

# We are loved in lock down

God is love

## Praying to God

Why should we pray?



1. Praying to God gives us a different perspective. God as the creator of everything, is beyond time and beyond space, in other words, God can show us a world beyond ourselves and help us look out at the people around us rather than in at our own problems and fears.



2. God is also within us so that when we feel scared or frightened we can pray to God and know God listens to us and understands us completely. This is because God loves us like a good parent would love us.



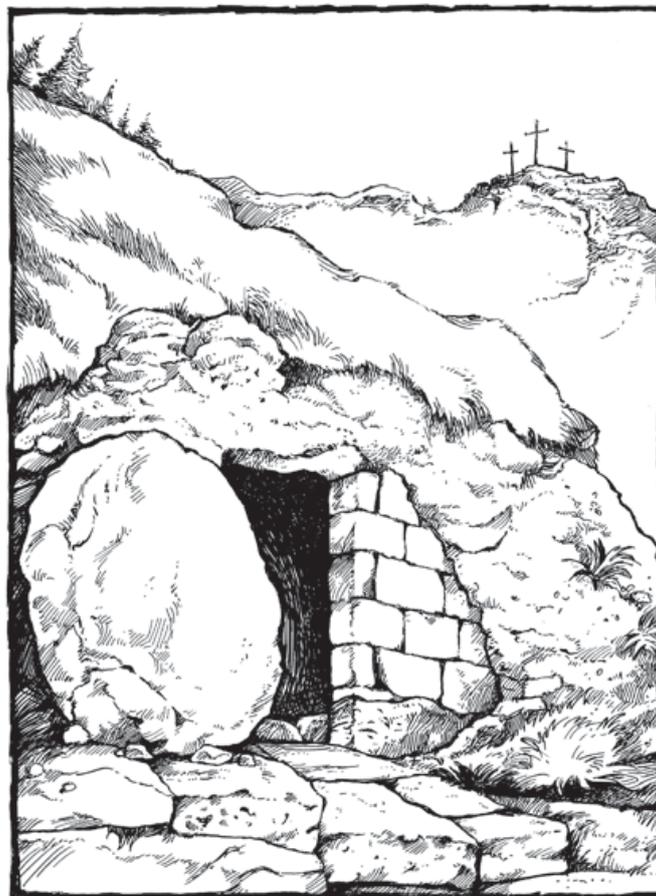
3. In the Bible we are shown God holding the world in the palm of his hand - this means that he loves us all- and that by praying to God for ourselves and for those we love we can hand all our hopes and dreams over to God's care.



4. When we miss someone who is far away we can let them know we are praying for them and that we are all linked through God's Holy Spirit. The holy spirit is sometimes depicted as a dove because in the New Testament it lands on Jesus 'like a dove' perhaps this is also because a bird can fly from one place to another and land on others? You can picture the holy spirit flying and landing on you and then flying and landing on those you love. The holy spirit filling you both with God's love for each other and the world.



5. As a Christian I believe that Christ also died and rose again for us which means that even when we die or those we love die if we believe in God we will see them again- this life isn't the end but just the beginning of our true life with God that is everlasting in the loving presence of God. He is not here! He has risen!



6. Heaven is our real home and as such the barriers of this world are only temporary and all the illness and hardships of this world will disappear- 'in the world you will have trouble but take heart (or courage) I have overcome the world'. John 16:33



7. When we miss someone we can't see right now we can ask God to look after them and picture them whilst we pray for them.



8. When we feel sad or worried or miss our friends we can ask God to be with us because he says, 'Come to me, all you who are weary and **burdened**, and I will give you rest'. Matthew 11:28-30



9. God loves you with an everlasting, never giving up, love, we call 'unconditional' love and God is the same 'yesterday; today and forever'. So whilst things around us may change, God's love for us never does, 'the steadfast love of the Lord never ceases' (Lamentations 3:22) and when we do things that are wrong and feel bad we can pray to him to forgive us and the God who died for us will forgive us. 'Whilst we were yet sinners Christ died for us' (Romans 5:8) When we turn to God or back to God - the word 'repent means turn', God will 'wash us whiter than snow'.(Psalm 51:7)



## **Conclusion**

God :

Never gives up on us

Never changes

Is always there for us

Is our friend who we can talk to and ask him to help us and our family and friends

Is everywhere and beyond everything and so helps us to look beyond ourselves to those around us.

