

Jumping Prayers

By Jolene Roehlkepartain



Since children like to be active, try this movement prayer. Pray together as you jump around.

For

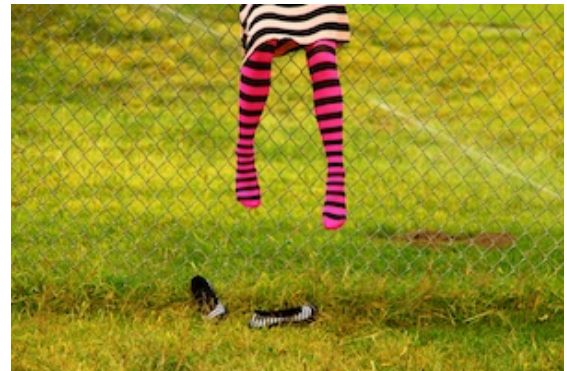
Young Family

Season

Fall

Needed

Bible, area where family members can safely jump



<http://creativecommons.org/licenses/by/2.1>

Prepare in Advance

Mark your Bible to Philippians 4:6 and 1 Thessalonians 5:17.

Activity Plan

1. Say this prayer aloud to begin.

God, thank you for making our bodies able to jump. Thank you for listening to our prayers. Thank you for jumping prayers. Amen.

2. Ask someone to read aloud Philippians 4:6 from your Bible (or see the text below). Then have another person read aloud 1 Thessalonians 5:17. Discuss: *Why do you think the Bible tells us to pray?*

Philippians 4:6

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

1 Thessalonians 5:17

Pray without ceasing.

3. Go to an area where family members can safely jump together. Go outdoors if the weather is nice or find a place indoors in a large room. Clear away any objects that could get in the way of your jumping.
4. Explain that you will take turns jumping a prayer. Ask for someone to start. Have that person squat down. Then have that person jump up and shout out one thing for which he or she is thankful. Have that person continue this until he or she has jumped five to seven times.
5. Repeat this process so that every family member has a chance to participate.
6. If your children are old enough, try a more coordinated prayer. Stand in a circle. Explain that one person will start and jump up and name one person before squatting down. The person on his or her right will then jump up and name one person before squatting down. Go around the circle until everyone has said one name. If you think you can name more people, go around the circle again.
7. Variation: These prayers are fun to do when children are learning their colors, animal names, the 50 states, and so on. You can do a jumping prayer to thank God for things of a certain color or for animals, or for people who live in particular states. Consider other topics as well.

