



FAMILY PRAYER ADVENTURE JOURNAL

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**You've sailed across a sea and landed on a desert island.
There seems to be buried treasure hidden all over the place!**

Find a Bible (or a Bible app or website) and look up the buried treasure below.
Then write a word or two about what you learn about God from that verse.



You also have valuable experiences of God to share.

Talk about: who is God to you?

What has God done for you? What words would you use to describe who God is and why he is worthy of praise?

Write these below...

God is: _____

God is: _____

God is: _____

God is: _____

God is: _____

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After all that digging of treasure, it's time to set up camp and celebrate.

Gather around your campfire and turn the treasures you've written down into a shout of praise.

To get a rhythm going, slap your knees twice and then clap your hands once (like the beat of the song "We will rock you").

Or you could find a drum or table, or bang on a box to add to the rhythm.

Then as you slap your knees say:

"God is...!"

and as you clap, add one of the words you've written down. Keep going until you've said all the words you wrote down – you could even add more if you like. Speak these out to God and the world around you as an act of praise and worship.



(If you've got access to the Podcast you can join in using that, or just follow the instructions below)



The words you wrote down are reasons why God is worthy of praise. They are also reasons why we can trust God to answer our prayers. Sometimes it helps to remind ourselves of what God has done in the past, before we ask him for something for the future. Have a go at praying like this:

"God, in the past you have Today, I ask you to Amen."

Don't forget to pray for your 5 people using your fingers.

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Thanks



**Today's adventuring has been hard work.
There have been lots of challenges and tough situations.**

Below are four adventure challenges - which of these would most cause you to grumble?



Sleeping on the floor



Walking long distances



Eating tasteless rations



No WiFi signal

When our adventure gets challenging it is easy to grumble and get grumpy, but even the toughest day can seem brighter when we remember to be grateful. Being grateful means saying "thank you" to God for the small things and the big things - remembering that all good gifts come from him.

It is easy to forget to say "thanks". One time in the Bible, Jesus healed 10 people in one go (amazing - like a strike in bowling!) However, only one of them came back to him to say "thank you" (you can read that story in Luke 17:11-19).



Grateful game

You've reached a forest which is dense and hard to get through.

To keep your spirits up you decide to play a game based on "I went to the shops and I bought..." as you trudge along.

One person starts by saying: "I'm thankful to God for" and says one thing they are grateful for. Then the next person has to repeat "I'm thankful to God for" including the first person's word, and then add an extra item they are thankful for. The third person has to remember the first two things and add their own... and so on around the circle.

See how many things you can remember and be thankful for!

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Emptying your backpack

Like any good adventurer you are carrying a backpack, full of important supplies and kit. However, during today's walk it has been getting heavier. You open it up to find that lots of the rocks from the maze have fallen in and are weighing you down.

Everyone makes mistakes, but we don't have to carry those around with us. Saying "sorry" to God means he takes our mistakes and throws them "as far from us as the east is from the west" (Psalm 103:12).

Write or draw on the stones below anything you want to say "sorry" for.

Give these things to God, knowing that he takes them away.



Sometimes other people hurt us, and of course this is not our fault.

But if we don't forgive them, their hurt becomes another rock in our backpack, weighing us down.

On this next pile of stones, write down anything done to you that you want to forgive someone for.



RADIO BASE CAMP



Have any of your 5 people done anything to hurt you? Ask God to help you forgive them.

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You reach a castle. It seems completely impossible to get in, with high walls, dark windows and a heavy, locked door.

Sometimes when we pray for something it can feel frustrating and difficult, like we are locked out of a castle with no way in. But one day Jesus was teaching his friends about prayer, and he said this:

“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.” (Matthew 7:7)

We are going to think about those three words - ask, seek, knock - and how they might help us pray for our friends and for the world.



ASK

No magic words!

You might try using some special words to get into the castle - “open sesame”, or perhaps some flowery language - “prithie unlocketh thine portal, most wondrous and pow'rful ruler!”

Or perhaps we think there is a secret code we can solve to get in. For example, work out the code below (turn the page upside down for a hint if you get stuck):

k i z b v i w l v h m l g m v v w
 z m b n z t r x d l i w h

When we pray, we might be tempted to think that certain special words will make God hear us. We may worry that we don't use special language or religious code.

But prayer is not like that - we need no magic words, no funny language, and no secret codes. Jesus says to just “ask”, the same way we ask our parents or carers for a piece of toast or a glass of water.

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You enter a thick jungle with all kinds of strange noises. You get very quiet, listening out for dangers, strange creatures and other interesting things.

Look at the picture below and circle all the things which would make sounds.

Being Still

Being quiet can help us pause to be with God. He says in the Psalms

"be silent, and know that I am God"
(Psalm 46:10).

Spend a minute in silence.
Get comfortable, close your eyes
and just rest in God's presence.



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