

# Day Two: "Intercessory Prayers"

Welcome to Day Two of *Rooted in Prayer*! Our theme today is "Intercessory Prayers".

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:*

Kite: printer paper, clear tape, bamboo skewer, hole punch, length of paper streamer, decorating materials as desired, 3 or more yards of string, small stick or piece of cardboard

Cards: construction paper or cardstock, decorating materials as desired

Prayer list board: inexpensive frame with glass, blank piece of paper, scissors, writing utensil, decorating materials as desired (paint, hot glue and artificial flowers were used in the sample), length of string (around 1 foot), dry-erase marker

## *Snacks:*

Mandazis: coconut milk, sugar, flour, cardamom, veg. Oil, yeast, egg, salt, coconut flakes, nutmeg or cinnamon

Fairy bread: bread, butter/margarine, multicolored sprinkles

Tropical fruit from Latin America and/or Asia

Flavored milk: milk, sugar, strawberries or vanilla or mint or other unusual flavor

## *Printables:*

Choose and print whichever your family will find helpful.

## *Games:*

No props are needed for today's games

## Related quote:

"Praying for others can be risky. The risk is that we will become part of God's answer to our prayer. We should be ready for that." (p. 39, "When You Pray: A Practical Guide to an Orthodox Life of Prayer" by L. Joseph Letendre)



# “Intercessory Prayer” 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? How did it differ from yesterday’s challenge? Does it get easier with time?

## Discussion Questions:

- Today we learned about intercessory prayer. Did anything surprise you? Why?
- Have you ever been in a situation where people were praying for you?
- Have you ever prayed for someone else?
- Do you keep a prayer list? Where and how?

## New Idea to Consider:

*Praying the Alphabet:* If you’ve ever had trouble falling asleep, someone has probably suggested that you count sheep. Instead of boring yourself to sleep, you might try praying the alphabet like they mentioned in today’s video. As you lie in bed, you go through each letter of the alphabet, trying to think of someone whose name starts with that letter so that you can pray a “Lord, have mercy” for them. If you know more than one person with that letter, feel free to pray for all of them!

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## 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.



# "Intercessory Prayer" Activities



## *Activity overview:*

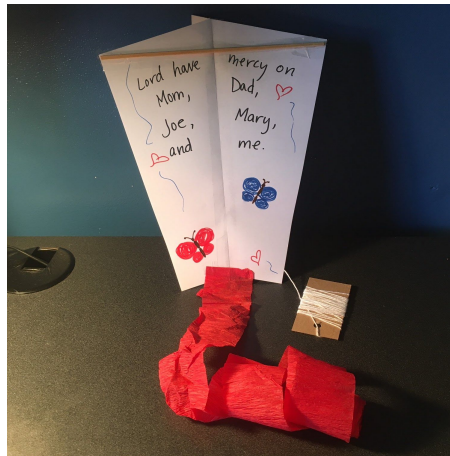
*Arts and crafts - make a simple kite to carry your prayer; make cards for the ill or discouraged; make a prayer list "board" with a decorated frame*

*Snack - eat an international snack and pray for the people of the countries from which it comes. (You can buy your snack in the international section of the grocery store, or make East African mandazis, Australian fairy bread, eat tropical fruit, and/or make flavored "Australian" milk.)*

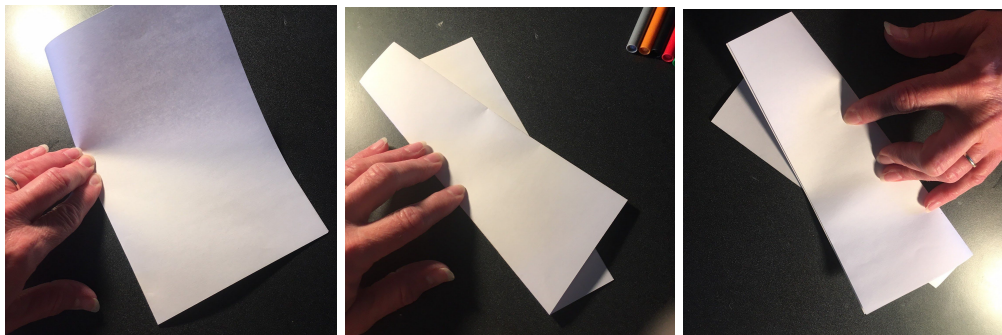
*Printables - Guess the clues; draw your prayer list; connect the dotted letters; and/or color James 5:16*

## Arts and Crafts:

- Campers can follow these directions to **make a simple kite** that can carry their prayer up into the heavens!

