



# Prayer Chains

Help your young people to pray, with these colourful paper prayer chains.

## How?

For young people, knowing how to pray can be a challenge. What should you pray about?

By using paper prayer chains, it's a really visual and fun way of putting a prayer together.

For this activity you will need some different coloured paper and some pens. Ideally the paper strips would be pre-cut for your young people, especially for Anchors.

Explain to your young people that we are going to make a prayer chain and that each colour represents something we should pray for. For example:



## Materials:

- Coloured Paper
- Pens
- Tape / Glue



Red - Sorry

Blue - Someone we want to forgive

Green - Thank you for ...

White - The world

Orange - Please

Yellow - Other people

## Details:

Age - Anchors / Juniors

Cost - Low

Time - 10 Minutes

Theme - Prayer

Get your young people to write what they are praying for on each strip of paper. If you don't have different coloured paper, then just use different coloured pens.

Young people could make their own individual prayer chain to take home, or the whole group could make one big chain to display in your hall / church.

Make sure you finish the activity by closing in prayer and putting all of the items on the prayer chains to God.

