

# Ready at all Times



# Monday

## Prayer Leader:

Jesus prayed lots, and we should too!  
Our prayers this week are about  
being ready at all times to include  
God in our day through prayer.



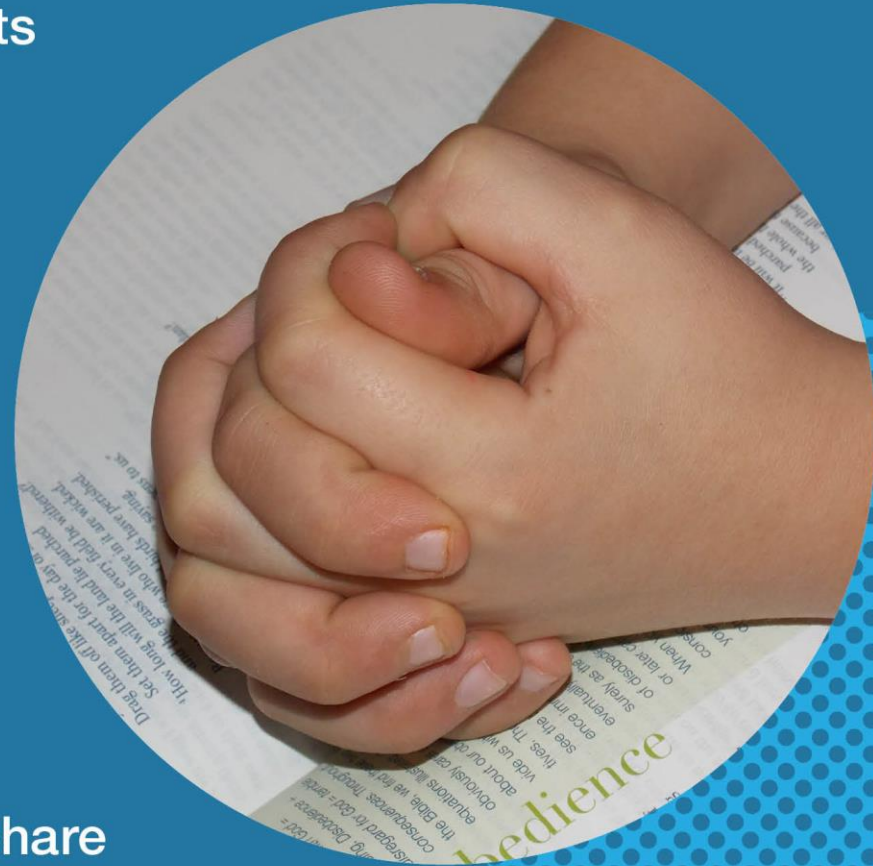
## **Prayer Leader:**

We're going to write our prayer requests on slips of paper and put them in the Prayer Box. These should only be requests that you are happy to be read out loud.

Then each day we'll take a few out and pray for them together.

Let's spend a few minutes writing these now.

God listens to all our prayers, so let's share with Him some prayers from our Prayer Box.



Dear God,

As I breathe in and as I breathe out,

Help me to remember you.

Help me to love you and love others.

Amen

# Monday

## Prayer Leader:

Today's theme is: **ourselves!**

Let's spend a few moments in quiet prayer.

- God, help me to make good decisions this week.
- Jesus, I'm struggling with...
- Thank you for helping me with...
- God, help me to be kinder to...



Dear God,

As I breathe in and as I breathe out,

Help me to remember you.

Help me to love you and love others.

Amen

# Tuesday

## Prayer Leader:

Jesus prayed lots, and we should too!  
Our prayers this week are about  
being ready at all times to include  
God in our day through prayer.



Dear God,

As I breathe in and as I breathe out,

Help me to remember you.

Help me to love you and love others.

Amen



# Tuesday



**Prayer Leader:**

Today's theme is: **food!**

Let's spend a few moments in quiet prayer.

- Thank you God for the food I eat...
- Even though I don't really like \_\_\_\_\_, thank you that I have enough food to eat!
- Jesus, please look after the people around the world who don't have enough food to eat...



Dear God,

As I breathe in and as I breathe out,

Help me to remember you.

Help me to love you and love others.

Amen

**Wednesday**

**Prayer Leader:**

Our prayers this week are about being ready at all times to include God in our day.

God listens to all our prayers, so let's share with Him some prayers from our Prayer Box.



Dear God,

As I breathe in and as I breathe out,

Help me to remember you.

Help me to love you and love others.

Amen

**Wednesday**

**Prayer Leader:**

Today's theme is: **the government!**

Let's spend a few moments in quiet prayer.

- Thank you for the politicians who lead the country...
- Help them to make good decisions for everyone...
- Please give them your patience/love/understanding/wisdom...



Dear God,

As I breathe in and as I breathe out,

Help me to remember you.

Help me to love you and love others.

Amen

# Thursday

## **Prayer Leader:**

Our prayers this week are about being ready to pray at all times.

God listens to all our prayers, so let's share with Him some prayers from our Prayer Box.



Dear God,

As I breathe in and as I breathe out,

Help me to remember you.

Help me to love you and love others.

Amen



# Thursday

## Prayer Leader:

Today's theme is: **our families!**

Let's spend a few moments in quiet prayer.

- Thank you for all the people in my family...
- I love them because...
- Wherever they are right now, please bless my mum/dad/sister/brother...
- When I feel grumpy, help me remember that...



Dear God,

As I breathe in and as I breathe out,

Help me to remember you.

Help me to love you and love others.

Amen

# Friday

## Prayer Leader:

This week, our prayers have been about being ready at all times to include God in our day.



Dear God,

As I breathe in and as I breathe out,

Help me to remember you.

Help me to love you and love others.

Amen

# Friday

## Prayer Leader:

Today's theme is: homeless people!

Let's spend a few moments in quiet prayer.

- Thank you that I have a home which is...
- Help me to remember that some people don't have...
- Today the weather is \_\_\_\_\_. Help me to remember those who live outside and are affected by the weather far more than me...
- Please look after homeless people and help them know that...



Dear God,

As I breathe in and as I breathe out,

Help me to remember you.

Help me to love you and love others.

Amen