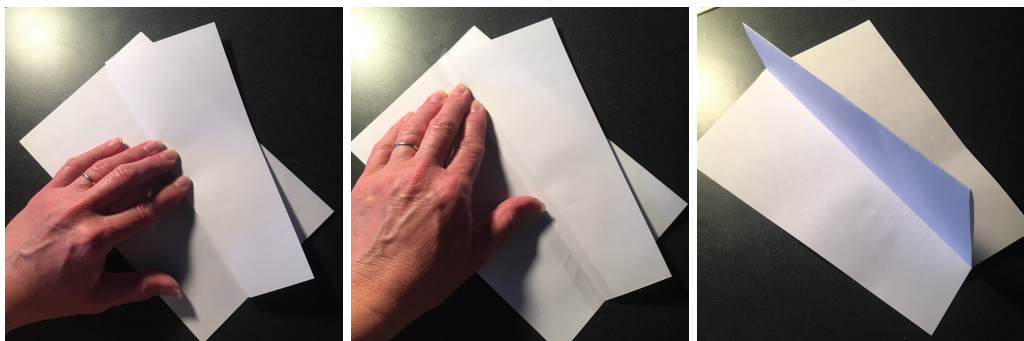


Take a single sheet of paper in half, hamburger style, forming a middle fold.



Fold the middle fold toward the open ends at an angle, like the photo.

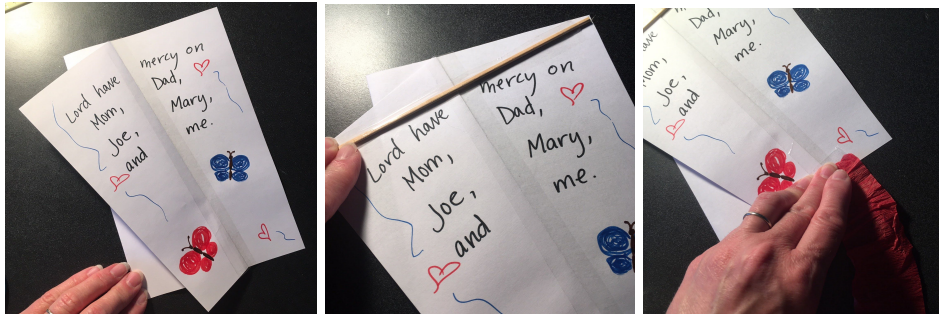
Open that last fold, flip the paper over so that the middle fold is away from you, and fold back along that same angled fold.



Fold open the lower of the open ends. Place a long line of tape along the crack that runs top-to-bottom down the middle of the kite. The goal is to keep it from coming open anymore. (Be sure to have campers trim off any excess tape.) The tape side is the kite

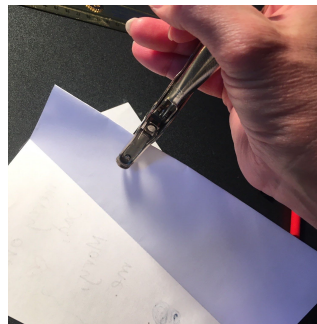


top. Flip the kite, so that it is tape-side-down (upside down), and fold the middle fold to the left and to the right several times, until it stands up on its own.

