

LOVE NOTES



TO GOD

*a family
prayer guide*



HEY THERE!

Lots of people are talking about LOVE at this time of year – aren't they?

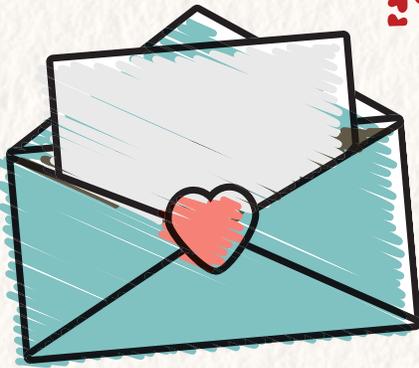
We talk a lot about loving others, loving our families, and sharing love with our friends – but do you ever stop in this season to show God your love?

This prayer guide is meant to provide your family with some unique ways to talk to God about your love – through prayer.

Each of these activities is meant to be a "love note to God" from your family!

Prayer can happen in a ton of different ways – and this guide is meant to help you do just that!

Whether you use one of these activities a day, one a week, or do a couple a day is completely up to you – the point is for you & your family to spend time showing your love to God in this season!



I LOVE YOU BECAUSE...

For this activity, you'll need:

- A jar or container
- Popsicle sticks or strips of paper

(If you don't have either of these, you can fill out the sheet on the next page!)

WHY DO YOU LOVE GOD?

Have you ever stopped to think about it? God does so many amazing things for us. God is a God of love, a God who takes care of us & a God who hears us when we pray – just to name a few!

Think about the reasons you love God, and write them (or draw a picture!) on strips of paper or popsicle sticks!

Each day for the rest of the week, pick one of the reasons out and say a quick prayer – "God, I love you because..."

**FILL UP YOUR JAR
WITH REASONS YOU
LOVE GOD!**





PRAYING THE BIBLE

For this activity, you'll need:

- Something you like writing with
- Your Bible

DID YOU KNOW THE BIBLE IS FILLED WITH PRAYERS?

The Bible is filled with all kinds of prayers, from all kinds of people! One way that we can show God our love is by taking the words of the Bible and using them to pray!

For today's activity, fill in the names of the people in your family and then pray them out loud! Wherever you see a blank, write the last name of your family (ex. "The Smith family) or everyone's names (Mom, Dad, Joseph & Leah).



EPHESIANS

3:14-19

Taken from the New Living Translation

When I think of all this, I fall to my knees and pray to the Father, the Creator of everything in heaven and on earth for

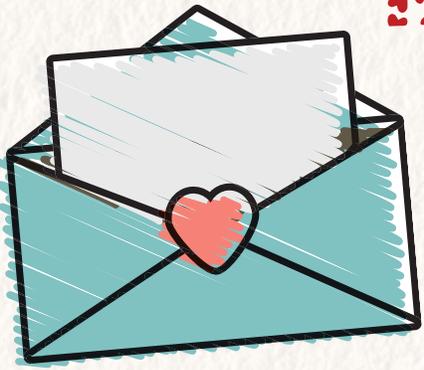
I pray that from his glorious, unlimited resources he will empower _____ with inner strength through his Spirit.

Then Christ will make his home in _____'s hearts as you trust in him. Your roots will grow down into God's love and keep _____ strong.

And may _____ have the power to understand, as all God's people should, how wide, how long, how high, and how deep his love is.

May _____ experience the love of Christ, though it is too great to understand fully.

Then _____ will be made complete with all the fullness of life and power that comes from God.



BREATH PRAYER

For this activity, you don't need anything, except yourself!

HOW OFTEN DO YOU BREATHE?

That's a trick question!

We breathe about 22,000 times a day.

Did you know that throughout church history, people have prayed when they breathe?

When they breathe IN, they pray a piece of Scripture.
When they breathe OUT, they pray a piece of Scripture.

Here's an example:

BREATHE IN - "Be still"

BREATHE OUT - "And know I'm God!"

Give it a try with one of the examples on the next page.



TRY IT OUT!

Before you do these breath prayers, take a few seconds for everyone in your house to be quiet! Have a grownup pray a quick prayer asking God to be present as you pray. Choose one of these prayers, and say it 5-10 times!

IN: "Speak Lord"

OUT: "Your servant
is listening"

IN: "Lord"

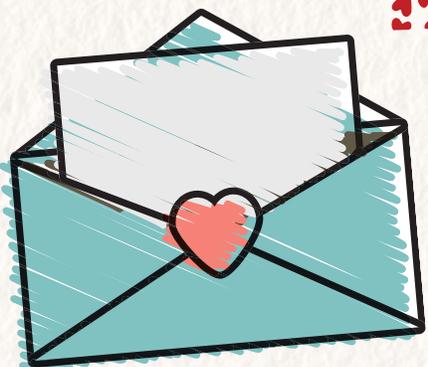
OUT: "Have mercy"

IN: "Your grace"

OUT: "Is enough
for me."

IN: "My help"

OUT: "Comes from
the Lord."



