

Day Five: "Ways to Pray"

Welcome to Day Five of *Rooted in Prayer*! Our theme today is “Ways to Pray”.

We recommend that you look through each day’s activities ahead of time, so that you can gather or acquire the items that you need. We have listed more ideas than you’ll use, because every family is different, with varied interests and abilities. You know what will best work with your child(ren) and can select the best options for each day.

Here are the items needed for each craft, snack, and game in today’s plans. The directions for each can be found in this packet.

Crafts:

Pocket prayer corner: pdf pattern, decorative paper, pencil, scissors, glue stick, cross sticker or photo, printed prayer, paper icons, piece of adhesive hook and loop fastener

Portable diptych: empty mints tin, decorative paper, pencil, scissors, mod podge or other glue, paint sponge, paper icons and/or printed prayer

Prayer request station: empty mints tin, decorative paper, pencil, scissors, mod podge or other glue, paint sponge, decorating items as desired, small paper, short pencil

LED candles: LED candles, permanent marker

Artcouragement: square sticky notes, decorating items as needed

Prayer journal: blank journal, decorating items as needed

Snacks:

Soft pretzels

Frozen bananas: bananas, popsicle sticks, melted chocolate, banana chip “flames”

Praying hands cookies: cookie dough, rolling pin, hand cookie cutter, desired filling

Printables:

Choose and print whichever your family will find helpful.

Games:

Down, Down, Down: soft ball or beanbag that can be tossed

Minute to Win it games: all require a one-minute timer and:

Rubber band shooting range: empty cans labeled as described, rubber bands

Keep it up: balloon

Pretzel dive: bowl of small pretzels, chopstick

Flying feather: feather

Prayer words: small cards, writing utensil



“Ways to Pray” Discussion Questions

Ice-Breaking Question:

Ask everyone to offer an answer.

How was your experience of the stillness challenge today? Was it easy or hard? Is this something you’ll continue after camp?

Discussion Questions:

- Continue to discuss reactions to Stillness Challenge
 - Have you found that it gets easier over time?
 - What gets in the way?
 - Is there a benefit to daily stillness challenges?
- Did any of the ideas of other ways to pray surprise you?
- Did any of the ideas of other ways to pray interest you?
- What other ways to pray can you think of?

New Idea to Consider: Fr. Thomas Hopko wrote a list of “55 Maxims” which are simple rules to live by. #9 is “Sit in silence 20 to 30 minutes each day.” Could you do that? Would it be valuable? What if you started at 3 minutes and slowly worked your way up?

A Reminder for the Discussion Facilitator:

We open with a simple question everyone can answer. This is like priming a pump, and will encourage them to speak again -- as long as you and the rest of the group are responsive, friendly and engaged.

We follow with discussion questions, which we hope will lead to thoughtful conversation. Don’t be discouraged if they don’t and follow the kids’ lead and what interests them. Take the kids seriously and try to meet them where they are.

We close with a new idea to consider. If conversation is already going well, you might skip this, but if conversation slows it’s nice to offer something new.



"Ways to Pray" Activities



Activity overview:

Arts and crafts - create a pocket prayer station; make a recycled-tin diptych or prayer request box; decorate an led candle; create small works of “artcouragement” for your community; and/or prepare a prayer journal

Snack - eat soft pretzels; make and eat frozen banana “candles”; make “praying hands” sandwich cookies; or fast today

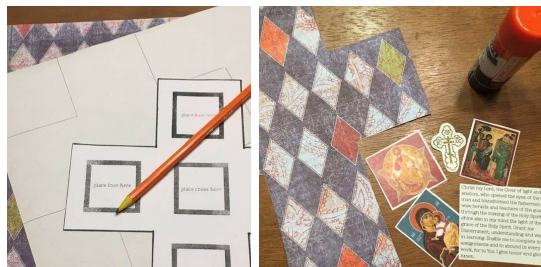
Printables - make a plan to pray throughout the day; write to St. John Maximovitch; connect the dotted letters; and/or color 1 Thess. 5: 16-18

Arts and Crafts:

- **Create a portable prayer station** so you can pray anywhere. Here are two ways to do so:



1. **Create a paper pocket prayer corner.** To do so, invite campers to do this:
Print the pdf pattern below, and cut it out. Campers can trace the outside of the pattern on the plain (back) side of a piece of decorative paper or cardstock. Repeat on a second piece, cut both out, and glue the two together. Gather small paper copies of the three icons that each camper wishes to include in their pocket prayer corner. Invite them to select a prayer to include. (See the pdf below for possible prayers, or copy a prayer that you would prefer to use.) Find a cross sticker or draw or print a cross picture for the center of each pocket prayer corner.