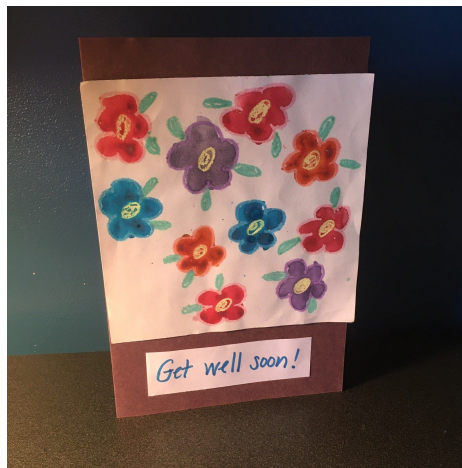


Turn your kite right side up again. Write a prayer on your kite, or a list of the names of people for whom you are praying. Add any other decorations you may wish to add. Place a wooden skewer piece (about 7 ½" long) across the widest part of the top (tape) side of the kite, from wide point to wide point, as pictured. Be sure to tape the skewer down firmly.

Campers then choose a strip of streamer for the kite tail, and tape it to the narrow part of the top side of the kite.



Turn the kite upside down again, and punch a hole in the flap about ⅓ of the way down from the top of the kite. Tie one end of a piece of string (at least 3 yards long) to the kite, through the hole. Wind the rest around a small stick or piece of cardboard. Invite campers to fly their kites and watch the prayers arise!



- **Make cards** for sick people in your parish or address them to “someone who needs a boost” at a local hospital or care center. Before mailing the cards, campers can set them in the family prayer corner and pray for each recipient, that their body and soul will be saved. Be sure to have the campers mail the cards!



- **Make a prayer list board.** Decorate an inexpensive frame (example shows artificial flowers that were hot glued in place). Write “I am praying for” (an adult may need to do this, and the child can decorate) on a blank piece of paper that fits inside the frame. Insert the page into the frame, behind the glass, and close the frame. Tie or tape a length of string (whatever size works best with the size frame you are using) to the back of the frame, and tie a dry-erase pen to the other end of the string. Use the pen to write or draw the people or situations that you wish to remember in prayer directly onto the glass. Keep the prayer list board in your prayer corner, or let each child keep their own in their room, so that they remember to pray for those on their list. They can erase as prayers are answered, or as needed.

## Cooking and Snack:

Pray for people around the world as you eat an international snack. Select a variety of snacks you have never tasted from the international sections of the grocery store, and try those. Or, if you prefer to make your own, do so! For example, you could munch on mandazis (East Africa), fairy bread (Australia), a variety of tropical fruits from Latin America and/or Asia, such as mango or lychee fruit, and drink flavored milk from an old-fashioned milk bar (originally the brainchild of Greek immigrants) in Australia. Before you snack, look at a map or globe to find the countries where these snacks are enjoyed, and pray for the people who live there. Then thank God for your snack and enjoy!

### East African Mandazis:

¼ C warm water	2 tsp yeast
½ C canned coconut milk	1 large egg
¼ - ½ C sugar	1 tsp salt
3 C all purpose flour (plus ¼ C more)	3 Tbsp coconut flakes
1 tsp cardamom	½ tsp nutmeg or cinnamon
Vegetable oil for deep frying	

In a big bowl, combine warm water, coconut milk, salt, sugar, and yeast. Set aside for 5 minutes, then add eggs and stir well.

Add 3 C flour, seasonings, and coconut. Mix well with a stand mixer or by hand. Turn dough onto a lightly floured surface, and knead until it is not too sticky, for about 5-7 minutes. (Add some of the additional flour if needed, but add as little as possible.) Place dough in a greased bowl, turn once, and then cover with a cloth. Let it rise 1-2 hours, or until doubled. Punch down the dough and divide it into 4 parts. Form each into a ball, then roll into a flat circle. Cut each circle into 6 triangles, and let them rest for 15 minutes. Heat vegetable oil (at least 3 inches deep) in a large saucepan until it reaches 375°F.

Gently drop a few dough triangles into the hot oil at a time, fry them for a few minutes until golden brown, then flip and fry until the other side is also golden brown. Remove with a slotted spoon, and place on a towel-covered surface, to drain extra oil away. Repeat until all of the mandazi triangles have been browned. Sprinkle the mandazis with powdered sugar and enjoy!

