

**FOR THOSE  
PRAYING  
ALONG AT  
HOME**

**UNITING IN PRAYER 2024**

19 May - 22 June



# WELCOME!

We are so glad that your household will be part of Uniting in Prayer, this national time of prayer across the Uniting Church.

These Prayer Cards are for anyone who would like to mark these 35 days at home. They are particularly written with young kids and families in mind. You may like to adapt some of the language and ideas depending who is around your table.

These cards could be used around the dinner table, while spending time outside or in any other place where you can relax and talk openly together.

We hope this resource will help you share and talk to God together, and begin a conversation about what you're praying for in your lives, in our church and in our world.

# 01 PRAYING FOR... GOD'S SPIRIT

Do you love birthdays? It's so much fun to celebrate the day you came into the world! Today is Pentecost, which we sometimes call the church's birthday, because it's about a time long ago when the Holy Spirit came among a new community of Jesus' followers. But Pentecost is not just a really old story - it's about us, too! We believe that Jesus is still with us as the Spirit, loving us and guiding us.

## **Share**

What are some of the ways you feel that Jesus is with you?

## **Pray**

Dear God, thank you for the special gift of your Spirit, which means you are always with us.

# PRAYING FOR...

## **PATIENCE**

Have you ever been told to wait? Maybe you were told to wait for dinner even though you were really hungry, maybe you were told to wait before opening a present that you saw wrapped up in front of you. Sometimes we have to wait and that can feel strange in our bodies. God knows what it is like to wait, and God is often already waiting with us. I wonder where God might be when we are waiting?

### **Share**

Share about something that you are waiting for. Share how it feels to to be waiting and where these feelings might be in your body. Where might God be when we are waiting?

### **Pray**

God, we know that we don't always get what we want all the time. Teach us to be patient and be attentive to the feelings that come up when we are in a period of waiting.

# 03 PRAYING FOR... DIFFERENCE

The world can be a big place, and in big places there are usually lots of different kinds of people. Sometimes these different people can feel strange or do things we do not usually do. But these different things can also be new things that we can learn from. There are lots of different people in the world and God is there with them all. I wonder where God might be in the different people around you.

## **Share**

Share some of the differences that you can see in your friends and your family around you. Where might God be?

## **Pray**

God, remind us that we are all different and that is ok. That in this difference we get to learn new things and experience new things. Teach us to appreciate and notice what is different between us.

# PRAYING FOR...

## **IMAGINATION**

When you play, do you use your imagination lots? It's fun to imagine totally different worlds to ours! Sometimes it can be hard to imagine things could be different. In the Bible, we learn about God's imagination for what our world could be like. A vision where there is peace, joy and everyone belongs. What do you imagine could be different in our world? In your kinder, school or work? In your church? Or at home?

### **Share**

Share an idea from your imagination. What would it take to make your idea come true?

### **Pray**

God, you trust us to live out your vision for our world. Help us live with imagination about what could be possible.

# 05 PRAYING FOR... FRIENDS

We all like to have friends. What are your friends like? Friends can very different to us. Friends might be younger, or older, taller or shorter, friends can also be louder or sometimes quieter. Jesus had friends too and they were also all very different. Friends can be very different but friends are people you can count on, share with, look after and who look after us too.

## **Share**

Share who your friends are and why they are important to you.

## **Pray**

God, thankyou for friends. Thankyou that no matter the shape or the size, we have friends in our life.

# PRAYING FOR... **STORIES**

Do you like telling stories? Do you like listening to stories? Maybe you like watching movies or reading books. There are stories everywhere around us. At the shops, at the park, at school, at church. Everyone has a story and stories happen all around us. God has a story too, and the Bible tells us some of those stories. I wonder where God is in our story? And in the story of the people around us?

## **Share**

Share about your favourite story. I wonder where God might be in that story?

## **Pray**

God, thankyou for our stories. Help us to love stories of all kinds and remind us that you are in all of our stories.



# 07 PRAYING FOR... TRUSTING IN GOD

Have you ever thought about how many things we need to trust in a day? When we open the fridge in the morning, we trust that there'll be food! We trust that the bus will come. When we go to school, we trust someone will pick us up later. The most important thing we need to trust is God. That can be the hardest, because we can't see God like we can see food, the bus, or the car to take us home. But that's exactly what trust is! We cannot always see, but God promises we can trust God in all things.

## **Share**

Adults, share about a time when you had to trust and what happened. Invite others to share.

## **Pray**

Dear God, help us remember we can trust you in all things, and that in all things, you are working for our good.

PRAYING FOR...

## THOSE WHO CAME BEFORE US

Have you ever wondered what it was like when your parents were your age? Or when your grandparents were your age? I wonder what was different for them, I wonder how they lived, and I wonder what they hoped for their future. How we do things now can sometimes be different to how we used to do them. Church can be like this as well. I wonder what church was like when your parents or grandparents were your age. I wonder where God might have been.

