



Making Prayer Cards for your prayer table at home

A prayer card is a single word; a short phrase or verse from sacred scripture often from the psalms, or perhaps the words of Jesus. They can also be words from the Bible that have become a part of the traditional prayers that we say at home or at Mass.

In the atrium, the child chooses a prayer card, along with other items, to place onto the prayer table either for their personal reflection or when preparing for communal prayer.

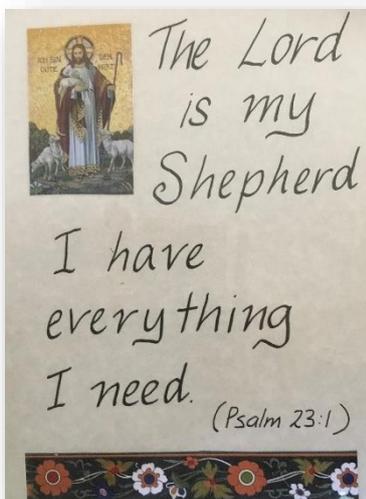


When a child chooses a prayer card to place on the prayer table it is not just a mere decoration. Rather it is a reflection that comes from their heart expressing something intangible and sometimes even unconscious. This action is in fact prayer.

Prayer cards for the 3-6 year old child

You could create prayer cards for your young child to choose for your prayer table at home. Examples of word or short phrase prayer cards might be:

Hosanna, Alleluia, Amen, Rejoice, Glory to God, Our Father, Hail Mary.



Psalm prayer cards:

- Psalm 23:1 - The Lord is my Shepherd, I have everything I need
- Psalm 32:11- Rejoice in the Lord and be Glad
- Psalm 46:10 - Be still and know that I am God

Longer Verses from Scripture which is part of a traditional prayer:

- Our Father, who art in heaven
- Glory to God in the Highest
- Hail Mary, full of grace the Lord is with you

For the 3-6 year old child, choose words of joy, wonder and thanksgiving, which flow naturally from this age child. Words from the Scriptures help to build the child's prayer language.

You might choose to use a single phrase from longer prayers like the Our Father, rather than the whole prayer, and gradually add more phrases as the child develops.

Children may make their own cards and decorate them with borders or pictures.

For the 6-12 year old child

Older children also enjoy making prayer cards. You could make creating prayer cards for your prayer table a whole family activity.

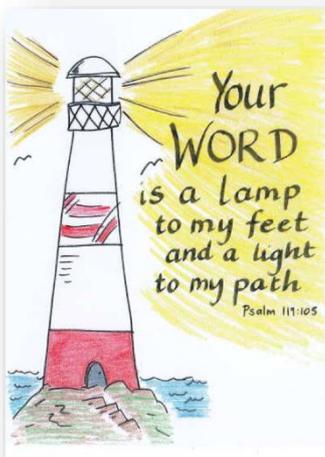
Along with the prayer cards listed above, the older child may include prayer cards with new themes to meet their stage of faith development. At this age the child is interested in the whole universe and what makes it work. They connect deeply with the plan of God and are now in a morally sensitive period. As such they begin to reflect on the mercy of God. They are aware of others and their needs and can cry out to God for help not just for themselves but for others as well.

The psalms are examples of how we can pray and remind us of God's promises. They express our thoughts but also help us to discover God's voice speaking to us.



Here is a list of possible psalms for 6-9 year olds:

- Psalm 23:1-4 *The Lord is my shepherd, I shall not want. He makes me lie down in green pastures*
- Psalm 16:11 *You show me the path of life.
In your presence there is fullness of joy.*
- Psalm 19:1 *The heavens are telling the glory of God;
and the firmament proclaims his handiwork.*
- Psalm 89:11 *I will sing of your steadfast love, O Lord.*
- Psalm 33:6 *By the word of the Lord the heavens were made,
and all their host by the breath of his mouth.*
- Psalm 113:1 *Praise the Lord!*
(or 2,3,4) *Praise, O servants of the Lord; praise the name of the Lord.*
- Psalm 119:105 *Your word is a lamp to my feet and a light to my path.*



6-9 year old children also enjoy the prayers of the Church such as: The Our Father, The Hail Mary, the Glory Be and might want to make a copy of their own.

For the 9-12 year old children, prayers of the Incarnation such as: The Magnificat (Luke 1:46-55), Simeon's Prayer (Luke 1:29-32), Zechariah's Canticle (Luke 1:68-79), can be added.

Here are some extra suggested psalm verses for 9-12 year olds:



Psalm *I lie down and sleep;*
3:5 *I wake again, for the Lord sustains me.*

Psalm
4:6b *Let the light of your face shine on us, O Lord!"*

Psalm *O Lord, our Sovereign,*
8:1 *how majestic is your name in all the earth!*
You have set your glory above the heavens.

Psalm *Praise the Lord, all you nations!*
117:1 *Extol him, all you peoples!*

Psalm 34:8 *O taste and see that the Lord is good;*
happy are those who take refuge in him.

Psalm 46:1 *God is our refuge and strength*

Psalm 67:1 *May God be gracious to us and bless us*
and make his face to shine upon us,

Psalm 95:6 *O come, let us worship and bow down,*
let us kneel before the Lord, our Maker!

Psalm: 100:5 *For the Lord is good;*
(or any verse!) *his steadfast love endures forever,*
and his faithfulness to all generations.

Psalm 121:1-2 *I lift up my eyes to the hills - from where will my help come?*
My help comes from the Lord, who made heaven and earth.

Art Supplies

Paper: you can use any paper you might have available at home, plain, coloured or even parchment.

Pencils etc: The younger children can use lead pencils or coloured pencils. The older children might also choose felt or calligraphy pens to write and decorate their prayer cards. Waterpaints are also great for colouring and decorating the card. Some children like to decorate the borders of their prayer cards with printed borders to glue on, or draw their own borders.

