



Faith in
our Future

Diocese of Monmouth
Esgobaeth Mynwy



Pause for Prayer for Children

WHAT?

A child friendly resource for prayer and reflection based on each of the five areas of the diocesan vision for Monmouth. The five vision areas are:

1. discipleship (growing more like Jesus)
2. stewardship (living as thankful and generous people)
3. environment (caring for God's creation)
4. social justice (serving together to make a difference in our communities)
5. equality and diversity (welcoming all)

WHO IS IT FOR?

Anyone and everyone in the diocese of Monmouth! Schools may like to use it for collective worship and Churches may like to use it as a focus for prayer with their children and young people.

HOW DOES IT WORK?

The invitation is to spend a few minutes in prayer and reflection. Use it as a one off or return to it regularly. It's entirely up to you! Additional resources will be made available to support schools and churches who wish to introduce Pause for Prayer.



Pause for Prayer – Discipleship

Growing more like Jesus

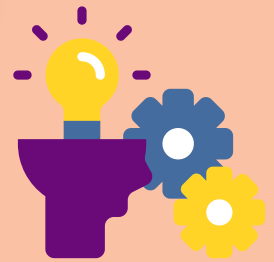
What does the Bible say?



Jesus asked them, 'But who do you say that I am?' Peter answered him, 'You are the Messiah.' (Mark 8.29)

What do I think?

What sort of person do you want to be?
Why would people want to be more like Jesus? How can we be more like Jesus? How can we help others if they would like to be more like Jesus?



What can I do?



Can you think of one small thing you can do this week to be more like Jesus? You might like to share your idea with a friend or your class.

Let us pray

Jesus, draw me closer to you. Help me to know you better, to love you more deeply, to become more like you.

Amen



Pause for Prayer - Stewardship

Living as thankful and generous people

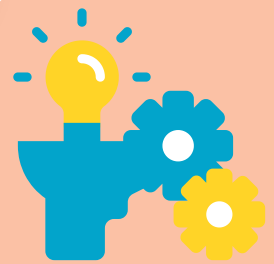
What does the Bible say?



'For all things come from you, and of your own have we given you.' (1 Chronicles 29.14b)

What do I think?

What good things do you have? What gifts or special talents do you have? What are you really good at? What gifts might we have that we can't see? Who gives us these gifts? How can we give thanks for these gifts?



What can I do?

How can I use my gifts? How can I help others by using my gifts? How can I show Christian values through sharing my gifts? How can I help others who may not have as many gifts as me?

Let us pray

Generous God, you pour your gifts on us. Thank you for all that you have given me. Help me to use my gifts well, for the good of all people, especially those who have little. Amen



Pause for Prayer - Environment

Caring for God's Creation

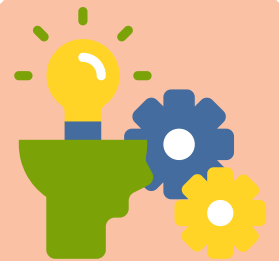
What does the Bible say?



God saw everything that he had made, and indeed, it was very good. (Genesis 1.31a)

What do I think?

Close your eyes and think about all the wonderful things God has created. What did he create in the seas? What did he create on the land? What did he create in the air? How do we look after the world God created? Do we always do our best?



What can I do?



What changes can we make to look after God's wonderful creation? What changes can we encourage others to make and how?

Let us pray

Creator God, your love is shown in the flight of a bird, in the richness of soil, in the teeming oceans, in a human face. Thank you for the beauty of creation. Help me to look after your good earth.
Amen



Pause for Prayer - Social Justice

Serving together to make a difference in our communities

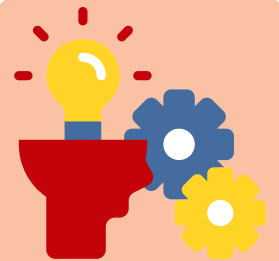
What does the Bible say?



What does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?' (Micah 6.8)

What do I think?

Can you think of a time when you have felt something wasn't fair or just? Sometimes things are not fair for a whole group of people or for whole countries, can you think of some examples? Can you think of a time when you haven't treated someone fairly?



What can I do?



Have you noticed that something isn't fair or just in your school or your community? What could you do about it? How can you help others who are in situations which aren't fair?

Let us pray

Lord of creation. Lift me up when I am unjustly treated. Forgive me when I act unjustly. Give me courage to speak up for those who are powerless. Save me from believing that change isn't possible.
Amen



Pause for Prayer - Equality and Diversity

Welcoming all

What does the Bible say?



There is no longer Jew or Greek, there is no longer slave or free, there is no longer male and female; for all of you are one in Christ Jesus.
(Galatians 3.28)

What do I think?

Where do you feel welcome? What helps you to feel welcome there? How do we welcome others? Do we always feel like welcoming everyone? Can it sometimes be difficult to welcome people? Why is it important to welcome people?



What can I do?



Think about someone that has recently joined your school or church. How can you make that person feel welcome? What could you do as a school or church to make sure that people always felt welcome?

Let us pray

Welcoming God. Help me to honour your image in every human being. Help me to know that I too reflect that image. May we, who call ourselves 'church', offer your welcome to all.

Amen

