

## Ways for Kids to Engage in Prayer

I think one of my favorite things about camp is numerous ways we connect with and experience God. There are lots of ways to go to God, to engage with him in prayer and in scripture. These ideas below are just a few of the ways you can try—maybe they will give you new ideas even of how to bring your whole self to Him in prayer.

### Praying in Color

Get some cool paper or lots of different color markers or paint or color pencils—whatever is your favorite thing to be creative with. Maybe you go outside with some chalk on the sidewalk. Take a few moments to quiet your mind and ask God to be near to you. Then draw. Create. Do whatever feels right as your pray. Maybe you're drawing something in particular, or maybe you're just doodling as you words come to your heart. There is no wrong way to do this. Whatever you create—big or small, a cohesive picture or just little doodles all over—is beautiful to God.

### Go Play!

My favorite way to pray when I'm feeling bogged down in emotions especially, is to be active—to move, to play, to run. Just using our ability and our body and acknowledging how're we're feeling even if, or especially if, we can't bring words to those emotions. Go play catch with a brother or sister or friend. Run or walk around a park or neighborhood. Kick a soccer ball around. Play in silence, or listen to some music that helps you lament or turn towards God. Here are some good playlists to jump from:

[https://open.spotify.com/playlist/5RpOFkbYRngrGgar1XFaLo?si=-\\_aPuBsCSRqQr5XFPcK-jQ](https://open.spotify.com/playlist/5RpOFkbYRngrGgar1XFaLo?si=-_aPuBsCSRqQr5XFPcK-jQ)

<https://open.spotify.com/playlist/65xHWWGE1IZnh3b8RVCjPR?si=gdUwPFo1QkqK9IL5yAtdfg>

### Read

There are lots of stories in scripture that we can relate to, especially when it comes to praying with our full selves and crying out to God. If you like reading stories, here are some good starting points: Stories of Moses, Esther, The friendship and death of Lazarus in John, the stories of the early church in Acts, etc. As you read, try to put yourself in the story, engage all of your senses? What perspective do you see the story from—as one of the characters, a bystander? What do you touch, taste, smell, see? How do you feel in this story? How does it relate to how you're currently feeling in this season?

### **Write**

Words are powerful. I know a lot of people to whom words come easier in writing than in talking. If you love to write, do just that. Find a comfortable space where you feel the most you—laying on the floor of your room, snuggled up in bed or a cozy chair, sit outside under a tree, wherever. Take a few moments to quiet your heart, mind, and body. And let the words come, giving your prayer to God in whatever form feels right—it could be a story, a poem, a written prayer, etc. If you feel so bold, share it with someone close to you when you finish; sometimes things feel more real when we share them with people we love.

### **Talk**

I need to talk about things with my people, it's how I process and make real what is going on in my brain. If that feels true for you, think of who that person or couple of people are in your life—a parent, a sibling, a close friend, cousin, grandparent, pastor. Maybe it is someone who is processing the same thing like a friend you were going to go to camp with. Find some time to talk with them—in person on a walk, over FaceTime, while playing a game, whatever feels right. After you've shared, or both shared if that's helpful, be sure to spend some time in prayer for one another. Scripture tells us where 2 or more are gathered, there too is the Holy Spirit, and that's true both in person and digitally!

### **Get Outside!**

You can do a number of things for this one, but I know it's true for a lot of us—especially those who love camp—that we feel God's presence in nature. In the birds and rustling leaves, in waves or the smell of dirt in the air. God uses his creation remind us of His nearness. Get outside in this season. Talk, write, play, draw, paint, create—whatever you feels right, but spend some time enjoying the gift God has given us in His creative world around us.