### **Share**

Share what you think church was like when your parents or grandparents were young. You might like to ask them.

### **Pray**

God, we thank you for your ongoing presence in our lives and in our church. Thank you that you are a God that came before us and have been here on this land for many many generations.

# 09 PRAYING FOR... THE IN-BETWEEN

Sometimes we find ourselves sitting in the inbetween. When we travel we are often in-between, leaving our home but not yet arrived at our destination. When we start drawing we are in-between, we can see something on the page but not quite the whole picture. When we are in-between, we have started something but not quite finished yet. These times can be hard but God is often in these in-between spaces. I wonder where God is in these inbetween times.

## **Pray**

God we thank you that you are always present. That you are here when we start, you are here when we finish and you are also here in the inbetween, even when things are not quite done.

# PRAYING FOR... **THE FUTURE**

When you think about the future, how do you feel? Some people are really excited for the future, some people are worried they don't know what will happen. Sometimes, both of these things can be true at the same time. As followers of Jesus, we always have lots of reasons to hope in the future God promises us. But we have to be brave, and see where it will take us.

## **Share**

How do you feel about the future? Maybe start with just one year or a couple of years ahead. Does anything worry you?  
Can others help you feel brave?

## **Pray**

Loving God, give us courage to turn to the future with hope, knowing that no matter what happens we are always in your loving arms.

# 10

# 11 I'M THANKFUL FOR...

Everyday there is always things to be thankful for.

I wonder what those things may be today for you.

Share with each other, and come up with a list of things you are thankful for.

## **Pray**

Thank God the things that you have put down on the list.

# PRAYING FOR...

## **OURSELVES**

Sometimes, when we pray, we are so busy praying for lots of different things in our world that we might forget to pray for ourselves! We can talk to God anytime about what's happening in our lives. We might want to ask God for comfort when we're sad, courage to do the right thing, or that we can grow to be more like Jesus. God wants to hear it all.

### **Share**

What's one thing you'd like to pray for yourself today?

### **Pray**

God, you know us better than we know ourselves and love us no matter what. Thank you that you care what we're going through and there's nothing we can't share with you.

# 13

## PRAYING FOR... HOPE

“You can’t just focus on what’s going wrong. There’s always a way to turn things around.” - Joy (Inside Out).

Have you ever felt like things are not quite right, maybe you had a bad day, or maybe you wanted something to happen and it has not happened yet? The Bible reminds us that God will always be with us and that we can place our hope in God. God is here even when we are having a bad day.

### **Share**

Share something that you hope for in the year to come.

### **Pray**

God, we look forward to the hopes that you have set in our hearts. Remind us that as we walk through our weeks, hope is always awaiting us too.

PRAYING FOR...

## **BRAVERY TO BE HONEST**

Being honest is a hard thing to do sometimes, but it's really brave! It helps us to trust each other, and trust makes everything work. We might be scared about what will happen when we're honest, but when we're courageous and truthful, we can work through things together with the people who love us.

### **Share**

Adults, you might like to share a time you were honest about something and the difference it made. See where the conversation goes!

### **Pray**

Dear God, we can come to you with anything and you'll still love us. Help us have friendships of honesty and trust.

**14**



# 15

## GROWING IN... LOVE

God has given us three big jobs in our life. To love our world, to love other people and to love God! Love is the most important thing. But these are really big jobs. Sometimes there are people who are hard to love. They can be hurtful to us or hurtful to our world. It might seem strange, but loving people no matter what is the strength of people who follow Jesus. And it might even change things.

### **Share**

Do you know someone who is hard to love? Talk about why. Talk about how you can be loving towards them this week.

### **Pray**

Dear God, help us treat people who are hard to love with patience and understanding. Remind us that you love them.

# PRAYING FOR...

## THE BIG FAMILY OF JESUS

Do you know there's people who belong to Jesus all over the world? They might talk to God in different ways to us and do different things in church. Some of them meet in huge cathedrals, some meet in homes, some in village huts. In some countries, people have to be very brave to follow Jesus. Some Christian communities are very old, some are brand new! But we are all following Jesus and belong to God's big family. Together, Google search what churches in some other countries look like. For inspiration, you could start with very different places like Jerusalem, Ethiopia, Spain, Italy, India, Brazil and the Philippines. Explore your favourite countries! Pray together for the people who follow Jesus in those places.

# 17

PRAYING FOR...

JOY

Adults, you take the lead on this one!

Talk together about the difference between happiness and joy. Even though both can exist at the same time, joy runs deeper and can be present even during unhappy times. What does it mean to us to say that joy comes from God?

The best way to catch joy is to demonstrate it! Put on some music that everyone in the family can enjoy and have a dance break. See if you can get people laughing. Share together what makes you feel joyful.