Next, have campers glue one of their selected icons in the middle of the top section and in each side section of your pocket prayer corner, as marked on the pattern. They should then glue or stick the cross in the middle section of the pocket prayer corner, and the prayer on the bottom section, (near the middle section). If desired, cover the front and back of the pocket prayer corner with clear contact paper, and cut it out.

Have each camper fold the sides and top of their pocket prayer corner towards the center. Folds will overlap. Next, they should fold the bottom of the pocket prayer corner up over all of these folded parts. They then bend the extra length up over the top and down the other side.



Use adhesive hook and loop fastener to close each pocket prayer corner. Adhere one piece to this extra length and the other to the back. Encourage campers to carry their pocket prayer corner everywhere, so it's ready to help them pray!



2. Or **create a portable diptych** from a recycled mints tin:

Campers select a pretty paper or cardstock to cover the inside and outside of their tin. They trace the shape of the tin (lid and bottom) onto the wrong side of the paper. Be sure to have them cut two pieces of each size. (One piece will go inside the tin lid, the other on the outside. Repeat for the bottom.)



Campers use mod-podge glue to adhere the paper to the tin, inside and out. Provide campers with a copy of a prayer and a small paper icon or two icons for each tin. Have them cut the prayer and/or icon(s) to size and use mod-podge to glue each into place on the inner surfaces of the tin. Campers will then coat all paper surfaces with an additional coat of mod-podge glue, to seal them.

Optional: When the mod-podge dries, paint the unpapered side of the tin with nail polish to add color and/or sparkle. Also, if campers wish to keep their triptych tin in a locker or on a fridge or filing cabinet, adhere magnets to the back.

- Create a small prayer request station



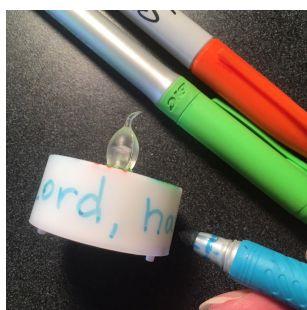
This could be kept at a prayer table, in the camper's room, at their desk, or out on their porch where the neighbors can also access it. Follow the directions for the diptych to create this station from a recycled mints tin. Instead of inserting icons inside, have campers decorate the outside of the lid with the words "Prayer Request Station". Provide paper that has been cut into tiny cards that will fit inside of the decorated tin.



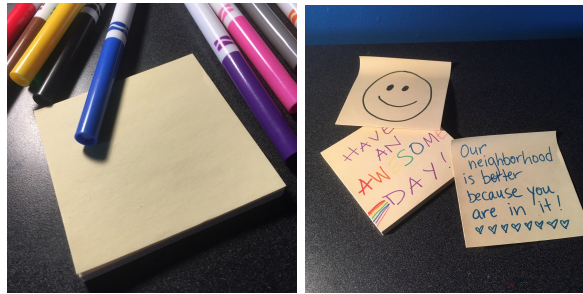
When the mod-podge is dry, allow the campers to stack the paper cards inside the tin, add a small pencil or pen atop the paper, and then place the prayer request station where it can be used. Campers can invite family and friends to write prayer requests on a piece of paper, and put it in the box. Campers will occasionally check the box to gather the requests and pray about them!



- Use permanent markers to **decorate LED candles**.



Campers will find that even the youngest of their family members can pray with these candles!



- Pray by blessing. Begin by asking God to help the campers to encourage their neighbors. Then invite them to **create small works of artcouragement** on 3” square sticky notes. Campers can write words, draw colorful, cheerful illustrations, or do both; whatever will be a work of art that encourages. Remind campers that they will be “praying with their feet”, while they go out into the neighborhood and put these notes where others will find them and be blessed.



- Decorate a blank notebook or journal to **create a prayer journal**. The decoration can be simple or ornate: it is completely up to the creator. After it is decorated, campers can keep their journal handy so that they can write favorite prayers inside. They could also keep lists of people they are praying for and how God answers those prayers. Perhaps they will prefer to write their own prayers, whether thanksgiving and praise prayers, or prayers of concern.