God is love and asks us to love each other as he loves the world (us) 'by this will everyone know that you are my disciples if you love one another' (John 13:35) which means looking out for one another - being kind to those around us even when it's hard to be- and knowing we are loved even when things are tough, by a God who understands and cares for us and sees everything inside and out.

**Time to sing**

If you're feeling sad you might like to sing to God to remind yourself that God is that ultimately in charge even when things are lonely, or difficult. Singing to God is one way we can cheer ourselves up when we are feeling like that or worried about others or ourselves.

Why not try this song if you want to remember that he is in charge of everything in the end...and will look after us all...There is a link to some songs and lyrics as well below for you to try if you would like to...

*He's got the whole world in his hands*

*He's got the whole wide world in his hands*

*He's got the whole world in his hands*

*He's got the whole world in his hands.*

<https://www.youtube.com/watch?v=kDBJNQiu9nM>

God has also given us the 'comforter' in his Holy Spirit which we can ask into our hearts to be our best friend and when our friends are not near us we can pray and speak to Jesus through his Holy Spirit- we can become Christians ( which literally means 'little Christ's) and ask to be filled with his love and hope and peace and joy even when we don't feel like that ourselves.

This song can help us feel more like that:

*Shine on the inside out that the world will see you live in me*

*Shine on the inside out that the world will see you live in me*

*Cos you know me, and you love me, so fill me and send me*

*To*

*Shine from the inside out that the world will see you live in me*

<https://www.youtube.com/watch?v=Btbzli8sR1o>

And also:

*I am a city on a hill,*

*I am a light in the darkness*

*Jesus living in me can change the world*

*I am a city on a hill*

*I am a light in the darkness*

*Jesus living in me can change the world*

*So let your light shine, let your light shine, let your light shine*

*Let it shine*

*Let your light shine let your light shine let your light shine*

*Yes let your light shine let your light shine let your light shine*

*Let it shine*

*Let your light shine let your light shine let your light shine.*

*If God is for me, who can stand against me?*

*Let your light shine, let your light shine, let it shine!*

<https://www.youtube.com/watch?v=4Bmm4-MYkBk>

And finally this song always cheers me up:

*Jesus loves me this I know for the Bible tells me so*

*Little ones to him belong*

*I am weak but he is strong*

*Yes Jesus loves me*

*Yes Jesus loves me*

*Yes Jesus loves me*

*The bible tells me so*

<https://www.youtube.com/watch?v=o12C8fWzER0>

## PRAYER

Just remember that 'prayer' is simply talking to God as you would talk to a friend or a parent - it is talking to someone who loves you and wants the best for you. Even if your earthly parents let you down, God will never let you down... we say "Amen" at the end because it means "I agree" or "let it be so"- so I say 'Amen' now to that. You always have a friend in Jesus who is your guide and loves you forever. Amen Amen Amen!

### Something to do at home

On a piece of paper as large as you have or like you can draw a picture of a tree. It can just be the branches or more complex, whatever you like. Take another piece of paper and cut out pieces of paper in the shape of leaves on the leaves write the names of the people you cannot see and are missing. The title can be 'The Prayer Tree' or 'The Wishing Tree'. You can send them 'wishes' and 'prayers'.

You can ask God who loves everyone to send love from you, to look after them and protect them and when/if you speak to them you can say you are praying for them.

Every time you miss them you can go to the wishing tree and pray for them. In that way you are being connected to them every day by God. You can ask God to help you be kind and good and helpful at home to your parents and carers and brothers and sisters and that way bring some of God's love and light into your own life.

Stick the leaves on the tree and notice how the prayers are answered. May be put a smiley face by the leaves when you see answers to your prayers?

Perhaps this verse can also help? And you could put it under your tree it's from the Book of Revelation:

**'And the leaves of the trees were for the healing of the nations' *Revelation* 22:2**

