

Prayers with Children

Prayer through Movement: There are several ways to pray with kids that teach how their minds and bodies communicate with God. So, try this simple prayer. It's a great way to begin or end the day too!

(3 deep breaths)

God, you are above (reach toward the sky), below (touch your toes), inside (hands to heart) and all around (big arm circles).

I worship you (reach toward the sky), and give my life to you (touch your toes).

And I love you (hands to heart) with all that I am (big arm circles).

(3 deep breaths)