Pray together, giving thanks to God for the joy in our lives and the things that help us be joyful even when things are hard.

# PRAYING FOR...

## **TIMES WE'RE SCARED**

Sometimes we get scared, and that's ok! It can be scary to try new things, go to new places, meet new people, and leave familiar things behind. This is true for following Jesus too! We don't always know what we're in for and it can be scary. But we are never, ever alone.

### **Share**

What are some of the things you're scared of?  
What helps you feel brave when you're scared?

### **Pray**

Big God, you have been with so many people through time, giving them courage to follow your way. Help us to care for each other when we're scared, and to know that your love is stronger than anything.

# 19

PRAYING FOR...

## WORDS TO HELP US PRAY

Talking to God is so important, but sometimes it's hard to find the words. That's ok, because God knows our hearts and minds better than we do! Today, sit together in silence for one minute. Pray in your own head. See what words come to you. Know that Jesus is with you in the quiet. Afterwards, if you want to, you could share what you heard or prayed for.

# PRAYING FOR... **YOUR CHURCH**

Do you go to church sometimes? Did you know that your own church is part of a much bigger family called the Uniting Church? There are churches like yours all over our country! They are all different but they're all full of amazing people following Jesus in their own way. Your church is part of our story. What is your church like?

## **Share**

What do you like about church?

Would you like anything to be different?

## **Pray**

Loving God, thank you for all the things I love about my church. Thank you for all the churches that belong to our big family, and for the way they love you.

# 20

# 21

PRAYING FOR...

## YOUR LOCAL COMMUNITY

What are your favourite things to do in your town or community? Maybe there's a cafe? The library? The park? The pool? A walking track? A beach or river? The places we live can be wonderful! They're the places we grow up, connect with nature and see our friends and family. Some people might even go to school, kinder or work in the place where they live.

### **Share**

What's one thing you like about where you live?

### **Pray**

Dear God, thank you for the place where I live, and the people who live there. Help me to care for and look after my community.

# PRAYING FOR...

## PEACE

Have you ever had a really bad argument with a friend? Afterwards, did you wish you could be friends again? Wanting to fix things when our friendships have been hurt or broken is exactly the job Jesus has given us. And our world needs it a lot. Sometimes countries aren't friends, people in school aren't friends, people in churches aren't friends. Jesus calls us to love the people who are hard to love and to be peace-makers!

### **Share**

Is there somewhere you can make peace this week?

### **Pray**

God of peace, in our world where there can be lots of fighting, help us to follow in your way of peace, love and healing.



# 23

PRAYING FOR...

## NEW THINGS TO GROW

Have you ever planted something in the garden or in a pot? It can be a lot of work to help it grow! It needs just the right amount of water and sun, and lots of attention. But its all worth it when the roots begin to grow into the soil. You might see flowers appear, or even something you can eat!

### **Share**

Can you think of a time when you started something new? How did it feel?

### **Pray**

Dear God, help us to water the new things you plant in our lives, with love, gentleness and care. May those good things grow so we can be a blessing to others.

# PRAYING FOR... **WISDOM**

Have you ever noticed that the more you know someone, the more you start to think like them? Wisdom is kind of about learning to think the way God thinks... justly, creatively, hopefully, lovingly, peacefully. If you're not sure about some of these words, talk about them! We come to learn how God might think in lots of different ways. By reading the Bible and talking together, learning from people who have gone before us and by praying.

## **Share**

Can you name someone you think of as wise?

What have you learnt from them?

## **Pray**

Wise God, help us learn more every day how you think and what you care about, so we can live as your people and follow your way.

# 24

# 25 PRAYING FOR... NEW IDEAS

Have you ever read a book where you learnt something? You probably discovered a new idea! Whether we're very little or much much older, we're always learning and we meet new ideas all the time. New ideas are exciting, because they help us imagine new things and see the world differently. And that's how we grow!

## **Share**

What was the last new idea you had or learned?  
How did it make you feel?

## **Pray**

God, anything is possible with you. Inspire us to consider new things and to listen to each other's ideas. Help us be passionate about always changing so we can live more like you.

# PRAYING FOR... **TIME WE'RE SORRY**

'Sorry' can be a really hard thing to say. It's hard to admit that sometimes we make mistakes and we can hurt each other, even by accident! When these things happen, we might even be scared that someone won't like or love us anymore, or that things can't be fixed. But Jesus promises that we can always try to start again.

## **Share**

How does it feel when you know you need to say sorry, or someone needs to say sorry to you? How does it feel afterwards?

## **Pray**

Dear God, we thank you that you love us so much, even when we make mistakes. When we need to, help us heal each other's hurts and start again in your love.

