



2019 marks the fifth CIYD Day of Prayer for Young People and Youth Ministry.

In previous years, a number of dioceses across the island have organised events and services to pray for the needs of young people and for the youth leaders and ministries that serve them. This resource has been produced to help dioceses and parishes in the organising of their events.

The House of Bishops have approved the Sunday before Lent as the annual day of prayer for young people. Participation is completely optional and at the discretion of those leading services on the Sunday in question. Please feel free to use these resources at other times and events as appropriate.

This booklet contains a selection of prayer ideas that can be used during a service. A number of the prayers will link to God's light and how we might shine for Him.

"The SCRIPTURES Say, "God commanded light to Shine in the dark." Now God is Shining in our hearts to let you know that his glory is seen in Jesus Christ." (CEV)



We pray for young people who put chocolate fingers everywhere, who like to be tickled, who stomp in puddles and ruin their new trousers, who ask for €10 before they leave with their friends, who erase holes in maths worlbooks, who never put away their shoes.

And we pray for those who stare at photographers from behind barbed wire, who can't bound down the street in new trainers, who never "counted potatoes," who aren't anybody's Facebook friend, who are born in places we wouldn't be caught dead in, who never go to the circus or to

a concert, who live in an X-rated world. We pray for young people who bring us sticky kisses and fistfuls of dandelions, who sleep with the cat and bury goldfish, who hug us in a hurry and forget their lunch money, who leave make-up all over the sink, who slurp their soup.

And we pray for those who never get pudding, who never had a security blanket to drag behind them, who can't find any bread to steal, who don't have any rooms or lockers to clean up, whose pictures aren't on anybody's iPhone, whose monsters are real.

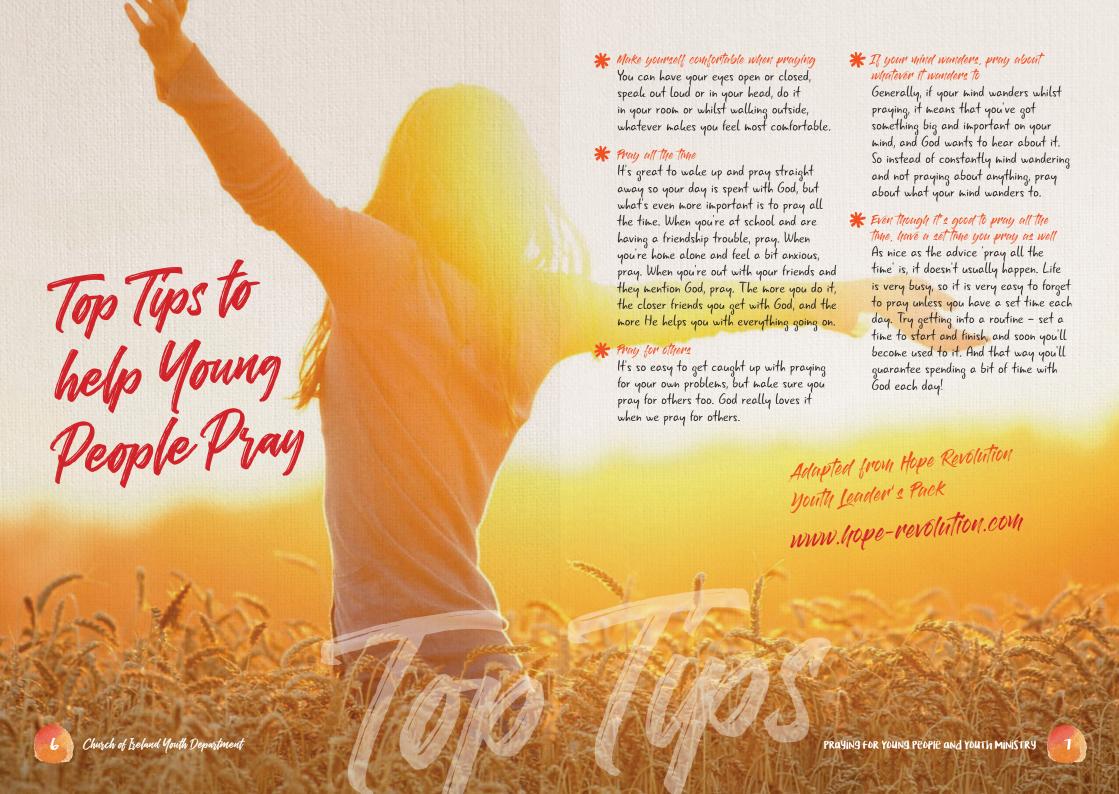
We pray for young people who spend all their minimum wage before Tuesday, who throw tantrums in the supermarket and pick at their food, who like ghost stories, who stay out past curfew while their parents wait for them, who shove their dirty clothes under the bed and never rinse the bath, who think they're far too old to be hugged good-bye, who squirm in church and scream on the phone, whose tears we sometimes laugh at and whose smiles can make us cry.

