

## 7. Relay prayer game

As a family, pass the prayer baton by taking it in turns to pray each day between Ascension and Pentecost. Work together to create a prayer relay where everyone participates and each prayer matters! The relay is based on the idea of TSP: thanks, sorry and please prayers.

**You will need:** relay prayer chart; felt-tip pens; clock face (if you want to agree to pray at different times each day).

Before embarking on the relay, talk as a family about how you want to approach the activity. There is a range of ways that can fit in with your daily routine and lifestyle.

### You could, for example:

- choose one time of day to talk about what you would like to say thanks and sorry for, and what you would like to ask for God's help with. Pray together. (Suitable for younger children.)
- gather together at the same time each day and assign each family member a different kind of prayer (thanks, sorry or please). Take it in turns to pray.
- assign each family member a different kind of prayer (thanks, sorry or please) and agree on a time during the day when each of you will pray e.g. morning, lunchtime, afternoon or evening. This can be the same time for everyone (wherever you are at the time), or each person can have a unique time so that your prayer relay 'runs' throughout the day. You may want to gather together each day as well to talk about the kinds of things you are praying for. (Suitable for older, more independent children.)

Don't forget you can be as creative as you like with your prayers: draw pictures, go for a walk or to the park and do active prayers, pray out loud or whisper quietly. There is no right way—maybe try different things that work well for you and your family.

Each day, remember to colour in or put a sticker on the chart to show that you have prayed that day and played your part. Share with each other what you prayed.

When Pentecost arrives, look back on the whole time you've been praying. Have there been highlights? Were there moments of answered prayer or times when you met with God that stand out? Share these things to encourage each other. Why not treat yourselves to a reward or treat for completing the Relay Prayer?