### Australian Fairy Bread:

Spread bread generously with butter or margarine. Cover with multicolored sprinkles. Cut into shapes if desired. Enjoy! (This is a favorite party food in Australia.)



Drink “**Australian flavored milk**”:

There was a time in Australia when many “corner stores” were called “milk bars” and served flavored milks. The idea was created by Greek immigrants to Australia! Try a new flavor of milk that your family does not usually drink. Add a little sugar and some pureed strawberries (or, instead of the strawberries, a bit of vanilla or a drop or two of mint flavoring: you get the idea) to a glass of milk, and enjoy! (You can also find a recipe for “cereal milk” here:

<https://chocolatecoveredkatie.com/cereal-milk-recipe/>)



## "Intercessory Prayer" Games:

1. Play “**Whisper Down the Lane**”. Why do we ask the saints to pray for us? Why do we not only ask God, for ourselves, but we also ask them to pray for us, too? This game can help us understand that a bit. To play, select one person who will start the game by whispering a phrase or sentence to another person. That person, in turn, will whisper it to another, and so on, until everyone has heard the phrase or sentence. The last person to hear will tell what was whispered to them. You may be surprised to find that very often it is not what the first person whispered! If you talk together about what each person heard, you will likely find that the people at the beginning of the game heard the original statement, or something very similar. Talk about how the saints are with God, so they are closer to Him and better able to relay messages to Him for us: they are closer to “the beginning of the line”. This is why we ask them to support us with their prayers.
2. To illustrate how we help each other with intercessory prayers, play “**Stuck in the Mud**”. This is a tag game. One person is it. When they touch someone, that person is “stuck in the mud” and must stand where they are, with their legs apart. Other players can rescue one “stuck in the mud” by crawling between their legs. As soon as this has happened, the stuck person is back in play. Play continues until everyone is stuck in the mud. The last person to be “stuck” is it for the next round. After playing, talk together about how you helped each other. Was it hard to help in this way? No, but it took a little humility. It is the same for us. We ask each other and the saints to pray for us, and they humbly do. Those prayers help us to get “unstuck” from the problems that have overtaken us.
3. When we pray, we are reaching out to touch God. We pray to ask and encourage Him to move in a particular way in someone’s life. We can reach out and touch someone and see if we can get THEM to move when we play an East African game, the “**Hand Push**” game. Divide the group into two teams. Team members find an opponent from the other team, and stand toe-to-toe, palms touching each other’s palms. When instructed to begin, players push their opponent’s palms and attempt to make the opponent move. If one player steps back to maintain their balance, the other team gets a point. When every pairing has one person whose foot moves, the round is over. Tally the points from that round and begin again. Play progresses for a period of time (most points gathered in that time wins) or until a predetermined team score is achieved.





# Daily Game & Wrap-Up on Zoom

Groups **can play a lot of fun games over zoom. Select a game from this list each day. You can play the same games over again, or you can play a different one each day! (Note that Day Five has different games, because they provide an opportunity to review material. You'll use this list to find games for the first four days.)**

## 1. Simon Says

Participants should move back from their screens so that we can see their whole bodies. One person is “it” and calls out body parts that campers should touch. If “it” precedes the directions with “Simon says, touch...” then campers should touch that body part. If “it” just says, “Touch your...” without referencing Simon, campers should do nothing. Anyone who touches the body part named without the reference to Simon is out for the rest of that round. Last camper to get out is the new “it”.

## 2. Hana, Hana, Hana, Kuchi

This game is from Japan, and the name means “Nose, Nose, Nose, Mouth”. In this game, one person is the caller. They always call out, “nose, nose, nose,” and then add another body part, touching that part as they call it out. Other campers follow suit. The caller MAY call out one body part and touch another (for example, “nose, nose, nose, ear” and touch their nose instead of their ear). Campers who follow what is SAID (ear) stay in the round. Campers who follow what is TOUCHED (nose) are out for the rest of the round. The last camper to make a mistake is the new “it”.