GOD, I LOVE YOU

For this activity, you'll need:

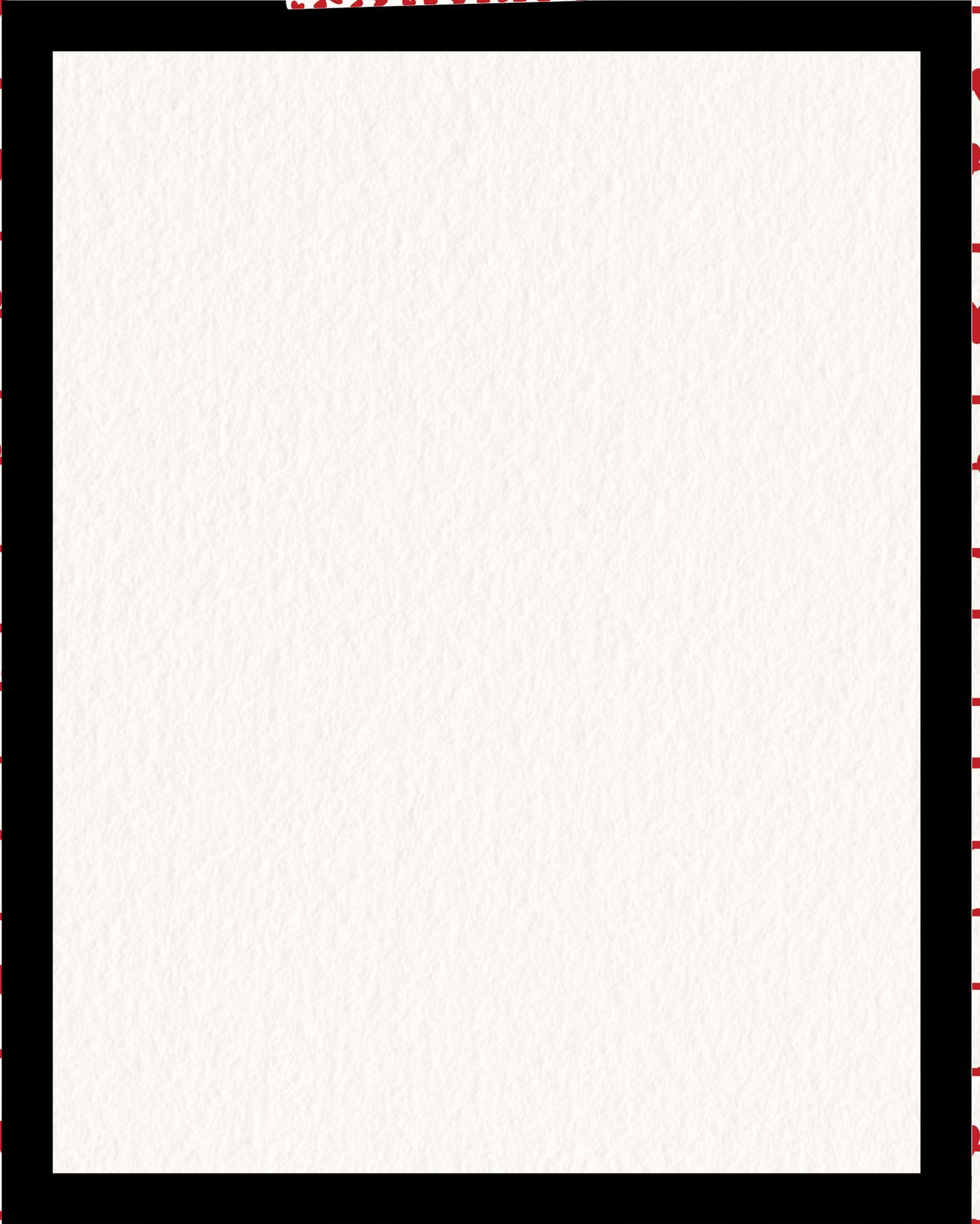
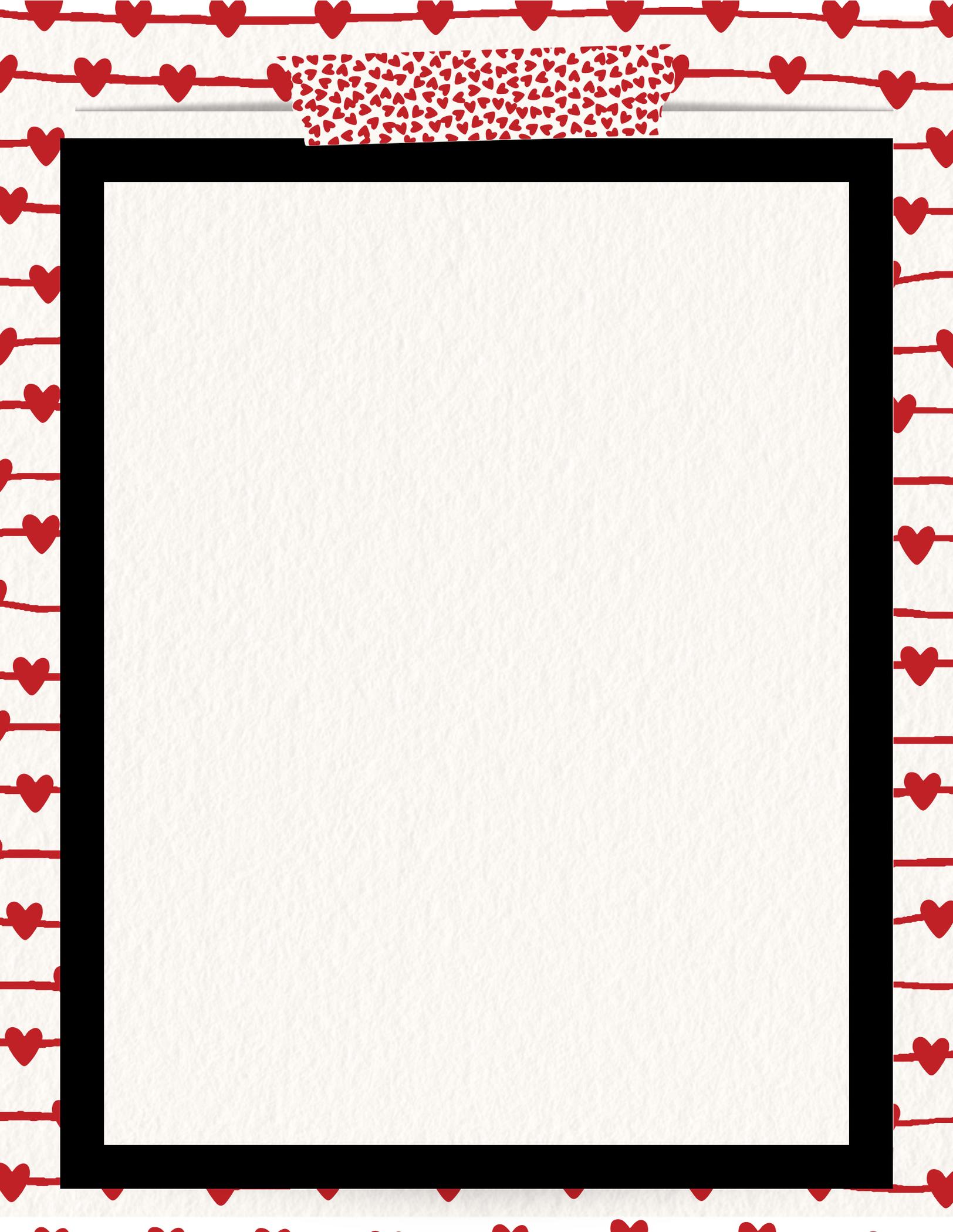
- Paper (from this book, or extra if you need it!)
- Pencil, crayons or markers
- Your family's favorite worship song