Cooking and Snack:

As the story goes, pretzels originated in Italy in 610, when a monk took strips of dough and twisted them to look like someone with their hands folded in prayer. Bake and eat **soft pretzels**. Make your own from scratch, buy a kit, or purchase them frozen and ready to bake: it is up to you! (If you make any extra pretzels, you can pray by sharing them with someone outside of your family!)

Peel several ripe bananas. Cut them in half. Insert a popsicle stick into each cut end. Set the banana “pops” on parchment paper, on a cookie tray. Place them in the freezer. When frozen, dip each banana half in melted chocolate chips. Slip a plantain chip “flame” into the point of each banana. Place them back into the freezer for a few minutes, to solidify the chocolate. Then enjoy your **frozen banana “candles”**!

Bake sugar cookies or sand tarts cut in the shape of a hand. When they cool, create cookie sandwiches by putting a layer of peanut butter, hazelnut creme, frosting, or even ice cream between them. Enjoy your **“praying hands” sandwich cookies**!

Fasting is another way to pray, so you could consider fasting from a snack today and spending the time and money doing something kind for someone else instead.



"Ways to Pray" Games:

1. We talked about praying throughout the day. Play a game that has to do with time! It's called **"What's the Time, Mr. Wolf"**, and it comes from Australia. One player is the wolf, and stands with his back turned, 5 yards from other players. Others call out, "What's the time, Mr. Wolf?" Wolf turns and shouts a time (ie: "10 o'clock!"). The others take steps to match the time (10 steps, for the example). Wolf turns his back to the others again, and awaits their repeated question, only looking at the group when telling what the time is. Play continues until Wolf shouts "Dinner time!" and whirls to chase the other players. If Wolf catches one, that person is the new wolf, and play begins again.
2. We talked about praying with our body. This game includes kneeling and a kind of prostration! The game is called **"Down, Down, Down"**, and it is also from Australia. To play the game, two players toss a ball (or beanbag) back and forth. Any time a player misses the catch, the other player gives them a direction, which they must do, staying in that position as play continues.

Here are the directions for the positions, in the order that they should be given:

1. Down on one knee
2. Down on two knees
3. Down on one elbow
4. Down on two elbows
5. Down on your chin (chin must remain on the ground)

The first person to drop the ball the sixth time loses that round.

3. Play a few **"minute to win it" games**. Decide if you will divide your group into competing teams, or if each person will compete as their own team. If you divide in two groups, you'll need twice the supplies for each challenge. (We adapted the following from this list:

<https://www.signupgenius.com/groups/minute-to-win-it-games.cfm>)

- *Rubber Band Shooting Range* - Label empty cans from soda or vegetables with things prayer can alleviate (sins, anger, frustration, despair, sorrow, worry, etc.). Stack the cans in a pyramid and have players shoot rubber band "prayers" at them, knocking down as many as possible with their "prayers". Whoever knocks down the most in a minute wins the challenge.
- *Keep It Up* - Players or teams need to keep a balloon "prayer" aloft for one minute. If you want to make it more challenging, add rules such as "use only your head" or "no hands allowed". If the "prayer" falls to the ground, they're out of this challenge. (At the



end of the minute, start a second minute for those still aloft. The last person keeping their prayer aloft wins the challenge.

- *Pretzel Dive* - Give each player a chopstick and a bowl of small “arms crossed in prayer” (pretzels). Players will have one minute to hold the chopstick between their teeth and collect as many “crossed arms” as possible on the chopstick. Players who touch a pretzel or chopstick with their hands must dump the pretzels that were on their chopstick and begin again. The player with the biggest collection of “crossed arms” at the end of a minute wins.
- *Flying Feather* - For this round, a feather represents a prayer that we are trying to communicate to God. When the timer begins, players tilt their heads back and blow the feather “prayer” up into the air to start its journey. Players continue to blow the feather towards the goal (which represents God). The goal can be a bowl or bucket at the other end of the room, and whoever gets their feather “prayer” closest to the goal in one minute wins this challenge. (Note: be sure to stress that it is important for us to continue to persevere with our prayers, but clarify that this game falls short because God hears our prayers. It’s not like we pray and pray and the prayers don’t even get all the way to Him.)
- *Prayer Words in Order* - Write the words to a familiar prayer (ie: the Jesus Prayer) on individual flashcards. Mix them up. Lay the mixed pile, upside down, in a stack beside the player. Players must run one card at a time across the room or yard and arrange them in order, forming the prayer, before the minute is finished. A player who finishes the prayer in time wins the round. (If more than one player finishes in the same round, have a rematch of only the qualifying players, timing them to see who is fastest.)
- *Marshmallow Mouth* - Write words related to prayer (stillness, candle, incense, pray, and a sampling of the ways we can pray, for example), and a few well-known prayer phrases (the Jesus Prayer, each phrase of the Lord’s Prayer, etc.) on 3x5 cards. Be sure to have enough cards for every player to have multiple ones to attempt if you are playing individually instead of by teams. When it is their turn, a player puts several marshmallows into their mouth and tries to communicate their word/phrase, one at a time, to the rest of the group or to their team. Whichever person successfully communicates the most in a minute (or whichever team deciphers the most in a minute if you’re playing by teams) wins the challenge.



