



## BANGOR PARISH RESOURCES

YOUCAT is a wonderful resource for Catholic Teaching giving prayers tools and understanding of the Catechism of the Catholic Church in everyday language to help support you as parents to use during your Family Prayer Time.

# FAMILY CREATIVE PRAYERS

Below are a few examples for you to involve the kids in some creative ways to help them pray. Please approach this as fun whilst praying. It is totally ok if the tasks don't turn out the way they were meant to! Improvise and include the heart behind the craft to help your children pray. These examples do not need to be tried or completed within the hour and there are also lots of other examples you can find online to help you involve children and young people!

### Helping Hands:

*Supplies: You will need paper, pens/pencils.*

#### Action:

On a piece of paper, draw around your hand. Ask God to give you helping hands to do what is right, using your hands for kindness and goodness. Think of something good you can do with your hands today and write it on the hand (eg staying home and safe, tidy your room, set the table, write an encouraging letter).

In difficult times it's also important to look out for the helpers, those with helping hands who are doing their best to show kindness and make things better. Who are the helpers in our world right now? Take a moment to pray for them and ask God to give them wisdom as they do what they can to help others. If you want, on the other side of the hand you can write your prayer or draw a picture of the helpers you are praying for.

#### Prayer:

God, I thank you for those helping hands in our lives...our families and our friends. I ask that you bless them and help me to encourage them. Jesus, I thank you so much for those who are on the frontlines - the nurses, doctors, and health workers who are giving of themselves to help others. Give them wisdom, courage, strength, compassion and even joy today. Jesus, protect them and be their help as they try to help others.

**“Greater love has no one than this: to lay down one’s life for one’s friends.”**

**John 15:13**

## FINDING COURAGE

*Supplies: You will need a sealable sandwich bag, water, sharp pencils.*

### Action:

Fill the sandwich bag with water (leave some space at the top) and seal it.

Take a sharp pencil and poke it all the way through the bag so that part of the pencil is sticking out both ends. Don't worry it works! Leave it in there. There is no leakage whatsoever.

Ask your child what they think will happen if you poke the bag with the pencil? The pencil is like the thing we are scared of. We are worried it will hurt us (or make our strength leak away), but we can pray to God to give us the courage we need to get through.

Today, in a world with coronavirus and social distancing, we find ourselves in an extraordinary situation. What are the things that scare us? The things that we worry will hurt us? Think of the things that worry you and ask God for the courage to get through the difficult times. As a symbol of your prayer, push the pencil all the way through the bag of water.

### Prayer:

God, we thank you that Love is greater than fear. We know that there is a lot to be afraid of these days, and it can feel HUGE. I thank you that you are not overwhelmed or afraid and you give us your courage. Your love is greater and your love is with us. Jesus, fill me with your love and give me courage to cast out all fear.

**"There is no fear in love,  
but perfect love casts out fear."  
1 John 4:18**

## THANKFULNESS – GRATITUDE JAR

*Supplies: You will need an empty jar, sharpies, stickers.*

### Action:

Decorate the empty jar using sharpies or paint or stickers. Make this your 'Gratitude Jar'. Every day write on a piece of paper something you're thankful for and as you drop it into the jar, say a prayer of thankfulness to God. Then in future days when you're feeling down and wonder if God is still good, you can read through your prayers and remind yourself of all the good things God has given you!

