

## Books to help you pray and read your Bible

CWR produce TopZ for 7 to 11 year-olds.  
It uses cartoons, riddles and puzzles to help  
children understand the Bible.  
See: [www.cwrstore.org.uk/Merchant2/merchant  
mvc?screen=SUBSCRIPTIONS](http://www.cwrstore.org.uk/Merchant2/merchant.mvc?screen=SUBSCRIPTIONS)

## The Lion Book of Children's Prayers



The Good Book Company produce Table Talk notes  
for families to do together and XTB for 7 to 10s.  
Visit: [www.thegoodbook.co.uk/Bible-Reading-Notes/](http://www.thegoodbook.co.uk/Bible-Reading-Notes/)

Scripture Union produce a booklet called snapshots  
for 8 to 10 year-olds to help you read your Bible every day.

Check it out at:

[www.scriptureunion.org.uk/Shop/BibleGuides/10080.id](http://www.scriptureunion.org.uk/Shop/BibleGuides/10080.id)

 THE DIOCESE  
OF BIRMINGHAM

The Diocese of Birmingham  
175 Harborne Park Road, Harborne,  
Birmingham B17 0BH  
[www.birmingham.anglican.org](http://www.birmingham.anglican.org)

## Bishop's Lent Prayer Leaflet for children

# Love to pray ...



This year has been difficult for lots of people who are feeling the strain of not having enough money, who are not sure if they can find work or are worried about what might happen in the future.

But money is not the only thing we need to be happy. You might like to think of the things that really make you feel happy. A hug from a friend or parent, a holiday by the seaside, time watching a DVD with people you love or curling up in bed with a good book or some good music.

Those relationships grow strong by spending time with one another, doing things together and both listening and talking to each other. Conversation is like food for friendships – it makes them grow, keeps them healthy and gives them energy.

What about our conversations with God? How do we look after the friendship we have with God? When do we give time for God to change us?

Mother Theresa put it like this: "Love to pray – feel often during the day the need for prayer and take trouble to pray. Prayer enlarges the heart until it is capable of containing God's gift of himself. Ask and seek, and your heart will grow big enough to receive him and keep him as your own."

May you receive the Gift of God this Lent.

+ David Urquhart  
Bishop of Birmingham

# ... Pray to love

## Tips to help you pray regularly

God is like a best friend – He's there all the time for you, when you feel sad and when you feel happy

Look at your fingertip – no one else in the whole world has one like it – God made just one of you and you're really special! He loves you and wants you to talk to Him

God wants you to listen to him too. He might talk to you through a friend or a member of your family. He might help you to think things when you're reading your Bible. He might be in your heart, like a warm, cosy feeling. Listen hard and one day you'll hear Him

You can pray anytime, anyplace, anywhere – God is always there to listen

**Use a globe  
or an atlas  
to pray for  
children  
around  
the  
world**



What do you do everyday? When could you pray – in the morning when you get up, on the way to school, just before you eat your lunch or tea, at night time before you go to bed?

Thank God for all the good things that happen to you. Say 'thank you God for....' at least once everyday

Ask God to look after your friends and family by saying the prayer 'God Bless.....'

## Tips to help you pray regularly

When we're cooking and we need a teaspoon of sugar, we write '1 tsp'. If you're not sure what to pray for, try using the 'ingredients' ...

thanks  
sorry  
please



... to help you

Make a special place at home, maybe in your bedroom, to pray. Put some of your favourite things there – photos, cushions, flowers, pebbles, your Bible, a cross, teddy bear ...

You could make a picture or model while you're praying and keep it in your special place

Try praying in lots of different ways - sitting, jumping, kneeling, walking, closing your eyes, putting your hands together, making the sign of the cross – which way do you like the best?

Make a prayer bracelet by plaiting 3 strands of cotton or wool or learn how to juggle to help you think hard while you're praying

Sing a song, like 'Kum Ba Yah My Lord', or play your favourite music to help you talk to God

With a grown up who looks after you, light a candle and sit quietly for a few moments while you talk to God

Go for a walk with your family and pray for things and people you see on your walk

Stick your prayers on a memo board or on the fridge

Make up a dance or series of actions to help you to tell God how you're feeling

Learn the Lord's Prayer by heart

