



#engageathome

daily family prayer & worship activities from



Praying Emotions with a Ball

Find a ball, and go outside or somewhere without too many breakables!

Hold the ball in your hands and think about what you're feeling at the moment: happy, sad, peaceful, angry, excited or something else. The emotions sit in your body just as much as in your thoughts, so perhaps scan your body for signs of what you're feeling (clenched jaw if you're angry, drooping shoulders if you're sad and so on).

Say to God how you feel as you throw the ball to someone else in the family and try to throw it in the style of how you're feeling. Is there a difference in a happy throw or an angry throw? Which throws are easiest to catch?

God catches all the prayers, no problem. He does not find the angry ones harder to hear and receive than the happy ones. Perhaps do another round of throwing and catching in thankfulness that God hears and receives our every prayer.

Web link

Fun song about God knowing all about us:

https://resoundworship.org/song/who_knows_god_knows



"Is anyone among you in trouble? Let them pray. Is anyone happy? Let them sing songs of praise. Is anyone among you ill? ...confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective." (James 5:13-14,16)

TODAY: Pray for a care home you know, or find out which is the nearest one to you, and pray blessing and protection on it, its staff and residents.

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