## 3. Horns, Horns, Horns

This game comes from Scandinavia, where reindeer with beautiful antlers are important to the economy, so people value them. The person who is “it” says, “Horns, horns, horns,” and then mentions the name of an animal with horns (or antlers or tusks). Players use their hands to “create” horns like that on their own head. Occasionally, “it” will say, “horns, horns, horns,” and then mention an animal that does NOT have horns/antlers/tusks, but as they say the animal's name, they use their own hands to “create” a horn/horns on their own head. Campers who follow the motions are out for the round, but those who do nothing stay in. The last camper to fall for “it's” tricks is the new “it”.

## 4. Scavenger hunt

Divide your group into two even teams. The moderator invites campers to find and show items (one at a time) from their house that relate to prayer in some way. (Be sure



that your list contains items every household has on hand! Ideas could include: icon of Christ, your favorite icon, a candle, matches or lighter, holy water, prayer book, service book, cross, etc.) Every team member that finds and brings one of those items to show to the group earns a point for their team. The first one to show their item gets an extra point for their team. The team with the most points at the end of the game wins.

5. Would You Rather

Zoom leader asks campers “would you rather” questions comparing two different things, and invites all campers to answer. Questions for this game are usually silly, ie: “Would you rather hold an earthworm or a cow?”. (Leader may find it helpful to create their list of questions ahead of time.) If desired, the leader could relate a few questions near the end of the time to the day’s learnings. These may not be as silly, but could help campers think over the day’s learnings and engage with them. For example, on Day 1, the Leader could ask, “Would you rather stand very still outside in an ice storm, or on a hot day in a muddy swamp?”

6. I’m Going on a Hike

Each camper has a turn to add something to the list of things they would take on a hike. The first camper may say, “I’m going on a hike, and I’m taking my walking stick.” The second camper would say, “I’m going on a hike, and I’m taking my walking stick, and a granola bar.” The third camper would repeat that and add their own third item. Play continues until everyone has had a turn to add something to the list.

7. Build a Story

Storytelling is a fun way to build group interactions, while building an important life skill. For this activity, the whole group will work together to build a story that has never before been told. The Zoom leader will need to decide how to handle turns and communicate who has a turn, and when, or if it will just be a free-for-all. The leader will explain that everyone in the group will participate as listeners. Then the leader will invite all members to participate as storytellers, if they wish. Group members who wish to help tell the story will each have a turn to tell one sentence. In this way, your group will make up a story on the spot! The leader will begin the story with, “Once upon a time...” The first camper will say, “there was a \_\_\_\_ who \_\_\_\_.” Subsequent campers will add their sentences, one at a time, until the story is finished or everyone has had a turn to contribute. If the story is not finished, the leader can ask volunteers to offer their idea for an ending. If the story finishes before everyone has had a turn, begin a second story.



#### 8. Freeze Dance

Leader plays some of Cece's music so that everyone can hear it and dance. Occasionally, the leader will stop the music, and everyone must freeze. Whoever keeps dancing is out for that round, but those who freeze can dance again when the leader re-starts the music. The last player still in at the end of the round wins the round.



## Day 2: Intercessory Prayer Activity Page 1

Who should we keep in our prayers? The clues will help you to think of some ideas. Fill in the blanks with your answers.

— — — — people who are not well  
\*

— — — — — people we like to hang out with and be around  
\*

— — — — — people who are moving around, visiting other places  
\*

— — — — — people who are in charge  
\*

family — — — — — people we are closely related to  
\*

— — — — — another name for the Body of Christ  
\*

— — — — people who are no longer living on earth  
\*

— — — — — people who do not like us at all do this  
\*

— — — — — people who really like us a lot do this  
\*

— — — — — people in this group work to protect and defend our country  
\*

— — — — — a long name for “us” or “we”  
\*

— — — — — another name for country  
\*

What is it called when we pray for others? Copy the letters with a \* into these boxes to find out.

