

# Life to the Full:

Living faith within our families

Monthly newsletter for parents: **October 2016**



## Pray Continually!

**“Jesus told his disciples a parable about the need to pray continually and never lose heart.” Luke 18:1**

In the Gospel for the week-ending 15/16 October 2016, Jesus tells his disciples a parable about the need to pray continually and never lose heart; it's the story of a widow who keeps on pestering a judge for justice until he gives in to her.

In schools, we have been thinking about what it means to “pray continually”, and we have developed a series of what we have called “body prayers”.

Body prayers are a way of talking to God with our bodies rather than with words. In the same way

that we wave hello or we give someone a hug, body prayers are a way of expressing ourselves to God through our movements.

Body Prayers are great for children because they love to move! They can help children to see the fun side of praying and give the opportunity for kinaesthetic and visual learners to feel fully included and involved in a prayer time.

You will find a very simple prayer on the right. Ask your children if they can show you any others that they have learnt in school!

## Time to Pray?



**Jimena, mother of one, tells us about the challenges of finding even the smallest amount of time to pray:**

Time to pray? Ha! I barely have time to brush my hair, let alone pray. One of the challenges I face as a new mum is coping with the voices

from the outside world telling me that I should somehow be able to continue living the life I had before, while also looking after a little fireball of a toddler. Life changes when you become a parent though, standard activities that I would have time for previously are now on a list of ‘special treats’. Is prayer one of them? It is when I find ten minutes on my own where I can actually chat with Jesus rather than having to cook, clean, make a phone call, or simply breathe. However, the real treat – and a bit of a surprise too – is when I catch myself constantly thanking God for my beautiful son

### Body Prayer

**God thank you** - use sign language for thank you  
**for our bodies** - point to yourself

**God thank you** - use sign language for thank you  
**that you listen to us** - point to your ears

**God thank you** - use sign language for thank you  
**that you love us** - place hands on heart

**Help us to pray** - place hands together in prayer  
**and to keep on praying.**  
**Amen**



Watch how to use body language to say this prayer!  
<http://www.tentenresources.co.uk/bodyprayerassembly>

whom I adore and who drives me nuts in equal measure. Praying has become less of an activity and more of a spontaneous outburst. Quite fitting in toddlers' terms. Perhaps God's too.