

Junior Soldiers

UNIT 14 : LESSON 8



Praying in Colour

PURPOSE: For the children to explore how they can use colour to focus their thoughts and pray, and to understand how they can build praying in colour into their daily activities and schedules.

You're here to be light, bringing out the God – colours in the world. Matthew 5:14 (The Message)

Consider & Prepare

Read:

Psalm 145

In our busy lives, it's easy to get distracted and take our eyes off Jesus. Praying in colour incorporates a range of activities that can help us to be mindful and meditate on God.

Take time to do some of the activities in this lesson yourself before you lead the lesson. You might like to show what you produced to the children as examples.

This lesson provides plenty of options for activities. Choose an appropriate number for your group size and time frame.

What you will need:

For 'Connecting In'

- For option 1, a pen and paper to write down the colours chosen by each pair

For 'The Main Thing'

- Choose and set up a range of activities from those provided
- A variety of colouring items - pencils, crayons, markers, pastels, paint, etc.
- A printed set of instructions for each activity that you choose
- Option 1 – sheets of paper
- Option 2 – sheets of paper
- Option 3 – sheets of paper
- Option 4 – sheets of paper
- Option 5 – sheets of paper
- Option 6 – sheets of paper; optional: shape templates
- Option 7 – printed colouring sheets – three templates are provided or choose others to suit your group

For 'Memory Verse'

- Print off enough copies of the memory verse template for each child to have one
- Pencils or crayons

For 'Home & Beyond'

- Print off the Home & Beyond cards for each child.

Connecting In

Activity...

Option 1 – Play 'fruit salad' but use colours instead of fruit.

In this game, divide the children into two equal teams. Ask each team to sit in a row, facing the other, with their legs outstretched and feet touching the person opposite them. The person sitting directly opposite each child becomes their pair. Each pair must choose a different colour.

Call out one colour at a time in random order. When the pair with that colour is called, they must stand up, run through the middle of the lines, stepping over the legs. They then run behind the lines to the opposite end, run between the remaining legs back to their spot. The team whose member sits down first gets the point. Occasionally, call 'rainbow', i.e., every pair must run.

Option 2 – colour game

Ask the children to sit in a circle. Choose someone to be the starting point.

The leader will call out a colour and a number. For example, "five green". The first five children must then name something in the room that is green. The leader then chooses another number and colour. For example, "two orange". The next two children must then name something that is orange. Repeat several times.

Note: if you have a very small group, just allow the children to call out the items in any order.

Link...

God has created a wonderful range of colours. We can use these colours in lots of ways to help us meditate or concentrate on God. Psalm 145:5 says, "I will meditate on your majestic, glorious splendour and your wonderful miracles." Today we are going to explore some ways that colours can help us pray and connect with God.

The Main Thing

Take time to explain each activity to the children. Let them know that these activities are not a test of how creative or artistic they are. Remind them that these are prayers and there is no right or wrong way to do them. Explain that some examples are provided to get them started.

Option 1

- Draw a tree trunk on one side of the page (this can just be a thin rectangle).
 - Along the trunk, write one or more names or characteristics of God. For example, Yahweh, Creator, kind, wise
 - Draw a vine from the trunk
 - Draw leaves, fruit and flowers along the vines to represent people who you are praying for today

Option 2

- Draw some shapes on your page
 - In each shape, draw a picture or write a word to represent something you need to do in the next few weeks
 - Ask God to be with you as you do all these things
 - You might like to add patterns, shapes or colours around them

Option 3

- Trace around your hand
 - On the palm, write the word 'God' or draw a picture of something that represents God
 - Along each finger, write a word or draw something that you are worried about
 - Remember that God holds all your worries in his hand

Option 4

- Draw a party popper at the bottom of the page (this can just be a square with squiggly lines).
 - Draw streamers and confetti coming out of the party popper
 - On the streamers and confetti, draw or write things that you are grateful for

Option 5

- Draw a river along your page
 - As you draw it, ask God to help you focus on him
 - Along the river, draw stepping stones, lily pads or ripples
 - Write down any words that God speaks to you
 - Close your eyes for a moment. Think about the water flowing along the river
 - Ask God to wash away your worries and bring you peace

Option 6

- Think about what has happened in the past couple of weeks and draw some patterns and shapes
 - Use a green pencil as you think of happy things
 - Use a blue pencil as you think of sad things
 - Use a yellow pencil for things that worried or scared you

- Use a red pencil for things that made you angry
- Tell God about all the emotions you have experienced. Thank him for being with you through all things

Option 7

- Colour in a printed sheet and think about what God is saying to you
- Quietly tell him about how you are feeling and the things that are happening in your life

Tying In

Ask the children to share which activities they found most helpful.