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## Day 2: Intercessory Prayer Activity Page 2

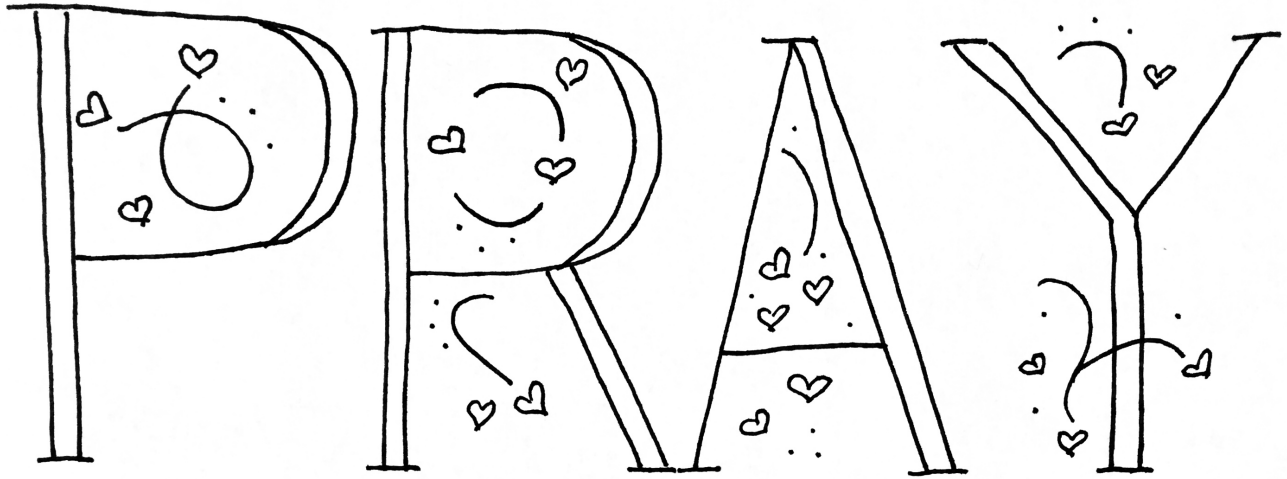
Who do you pray for regularly? Are they still on earth, or in heaven, or both? Draw them here, or list their names. Is there anyone else who you should add to your list?



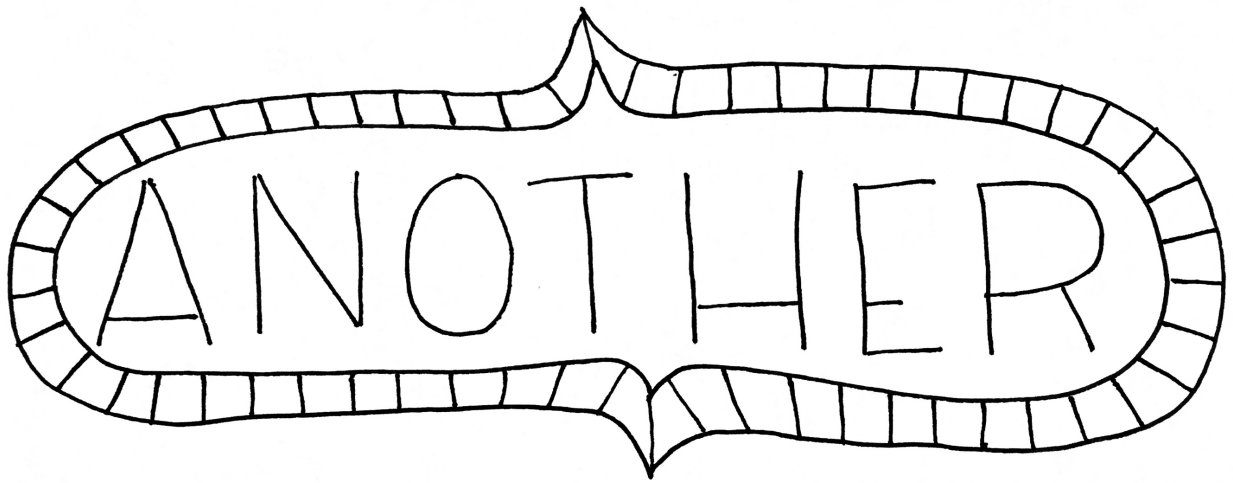


I PRAY FOR  
OTHERS.





FOR one



JAMES 5:16