



Play and Pray

SESSION 3

Play Prompt

Bible inspiration: Psalm 4

Did you know that the bible isn't really just one book, the bible is lots of books all put together, specially selected, inspired by God to be His words to us. Some books like Mathew, Mark, Luke and John tell us the history of what happened to Jesus or another person or even a whole country! But the book of psalms (right in the middle of a grown up bible) are prayers, the words of songs and poems to God. I love that because I love writing poems and reading them. I always like to listen to the words of songs too. Do you know the words to any songs?

Twinkle, twinkle little star - do you know that one?

Sometimes children's bibles skip the book of psalms, which is a shame because they are very beautiful. They are also really REALLY honest. They say things like I'm really grumpy God because you didn't do something I wanted you to, or I am so sad because someone was mean to me, or I am SOOOOOO happy I feel like I could skip around a room or shout from the roof tops!!! They teach us we can tell God anything!

Can you show me on your face how happy or sad you are?

Now have you got your toys ready? I would love if your toys could say to God how they are feeling. Maybe some are feeling excited, maybe some are thankful, maybe some are very sad.

If you want you could even get them to sing!

Give it a go!

Time to play!

Qs you could explore together

Tip: Don't use them all! Follow the natural flow of the play

What's your favourite song?

Can you sing a song to God?

I wonder what the tune to this psalm might have been?

Prayer for after or during play

Thank you God that we can tell you anything! Thank you that however I am feeling I can write to you, speak to you and even sing my own song to you. Thank you that you love me and when I speak to you I always feel better. Thank you for your peace. Amen

Play & Pray: Notes for Parents

What is Play and Pray?

Play and pray is our series which uses God's gift of play to connect with our children and explore God together using toys! You can use any kind of toy really. There are two ways you can do it.

Option 1) is to watch the prompt video with your child and play together

Option 2) is to print out the session sheet, pop it wherever you keep your toys, and use it whenever you get a moment alone with your child - waiting for the dinner to cook, after a busy day at work or early in the morning when your mind isn't quite in gear. It works for anytime. All you need is a willingness to play, some toys and 10 minutes of your undivided attention.

Principles of Play and Pray

- **There is no wrong way to play!**

Let your child take this prompt in their own direction, remember that they might use this play opportunity and our undivided attention to bring up something that is worrying them or an idea they have been mulling over - that's fine. In fact it's great as we get to pray for the very things that are on the minds of our children. Praise God!

- **You can use any toys**

I'm using lego here but you can use anything really - playmobile, duplo, dolls, animals - even cars!

- **God's works through play too**

Take a second before you play with your child to commit the time to God. Some days your child might want to pray with you, other times they might be resistant. We don't need to force anything. We can ask the Holy Spirit to be at work in our play. I believe when we dedicate time to explore God through play that He speaks to us and our children. He is a God of play and He embraces when children come to him as children at play. This is a pressure free zone. It's a time to find joy in exploring God together.