And we pray for those whose nightmares come in the daytime, who will eat anything,

who have never seen a dentist, who are never spoiled by anyone, who go to bed hungry and cry themselves to sleep, who live and move, but have no being.

We pray for young people who want to be carried and for those who have to be carried, for those we never give up on and for those who never get a second chance, for those we smother, and for those who will grab the hand of anybody hind enough to offer it.

We pray for young people for they are all so precious.



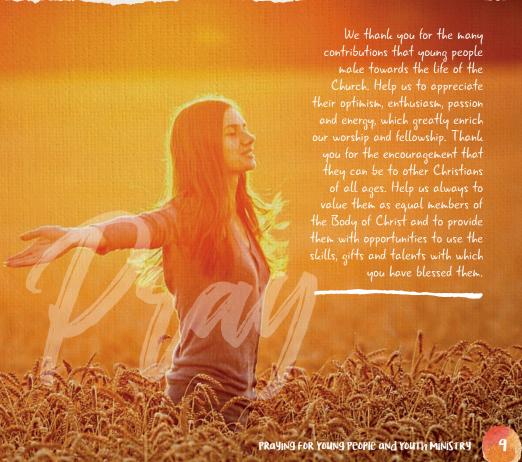


We pray for the young people of this parish and diocese and of the wider community. We thank you that you created each one of them lovingly and carefully and that you know each of them intimately. Help us to always see them through your eyes. We pray that they would come to know Christ as the Rock that supports their faith and their actions, so that they fear neither wind nor flood.

We thank you for youth leaders who faithfully give of their time, energy, talents and other resources to invest in the young people in their care. Help them to live lives that point young people towards Christ as Lord and Saviour. At times when they feel inadequate, help them to trust you and to rely on you to give them the strength and wisdom they need. Draw near to them when they grow weary and retresh them for all that they have to do. Help us all to support and encourage them in their valuable ministry.

We thank you for the youth ministry in our parish/diocese (as applicable) and pray that it would bring glory to you. May it be a safe place for young people as they grow and develop; may they feel comfortable and confident there and may good and lasting friendships begin and grow. Most of all, we ask that it would be a place where young people would hear and understand the gospel and grow as disciples of Christ.

There are many challenges and pressures facing young people today; in school, with their friends and peers, online, and even in the home. The teenage years are a time of many different types of change. Help us to be aware of these struggles and to be supportive of young people as they negotiate them daily. We pray that they would look to you as their ultimate source of guidance, comfort and help.



We pray that you would help all of us here present to support young people as they grow in their faith. Many of us, at services of Baptism and Confirmation have promised to support and encourage children and young people in their Christian growth and development. Help us always to be mindful of this and to actively seek opportunities to live out such promises.

We pray especially for parents and guardians who seek, amid hectic family life, to raise their children in the Christian faith. That they would have the courage and wisdom to talk about faith at home and when out and about. To be a consistent and faithful witness with the strength and sensitivity to speak with loving respect, and the courage to live as a strong Christian example for children and grandchildren.

