

HAMBURGER PRAYERS

Many adults and children find it difficult to pray out loud. Perhaps they feel nervous or embarrassed, or they just can't think what to say. Sometimes it is helpful to start with something short, simple, and non-threatening.

Instructions:

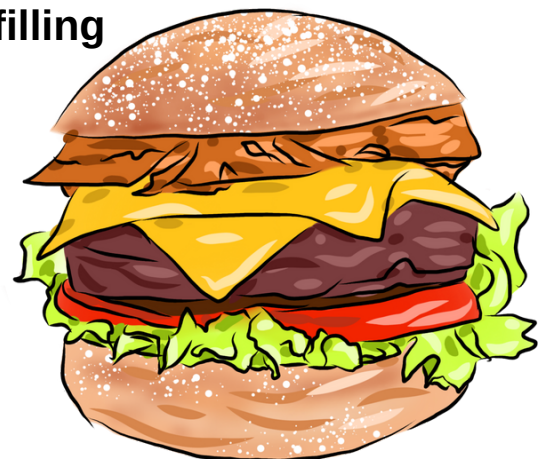
Explain to the group that we are going to pray together like a hamburger!

- The bun is the beginning. Explain that you will begin the prayer.
- The filling is the space in between. Explain that you will leave a space for them to add their own ideas. They can choose one or two words, or more if they like.
- Another bun completes the hamburger. Explain that you will finish the prayer off and say Amen. Amen means 'I agree'. If they agree with the prayer they can say Amen too.

Adaptions:

You could choose different topics for the different fillings. For example:

- Green paper strip (lettuce) prayers for our world
- Yellow paper strip (cheese) prayers for our friends
- Red circles (tomatoes) prayers for our family
- Free choice (let the children choose the filling and the topic).



HAMBURGER PRINTABLES

*OBJECTS NOT TO SCALE 😊

