

## June Stop and Go Prayers

Daily ideas will be posted on our social media profiles throughout the month of June to help you encourage under 11's (and their carers!) to engage in prayer.

Days 1-15 are suggestions for quiet, reflective activities (STOP)  
Days 16-30 are suggestions to get you moving (GO)

Please see our YouTube channel for videos of the challenge:

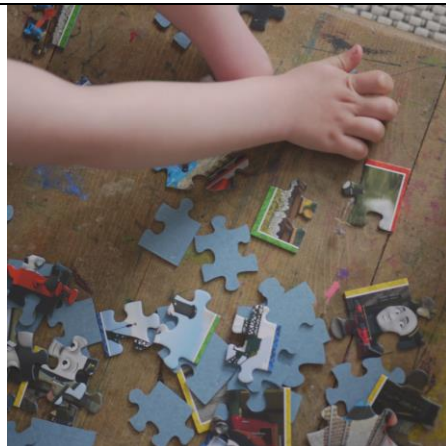
[https://www.youtube.com/channel/UCsKSW7o5i7E8\\_heYtf5Wh5A?view\\_as=subscriber](https://www.youtube.com/channel/UCsKSW7o5i7E8_heYtf5Wh5A?view_as=subscriber)

With thanks to our colleagues at the Diocese of Blackburn.

Please upload a photo of yourselves engaging in the activities using the hashtag:  
#30dayprayerchallenge

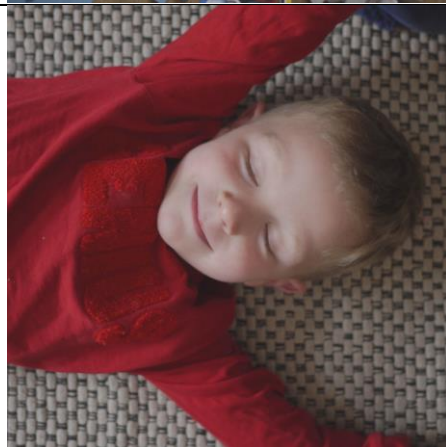
1<sup>st</sup>  
June





Play with simple jigsaws. Notice how the pieces are all different but all are needed to complete the puzzle. Thank God that everyone is different but you each have an important part to play.











2<sup>nd</sup>  
June

Lie down on a mat and spend some time with God whilst you listen to some quiet music for a minute or two. Ask God to help you listen to what He wants to say to you today.




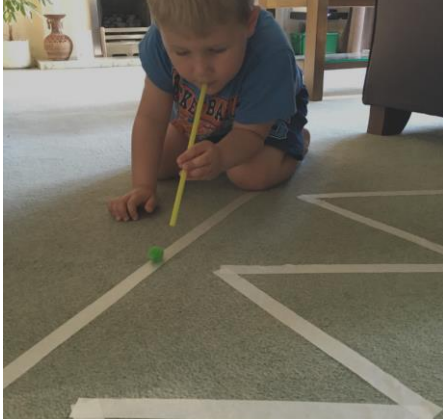






<p>3<sup>rd</sup> June</p>	<p>Make a big nest using cushions and blankets, then sit in it. For birds, their nest is a place of safety. Pray for God to keep you safe.</p>	
<p>4<sup>th</sup> June</p>	<p>Darken the room and light up a glowstick. Thank God for sending Jesus to earth who brought light into the darkness.</p>	
<p>5<sup>th</sup> June</p>	<p>Sit and watch the sand trickling slowly in an hourglass or egg timer. Pray for patience when there are times that you have to wait for something.</p>	
<p>6<sup>th</sup> June</p>	<p>Blow the seeds on a dandelion clock and watch as they spread out and float away. Ask God to help you spread the good news of Jesus.</p>	





<p>7<sup>th</sup> June</p>	<p>Drop some paper clips into a clear bottle of water. Hold a magnet against the side of the bottle and see how the paperclips stay close to it. Thank God for always staying close to us.</p>	
<p>8<sup>th</sup> June</p>	<p>Sit and watch as you use your breath to move a pinwheel. Pray the words 'Breathe on me, breath of God.' and ask the Holy Spirit to come and fill you with good things.</p>	
<p>9<sup>th</sup> June</p>	<p>Make scratch art pictures and see how the bright colours are revealed beneath the black surface of the card. Ask God to show you new things so you can learn more about Him.</p>	
<p>10<sup>th</sup> June</p>	<p>Explore a sensory box filled with items of different textures. Use the different textures to help you talk to God about your feelings, e.g. rough textures remind you of feeling sad, something soft reminds you of needing comfort.</p>	