# 27

## PRAYING FOR... OUR WORLD

Have you ever travelled to another country? Maybe you've read about another country or seen another country on TV? Did you notice how it was different to yours? We live in such a wonderful, diverse world! So many different places, people, cultures, languages and ways of seeing the world. Our world also has some scary stuff. It needs people who will be peace-makers, who will care for others and will work for the good of everyone. This is following Jesus' way!

### **Share**

In our wonderful but hurting world, what do you think we could do to be helpers?

You might like to each name somewhere or something in our world you'd like to pray for, and pray for them together.

# PRAYING FOR...

## **GRATITUDE**

How many times a day do you say, 'thank you'? Is it lots? Only sometimes? Or, like we all do, do you sometimes forget? It's such a simple thing to do but it means so much. It's living with gratitude! You may know it as gratefulness or thankfulness. It's about always be thankful for what we have and for the people who love and care for us.

### **Share**

When you're ready, say 'thank you' to someone in your family for something they've done for you this week.

### **Pray**

Loving God, you invite us to live with thankfulness and joy about our lives and the people around us.

Help us to say thank you.

# 29 PRAYING FOR...

## TIMES WE NEED TO FEEL GOD'S LOVE

Was there ever a time when you ever felt sad or lonely? Maybe a time when you felt like you didn't have a special friend at kinder, or school, or work? When you didn't feel that anyone might like you? We can feel all those things sometimes! But there's never a time when we're not loved. Jesus is holding us and taking care of us in the good and bad times.

### **Share**

How can we help people know God loves them?

### **Pray**

God who is so close to us, help us remember when we're sad or lonely that we're always loved by you, and help us to see your love shining through other people who love us.

# PRAYING FOR... **GOD'S CREATION**

Have you ever been to the zoo? Isn't it amazing to see so many different animals in one place? And this is just a snapshot of the amazing diversity of God's creation! Every tree, leaf, flower and animal you see (or don't see) was made by God. It's our job to look after God's creation and to care for the world God loves.

## **Share**

What's one thing you can do this week to care for God's creation?

## **Pray**

Creating God, thank you for surrounding us with such an amazing world. You love us all, from the biggest blue whale down to the tiniest ant. Help us to love and care for our world as much as you do.



# 30



# 31 PRAYING FOR... TIMES WE'RE HOPEFUL

Have you ever really, really hoped for something? What was it? We hope for all kinds of things - for something to happen, As followers of Jesus, we have hope that God is something doing good in our world, in our lives and in the family of Jesus. Sometimes we hope even when it's really hard and we're not sure what's in our future.

## **Share**

What's something you're hoping for today?

## **Pray**

Dear God, even when it's hard, help us be hopeful and to trust in your love. Help us build our lives on your promise that you have a loving plan for us.

# PRAYING FOR... **TIMES WE'RE SAD**

It's completely normal to feel sad sometimes. We can be sad about things we've lost, things that change, things that hurt, and times when our hopes or dreams did not come true. Did you know even Jesus was sad sometimes?

## **Share**

Can you think of a time you felt sad? What helped?

## **Pray**

Loving Jesus, you know what it's like to feel sad.  
Be with us in our sadness, and help us care for  
others when they're sad.

# 33 HELP US... REMEMBER

Do you have a very first memory? Maybe it's of you as a baby? Going on a family holiday? Or a particular place? Our lives are full of memories, happy, sad, even embarrassing memories! It's great to remember all of those things, because they make up the story of us! It's our history, and we would not be who we are without them.

## **Share**

Do you have a favourite memory?

## **Pray**

God of our whole life, thank you for helping us remember who we are

PRAYING FOR...

## **COURAGE TO FACE A CHALLENGE**

Have you ever had a problem and solved it? It is such a great feeling! But challenges can be scary. It can be hard to know where to start. It can be hard to ask for help. It can be hard to think about what will happen if it doesn't work out. With the support of people who love us, sometimes we have to be brave anyway.

### **Share**

Have you got a problem or challenge at the moment? Chat together about a plan to solve it.

### **Pray**

God, you give us bravery, wisdom, friends and family to help us solve problems. Thank you!

**34**

# 35 PRAYING FOR...

## The Uniting Church

What is it that you like about church, the Uniting Church. Is it the people? is it the community? Is it the worship or the songs? What is the Uniting Church? I wonder what we all think about it, I wonder why the people I know belong.

### **Share**

Share what do you know about the Uniting Church. Share why you think it might be important.

### **Pray**

God, thank you for giving us the Uniting Church, that we have a place to worship you and a place to meet others.



**THANK YOU SO MUCH  
FOR PRAYING ALONG  
WITH US AT HOME!**

WE'D LOVE TO HEAR HOW YOU USED THIS RESOURCE.  
EMAIL US: [UCA.ACT2@NAT.UCA.ORG.AU](mailto:UCA.ACT2@NAT.UCA.ORG.AU)