Whatever we are doing, we can pray. Colouring is one way that we can focus on God, listen to what he is saying and express what we are feeling.

Memory Verse

Give the children printed copies of the memory verse template. Ask the children to colour in the letters of today's verse as they think about what it means.

Prayer Time

Ask the children to look up Matthew 5:14-16 and choose one of the children to read it out loud. Read the passage again from The Message translation. Ask the children to quietly read it a third time.




Invite the children to write or draw any words or pictures that come to mind as they hear and read the words. Ask the children, what they think God is saying to them through these verses.

Pray together, asking God to help each child to bring light and colour to the world.

Home & Beyond

Print off the 'Home & Beyond' cards attached. The children might like to keep these in their journals or notebook where they could write or stick the challenges, reflect, answer questions or complete activities each week.

Create a calendar for the next month. On each day, write something that you will pray about. As you pray each day, colour in that box. Here is an example:

1 Mum 	2 School 	3  Environment	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

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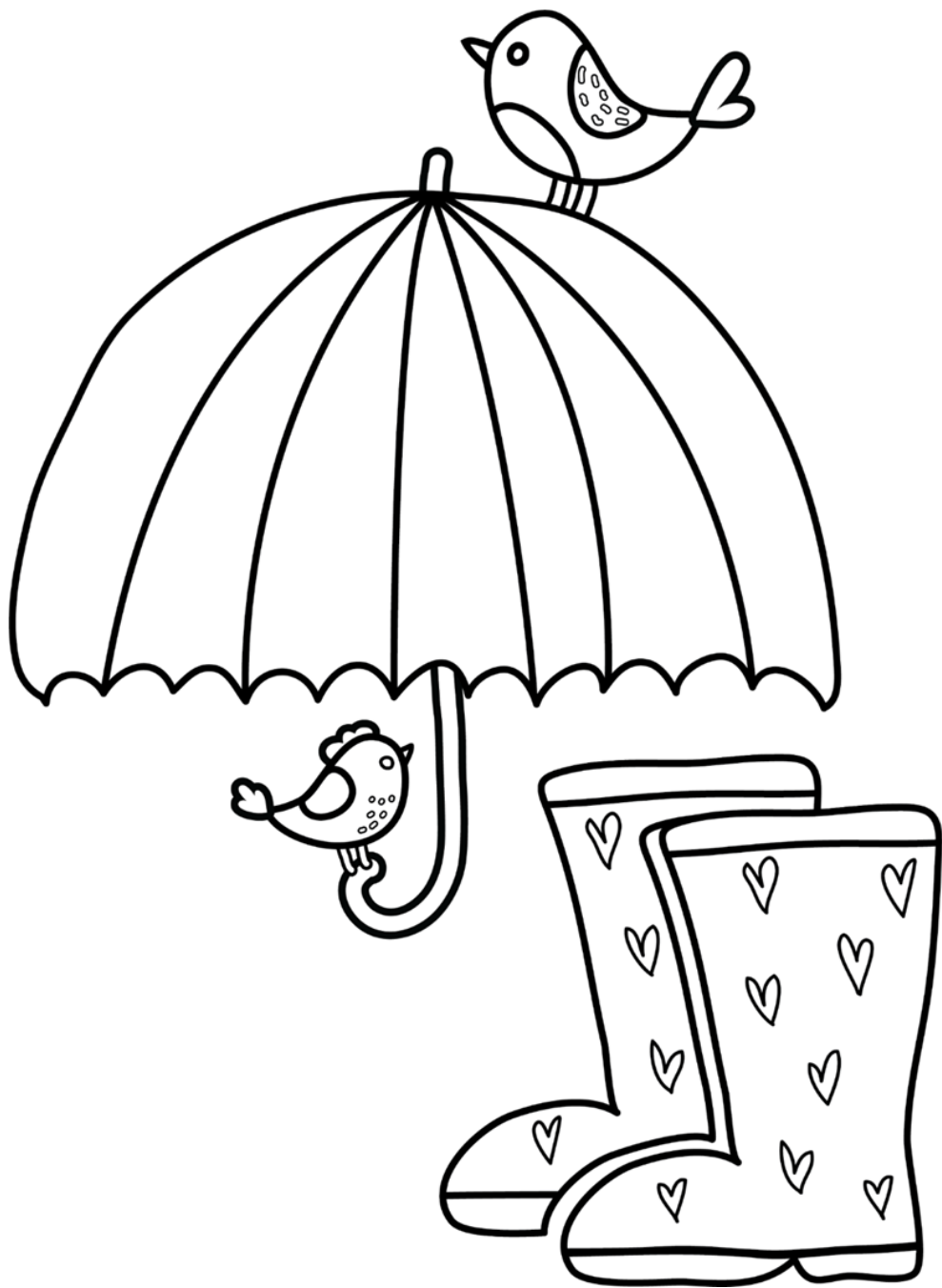
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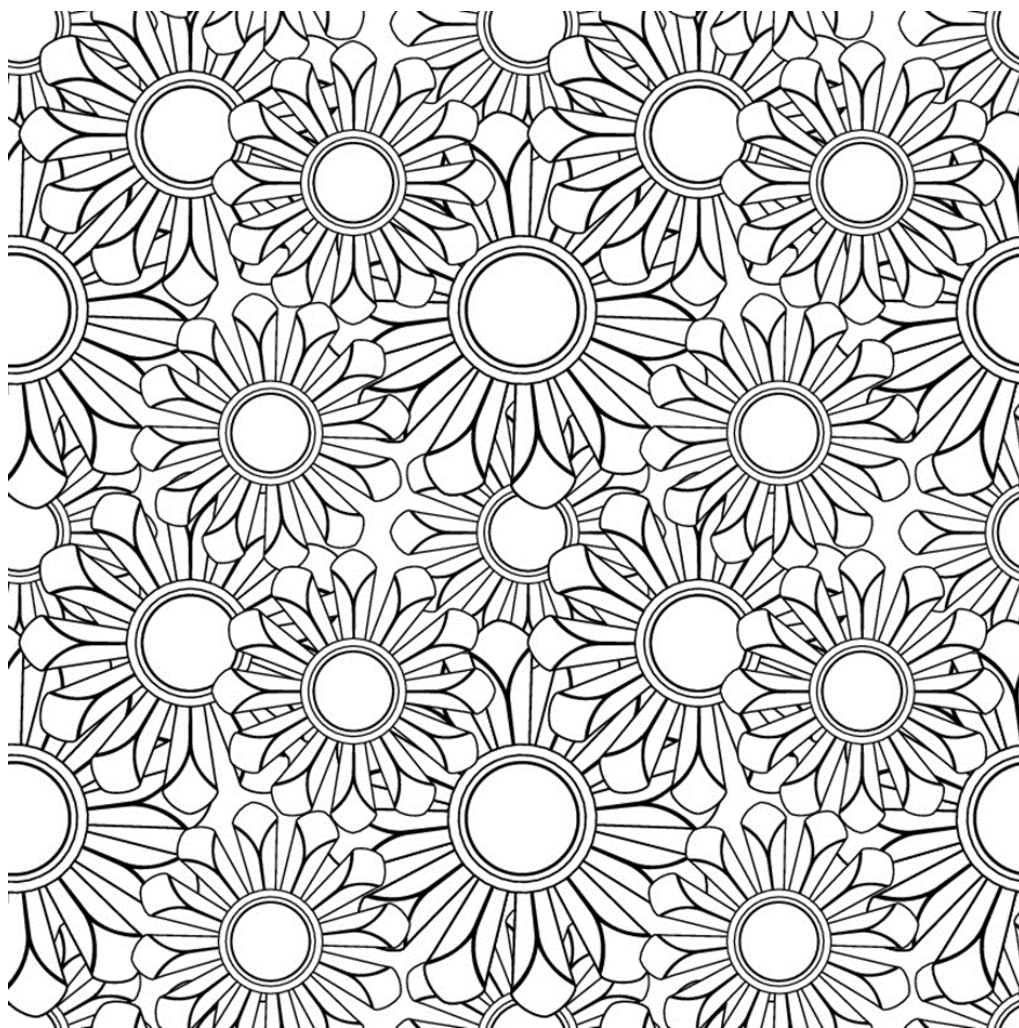


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