

PAPER PLATE PRAYERS

Parents, please paraphrase and modify to meet the age-appropriate needs, attitudes, and safety concerns of your family. Younger children can watch parents enjoying this activity to model healthy family life.

How can a paper plate help your family pray?

#1 Ask a family member to read the two Bible verses, one from the Old and one from the New Testament.

*"Each morning you listen to my prayer,
as I bring my requests to you and wait for
your reply." Psalm 5:3 (CEV)*

*"We are certain that God will hear our prayers when we
ask for what pleases him." 1 John 5:14 (CEV)*

#2 For this prayer you will need a paper plate. This will be your "Prayer Plate" where you write prayers.

#3 As a family, brainstorm a list of prayers following the JOYS and CONCERNS guide.

Our greatest JOYS are...

Our biggest CONCERNS are...

#4 Use the prayer items on the paper plate to pray as a family.

#5 Keep your paper plate on your mealtime table as a reminder of your JOYS and CONCERNS prayers.



ParentTip: Always think safety when doing this or any other activity with your family.

FIVE FAITH PROMISES: PRAYER BIBLE READING FAITH CONVERSATION ACTS OF SERVICE SHARED MEALTIMES & OTHER RITUALS/TRADITIONS