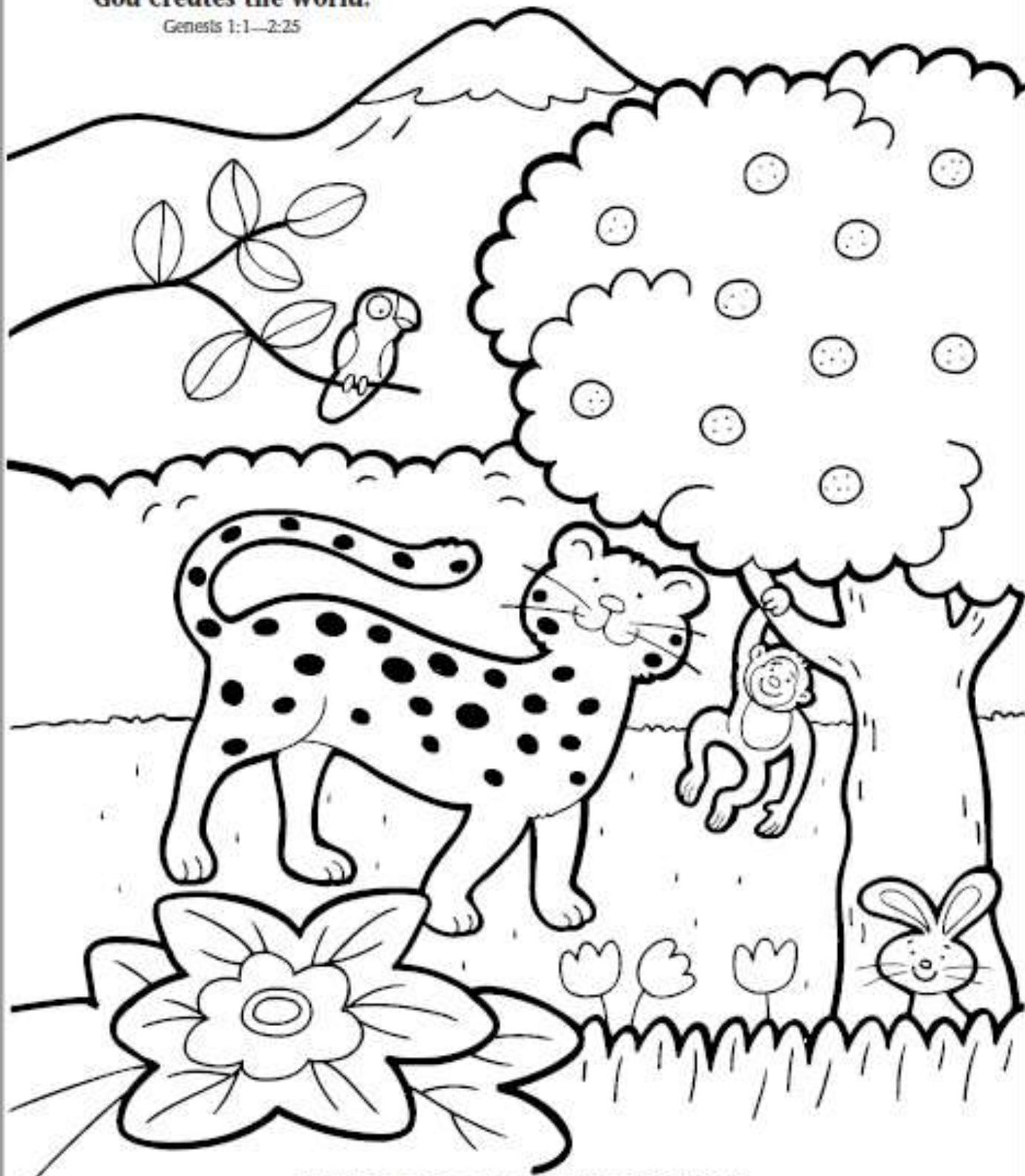
### Prayer:

Father God, thank you that even in the midst of the hard times, there is so much to be thankful for. Thank you that we can lift our eyes up above all of the challenges of today and we can see you and remember that you hold us in your hands. Thank you for a new day every day. Thank you for your peace which is better than I can understand. Thank you for your goodness. Thank you for your love. And for the sun when it shines. And for the rain when it rains. Thank you that you give me all I need each day.

**"And let the peace of Christ rule in your hearts...And be thankful."  
Colossians 3:15**

**God creates the world.**

Genesis 1:1—2:25



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# God creates the world.

Genesis 1:1—2:25

In the beginning, before anything was anything, God made the heavens and the earth. He just said, “Let there be light,” and there was light! Then God made the sky and the land and the oceans. God made the plants and the sun, moon and stars. He liked what He made. It was very good!

Then God said, “Let the sky be filled with birds that fly.” And it was. He said, “Let the waters be filled with all sorts of creatures.” Then there were fish, dolphins, jellyfish, and many other creatures in the water. Next, God made every kind of animal. When God saw all the creatures that He made, He said that they were very good.

Then God did something even more special! He took some dirt and formed it into a man. Then God breathed into the man and he became alive. Next, God made a woman. They were the first people—people like you and me. They were named Adam and Eve. God loved Adam and Eve. Everything God made was very good.

**Noah builds an ark.**

Genesis 6:1-22



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# Noah builds an ark.

Genesis 6:1-22

Adam and Eve had children, and their children had children. After a while there were many people everywhere. But they did not love and obey God. They hurt other people and did not follow God's rules. God was sorry He had made them.

There was one person left who loved God. His name was Noah. Noah did what was right. God told Noah that He was going to send a flood to cover the whole world.

"Make a big boat," God told Noah. The boat was called an ark. Noah and his family would be safe in the ark when the flood came.

Noah and his family obeyed God. They worked hard to build the ark. They worked hard to gather lots of food. After a long time, the ark was ready. Noah and his family were ready.