WORSHIP IS ONE WAY WE CAN TALK TO GOD!

Worship doesn't just happen in church – it can happen anywhere, at any time.

Worship happens any time we choose to tell God about our love!

Play one of your family's favourite worship songs. As it plays, take some time to think about the ways you love God. Use your paper to draw, doodle or write things you love about God.





PRAY YOUR NAME!

For this activity, you'll need:

- Some paper
- Something to write with

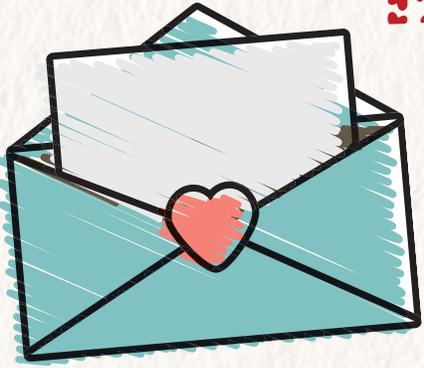
HOW MANY LETTERS ARE IN YOUR NAME?

Whether you have a short name or a long name, your name is special! Today, you're going to use your name to talk to God!

Write your name on a piece of paper up & down like this:

N
A
M
E

For each letter of your name, write something you'd like to thank God for or ask God for!



HERE'S AN EXAMPLE:

You **L**ove Me!
Everything you do
You **V**alue me!
I love you so much!



MAKE A PRAYER CALENDAR!

For this activity, you'll need:

- Something to draw with
- The sheet that follows this

DO YOU EVER FORGET TO PRAY?

I do!

One of the best ways I can remember to pray is by writing things on a calendar.

To finish up this prayer guide, write someone or something you can pray for on the calendar on the next page. Take 5 minutes each day this week to talk to God about it as a family!



Monday

What are 3 things you can thank God for today?

Tuesday

Who is someone that needs God's help?
Pray for them!

Wednesday

Where is somewhere you felt God's presence today?

Thursday

What is one thing you noticed about God today?

Friday

What is something you love about your church?
Tell God!

Saturday

What is something you are worried about?
Pray about it!

Sunday

What is something you love about God? Tell God!