



YORK  
MINSTER

# PRAYERS

FOR CHILDREN  
& FAMILIES

*from York Minster*

YORKMINSTER.ORG



## Prayers for Children and Families from York Minster

York Minster has been a place of prayer for many hundreds of years. That tradition of prayer is kept alive at all times by our community wherever they are.

Prayer doesn't have to happen in Church, prayer can happen anywhere at any time. Prayer can happen in our own homes, in our gardens, with our families, in the morning, in the evening, before meals. Prayer can even happen over the phone or through a computer!

You don't need to be 'an expert' to pray. Prayer is simply a way of speaking to God and listening to God.

Prayer is for everyone and often the most profound prayers are made by children to whom the Kingdom of God belongs.

The prayers that follow are gathered together from our children's groups, and are written by children and especially for children.

We hope you find them helpful.

## A Prayer for the World

God of love and hope,  
You made the world and care for all creation.  
But the world feels strange right now.  
The news is full of stories about Coronavirus.  
Many people are anxious because of it.  
Many people are anxious that they might get ill.  
Many people are anxious about their family and friends.

Be with them in their worries and help them to find some peace.  
We pray for the doctors and nurses and scientists  
who are working to discover the right medicines  
to give hope to those who are ill.

Thank you that even in these strange and worrying times, you are with us.  
Help us to look for the signs of your goodness and love towards us.

*Amen.*

## A Prayer for our Friends

Dear God,  
I miss my friends.  
I miss seeing them every day at school.  
I miss the jokes we share and the fun we have.  
Thank you for my friends, who are still my friends even though I don't  
see them so often. I pray that we can see each other soon.

## A Prayer for when a Friend is ill

Dear God, *(name of friend)* is ill.

They are not allowed to come over to play.

I'm sad because I miss them.

They must be feeling miserable and lonely as well.

Please be close to him/her.

Please be with the people who are looking after him/her.

Please help him/her to get better and to know that you love him/her.

Amen.

## A Prayer at Bedtime

Before the ending of the day,

Creator of the World, we pray

That you, with steadfast love, would keep

Your watch around us while we sleep.

Tonight we pray especially for *(names family or friends who are affected by Coronavirus)* and the people of *(country or place which is affected by Coronavirus)*. Give skill and wisdom to all who are caring for them.

Amen.

## A Prayer remembering God is with us

Lord God, you are always with me.

You are with me in the day and in the night.

You are with me when I'm happy and when I'm sad.

You are with me when I'm healthy and when I am ill.

You are with me when I am peaceful and when I am anxious.

Today I am feeling ..... because .....

Help me to remember that you love me and are with me in everything today. Amen.

With younger children, it is sometimes helpful to sing a prayer.  
You might like to use one of these to start a time of prayer:

*If you can safely light a candle, then do so, and sing:*

1. Jesus bids us shine with a pure clear light  
like a little candle shining in the night.  
In this world of darkness we must shine  
you in your small corner and I in mine.

*To the tune of 'Here we go round the mulberry bush'*

This is the way I praise you God, praise you God, praise you God  
This is the way I praise you God,  
You hear me when I pray! (Clap hands)

This is the way I ask you God, ask you God, ask you God  
This is the way I ask you God,  
You hear me when I pray! (Palms facing up arms open)

This is the way I'm sorry God, I'm sorry God, I'm sorry God  
This is the way I'm sorry God,  
You hear me when I pray! (Now head bowed and hands together)

This is the way I thank you God, thank you God, thank you God  
This is the way I thank you God,  
You hear me when I pray! (Arms up high)

## **Praise him – An Action Prayer**

### *Clapping hands*

Praise him, praise him, all the little children  
he is love, he is love.

Praise him, praise him, all the little children  
he is love, he is love.

### *Hands together*

Thank him, thank him, all the little children  
he is love, he is love...

### *Give yourself a big hug*

Love him, love him, all the little children  
he is love, he is love...

### *Imaginary crown on head*

Crown him, crown him, all the little children  
he is love, he is love...

### *Clapping hands*

Praise him, praise him...

## **Lord's Prayer**

OUR Father, who art in heaven,  
Hallowed be thy Name,  
Thy Kingdom come, Thy will be done,  
on earth, as it is in heaven.  
Give us this day our daily bread;  
and forgive us our trespasses,  
as we forgive them that trespass against us;  
and lead us not into temptation,  
but deliver us from evil. Amen.

## The Daily Review

*A chance to review the day with children.*

*Go through the day and talk through what happened from when they got up, till now.*

What was the best thing?

What was the worst thing?

God is there through the bad and the good.

Where did we spend time with God today?

Say the Lord's Prayer.

## A prayer before bed

Dear Jesus, before we sleep

we ask you to watch over everyone in this house tonight

*(name them)*

We pray for the world.

Bring happiness where there's sadness,

health where there's sickness,

and peace where there's war.

We pray for *(name people, places, animals, that we want to pray for)*

In Jesus' name we pray. Amen.

## **A prayer remembering God is with us**

Lord God, you are always with me.

You are with me in the day and in the night.

You are with me when I'm happy and when I'm sad.

You are with me when I'm healthy and when I am ill.

You are with me when I am peaceful and when I am worried.

Today I am feeling (name how you are feeling) because  
(reasons you are feeling this way).

Help me to remember that you love me and are with me in everything  
today. Amen.

## **A Prayer using your hand**

Thumbs up – thank God for something good

Index finger – pray for those who point the way to God

Middle finger – Pray for those who govern our country

Ring finger – pray for your family and friends

Little finger – pray for people who are ill, or anxious, or worried and need  
God's care



## More Online Resources

- <https://www.gloucester.anglican.org/your-ministry/children-youth-and-families/growing-together/>  
(top of the page for the free resource)
- <https://www.bathandwells.org.uk/supporting-children/youth-children/resources/bible-chat-mat/>
- <https://engageworship.org/engage-at-home-daily-family-prayer-and-worship-activities>
- <https://www.bdeducation.org.uk/podcasts/bible-podlets/>
- <http://www.going4growth.com/growth-in-faith-and-worship/faith-in-the-home>
- <https://www.illustratedministry.com/flattenthecurve>
- <https://www.rootsontheweb.com/>