change. Easy examples of transformation are water turning to ice when frozen and an ice cube turning into a puddle of water when left out on the counter. Other examples reflect the long term impact of change, like coal becoming a diamond and a tiny grain of sand eventually becoming a pearl. These are all pretty dramatic changes.

Transformation through prayer may be a little harder to explain. It's not easy to see God changing us through prayer, but it happens. When we take the time to talk with God, we grow in our relationship, just as we do when we take the time to engage in conversation with a friend. FaithTrek kids will be focusing on transformation through prayer the month of March.



Special thanks to Judy Batterman and Judy Bailey who created unique prayer tools for each age group and to Pastors Dan and Justin for meeting with the FaithTrek kids. On March 17, Pastor Dan will show preschoolers how to use their prayer pillows and Pastor Justin will help the 2nd and 3rd graders learn how to utilize a prayer square. On March 24, Pastor Justin and the 4th-5th graders will learn how to use a prayer labyrinth and practice praying with a finger labyrinth. Pastor Justin will meet with the kindergarten and 1st graders March 31 to learn how to use their prayer bags. Other important dates to remember in March are:

March 3 - Burning palms for Ash Wednesday. We will meet in the Sanctuary first. Please leave coats on or have handy.

March 10 - No FaithTrek as it is LPS spring break.

## Do Prayers Need Fancy Words

Prayer is a conversation with God. You can talk to God just like you were talking to a friend. You might like to start with a "Hi God" or "Dear God" and end with an "Amen". Amen is a good ending and means "let it be so" or "I will" as I will do what I said I would do. You can tell God about your day, your problems, your friends or your dog. You can pray for other people. Sometimes it's hard to hear God because God doesn't always talk to us in people kind of voices. Talk with your child about listening for God's still voice and the work of the Holy Spirit. Share your own stories about prayer. Disciples pray silently, aloud, in the morning, at night, in the middle of the day and anytime they feel the urge. Make prayer a family priority.

Sundays 9:30-10:30 am

September 2018-May 2019

Contact Sunni at [sunni@fclincoln.org](mailto:sunni@fclincoln.org)

## Family Prayer Ideas

Prayer, like so many things takes practice. That is not to say you have to practice until you get it right because there is no right or wrong way to pray. Maybe it would be better to say we become more comfortable with prayer and grow in our prayer lives when we take the time to engage in prayer on a regular basis so it becomes a good habit. Saying grace before meals and a return of thanks after the meal, bedtime prayers and the Lord's Prayer in worship are good habits.

Repeat-after-me prayers let everyone participate. Keep it simple and age appropriate as little ones can get lost in long sentences. Repeat-after-me prayers can be used anytime for any occasion.

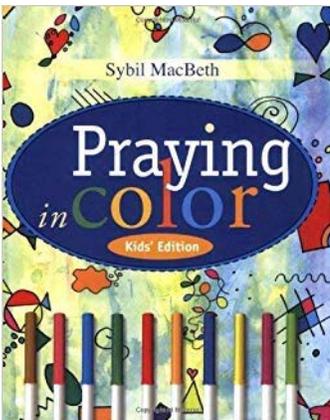
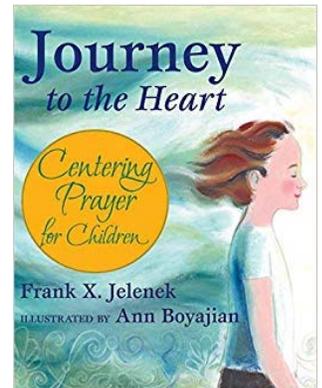
Thankful prayers help us focus on gratitude. "God is great, God is good, thank you God for \_\_\_\_\_." Take turns filling in the line making sure everyone has a turn.

Memorize a scripture verse. Use car time to practice. Deuteronomy 6:5 is a good one for all ages.

## Resources

*Journey to the Heart – Centering Prayer for Children* by Frank X Jelenek and Ann Boyajian

This colorful, practical book uses rhyme and illustrations to teach children how to practice prayer of the heart, contemplative prayer or centering prayer. Written for children ages 3-10.

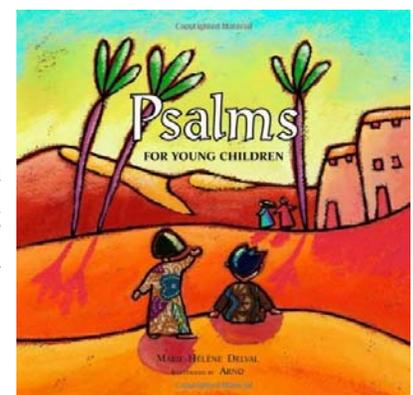


*Praying in Color – Kid's Edition* by Sybil MacBeth

Praying in color has transformed the prayer life of many adults and children. One minute a day and any time of day will work. Using markers, crayons, colored pencils and paper can help you have a conversation with God. The book lays out the process in a step-by-step format that will soon have everyone in the house praying in color.

*Psalms for Young Children* – by Marie-Hélène Delval

The Psalms describe a whole range of emotions that can help us express our own feeling of joy, wonder, sadness and anger. This collection, designed for young readers, uses simple imagery and art to help children learn to appreciate and utilize the Psalms.



**Making disciples of Jesus Christ for the transformation of the world.**