Day Five: Game & Wrap-Up on Zoom

Finish the day with a fun game. All of these options also happen to provide a review of camp's various topics and ideas.

1. Play "I Spy" where each camper is given the chance to say, "I Spy with my mind's eye...", and then give a clue about something from the week's experiences. For example, a child might say, "I spy with my mind's eye a way to pray with my hands." Others try to guess what the child means (in this case, making the sign of the cross). Play continues until everyone who wants a turn has a turn.
2. Play "Charades" where every camper who wishes to participate has a turn acting out something learned, heard, played, or done during the VCC. Other campers try to guess what it was. If the group is large enough, divide in two teams, and teams try to guess their opponents' charades within a minute. If they guess correctly, the team gets a point. Play continues until everyone has had a turn, or a predetermined number of points is accumulated.
3. Play "So, Here's My Question". Divide the group into two teams. Each member of each team crafts one question about something from the VCC week. One by one, campers ask their question over Zoom, inviting the other team to answer. They'll begin with, "So, here's my question..." and then ask their own question. If one of the other team members gets the answer correct, that team gets a point. If none of the other team can answer the question, the camper can ask their OWN team the question. If one of their teammates answers correctly, their team gets a point. The team with the most points after everyone has asked their question wins the game.



Day 5: Ways to Pray Activity Page 1

How will you pray without ceasing? Write or draw your plan for each part of your day.


		
When I wake up	Morning	Lunchtime
		
AFTERNOON	Evening	Bedtime
		
HAPPY TIMES	Sad times	Scared times

Are any of these prayer plans brand new for your day? Circle all of the new ones!

Day 5: Ways to Pray Activity Page 2

Write a letter to ask St. John Maximovitch to pray for you, your family, or someone else who needs his prayers! After you've written your letter, mail it to:

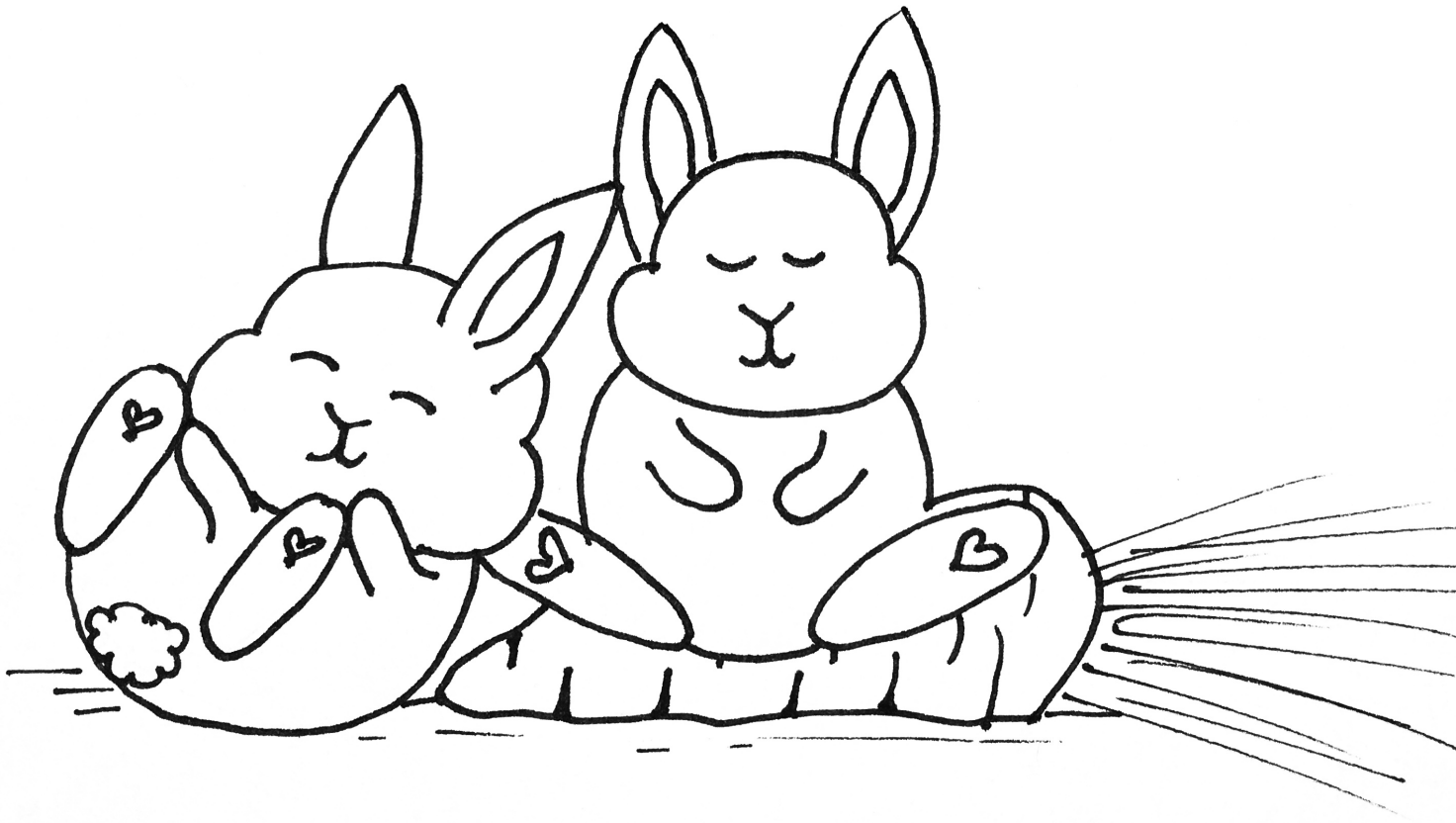
St. John Maximovitch
6210 Geary Boulevard
San Francisco, CA 94121



Day 5: Ways to Pray Activity Page 3

I CAN PRAY

ALL DAY.



rejoice
always

Pray

without
ceasing

in

everything

give

THANKS

1 THESS. 5:16-18

Pocket Prayer Corner Pattern



Praying for your commute:

Lord Jesus Christ my God, be my Companion, guide and protector during my journey. Keep me from all danger, misfortune and temptation. By Your divine power grant me a peaceful and successful journey and safe arrival. In You I place my hope and trust and You I praise, honor and glorify, together with Your Father and Holy Spirit now and forever and ever. Amen.

Prayer before you drive:

Lord and Author of my life, before I take the wheel, I ask You to help me use my car in serenity, caution, and discipline. Take from me the spirit of impatience, selfishness, and negligence. Let Your angel of peace and faithful guide me guard me against all dangers of the road and keep me unharmed. Protect those who accompany me and deliver us all to safety. Yeah, O Lord and King, grant me steady hands and strong insight that I may cause not harm, damage, or death to innocents. Through the intercessions of Your most Holy Mother, St. Christopher, and all Thy saints, Amen.

Praying for parents and teachers:

Lord Jesus, thank You for the bright sunlight of a new day. As You made the sun to rise in the heavens, so come to shine in my life today, for You are the Light of the world. Guide me, direct me, and lead me that I may do Your holy will and please You in all that I do this day. Bless my parents, teachers and all who care for me. Amen.

Heavenly Father, bless my parents and all those who love and care for me. Help me in all ways to be respectful and obedient to them according to Your will. Send down upon me Your grace to perform all my duties carefully and faithfully, to avoid unacceptable company and influence and to resist all temptation that may come my way. Help me Lord to live a serious, good and godly life, praising You constantly and glorifying Your holy Name. Amen.

Praying for School:

Christ my Lord, the Giver of light and wisdom, who opened the eyes of the blind man and transformed the fishermen into wise heralds and teachers of the gospel through the coming of the Holy Spirit, shine also in my mind the light of the grace of the Holy Spirit. Grant me Discernment, understanding and wisdom in learning. Enable me to complete my assignments and to abound in every good work, for to You I give honor and glory. Amen.

Lord, have mercy on me
and save me, a sinner.