<p>11<sup>th</sup> June</p>	<p>Make a button tree. Think about how buttons are used to fasten something together and ask God to bring people together who have fallen out.</p>	
<p>12<sup>th</sup> June</p>	<p>Look at some photographs of you as a baby and observe how much you have changed since then. Give thanks that although we change, Jesus is the same yesterday, today and forever.</p>	
<p>13<sup>th</sup> June</p>	<p>Sit still and watch the light from a disco ball or disco light bulb. Pray that you can shine out with the light of Jesus to everyone that you meet.</p>	
<p>14<sup>th</sup> June</p>	<p>Squeeze a sensory ball that has been made by filling an uninflated balloon with sand or play dough. Think about things that make you feel cross as you squeeze and ask God to help you by taking away those angry feelings.</p>	






<p>15<sup>th</sup> June</p>	<p>Observe some caterpillars over a number of weeks until they turn into butterflies. Butterflies remind us of new life. Say a prayer to celebrate Jesus coming back to life from the dead.</p>	
<p>16<sup>th</sup> June</p>	<p>Make a sticky wall and use it to collect natural items such as leaves and flowers. Look at the different shapes and colours. Praise God for His amazing creations that we can find in nature.</p>	
<p>17<sup>th</sup> June</p>	<p>Play a game of twister and notice the different shapes that you can make with your bodies. Ask God to help you use your bodies to praise Him.</p>	
<p>18<sup>th</sup> June</p>	<p>Use straws to blow pom poms along lines marked on the floor with tape. Ask God to guide you and keep you on the right path.</p>	

<p>19<sup>th</sup> June</p>	<p>Plant some seeds and watch them grow over the coming weeks. Ask God to help you grow into the person He wants you to be.</p>	
<p>20<sup>th</sup> June</p>	<p>Have fun tasting different foods that are sweet, sour, salty and bitter, and remember that the Bible says, 'Taste and see that the Lord is good'. Pray for God to help you trust in Him.</p>	
<p>21<sup>st</sup> June</p>	<p>Experiment with using different items to make impressions on salt dough. Ask Jesus to make an impression on us, so others can see him at work in our lives.</p>	
<p>22<sup>nd</sup> June</p>	<p>Fill a backpack with heavy items as you think about things that worry you. Try moving around whilst carrying the heavy bag. Empty the bag as you pray for God to take away those worries. How much easier is it to carry the bag now?</p>	

<p>23<sup>rd</sup> June</p>	<p>Experience the joy of jumping on a trampoline or bouncy castle. As you bounce, shout out things that you want to give thanks to God for.</p>	 A young child in a purple shirt and blue jacket is captured mid-jump on a green trampoline. The background shows a park-like setting with trees and a wooden fence.
<p>24<sup>th</sup> June</p>	<p>Paint your feet and make a footprint picture on a big sheet of paper - you can wrap your feet in clingfilm or bubble wrap if you don't want to get too messy! Ask Jesus to show you how to follow him.</p>	 A close-up shot of a child's feet being painted with bright, colorful paint (pink, yellow, and blue) on a large white sheet of paper laid out on the ground.
<p>25<sup>th</sup> June</p>	<p>Make a rain gauge and put it outside so you can observe it over a period of time. As you watch the gauge fill up with water, be reminded that God is always ready to fill us with His love.</p>	 A clear plastic bottle has been repurposed as a rain gauge, with the bottom removed and the neck inverted. It is placed on a paved surface, and the water level inside is visible, marked with numbers 1 through 5.
<p>26<sup>th</sup> June</p>	<p>Take a magnifying glass and use it to look at the small things you might not usually notice. Thank God that when we look for Him, He will always be there.</p>	 A young child wearing a straw hat and a denim jacket is sitting on the grass, holding a green magnifying glass and looking intently at something on the ground.



<p>27<sup>th</sup> June</p>	<p>Try on different shoes, e.g. flip flops, wellies, boots etc. Experience how the shoes feel quite different to your own. Ask God to help you better understand other people's feelings.</p>	
<p>28<sup>th</sup> June</p>	<p>Investigate different seeds that can be found inside various fruits. Ask God to show you how to be a disciple and bear fruit for Him.</p>	
<p>29<sup>th</sup> June</p>	<p>Create a tower by threading coloured beads onto dried spaghetti. The Bible tells us that God is a strong tower (stronger than anything we could make) where we can go for shelter. Give thanks to God for His protection.</p>	
<p>30<sup>th</sup> June</p>	<p>Float tin foil boats in water and move them by blowing on them. Notice how the boat continues to float. Ask God to help you during hard times and thank Him for keeping you afloat.</p>	