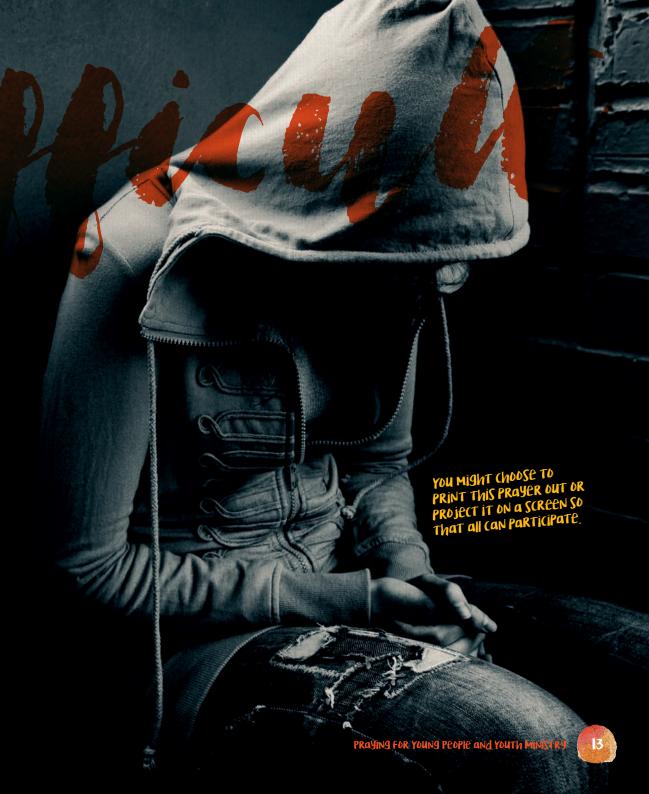
We pray for all young people who are considering or preparing for Confirmation. Make ready their hearts and minds and bring them to a true and lasting faith in you. By the power of your Holy Spirit, help them to live out their Confirmation declarations and promises for the rest of their lives, keeping their eyes firmly fixed upon you.

We pray for young people who for various reasons have many doubts and questions about the Christian faith.



A PRAYER FOR

At times of anxiety and worry Reassure our young people At times of hurt and upset Confort our young people At times of tension and stress Help our young people to cast their cares upon you At times of rejection and failure Remind our young people of their worth in your eyes At times of change and turmoil Be the constant in our young peoples' lives At times of wrongdoing and guilt Remind our young people that you forgive and renew At times when there are difficult decisions to be made Remind our young people that you are the way At times when different voices and ideas compete and cause confusion Remind our young people that you are the truth At times when it seems difficult to carry on Remind our young people that you are the life.





VERSES OF LIGHT:



Take some time to reflect on verses in the Bible which talk about light. Do feel free to choose your own verses, or use our suggestions below.

- * John 1.4-5: 'In [Jesus] was life, and the life was the light of all people. The light shines in the darlness, and the darlness did not overcome it.'
- * John 8.12: 'Again Jesus spoke to them, saying, 'I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life."
- * Matthew 5.16: You are the light of the world. A city built on a hill cannot be hid."
- * 2 Corinthians 4.6: 'For it is the God who said, 'Let light shine out of darkness,' who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ.'
- * 1 Peter 2.9: 'But you are a chosen race, a royal priesthood, a holy nation, God's own people, in order that you may proclaim the mighty acts of Him who called you out of darliness into His marvellous light.'

RIVER OF LIGHT:



You will need:

- * An image that conveys the idea of Christ as light of the world (minimum AG size, ideally at least AB) stuck onto the piece of strong card
- * One piece of strong card (larger than the image of Christ)
- * A few gold or silver foil emergency blankets (Often available for minimal cost from outdoor shops)
- * Electric tea lights
- * A packet of black napkins, cut up into smaller squares
- * Printed instruction card for the black naplin squares (below):

Pray that light will shine in places of darkness.

- 1. Take a square of black napkins to represent a place or feeling or fear where darkness is present.
- 2. Crush the darliness (tissue) and bury it in the folds of the river of light.
- 3. Pray that darliness would not overcome.
- 4. Then choose a quote from the river of light that speaks to you to take away.
- * Printed template of quotes about darkness and light cut up into individual cards (see below)

What to do:

- 1. Lean the image against a wall in your dark corner and create a river of light flowing from it using a couple of gold or silver emergency blankets shaken out and arranged along the ground in a flowing shape.
- 2. Place electric tea lamps along your river of light: their light will be reflected by the foil and everything should shimmer.
- 3. Cut up the quotes about light in the darliness.
- 4. Distribute the cards in little piles around the river of light you have created.

In advance of the service, create simple bookmarks which could include printed prayers or prayers written by young people. Talk to young people, "How might you bring Light to situations at home, school, work?" During the service, distribute the bookmarks to the members of the congregation. You might choose to lead some prayers or invite the congregation to pray silently.

Lego Prayers:



This prayer activity is suitable for groups of young people or even a whole congregation as long as you have enough bricks!

You will need:

- * One Lego brick per person.
- * Hold your brick Pray for yourself. Thank God for the things He has given you. Ask Him to bless you and to help you to bless others.
- * Count the studs on your brick For each stud on your brick, pray for a different person friends or family members. Ask God to bless them this week.
- * Find someone who has a different colour brick to you.
- * Thank God for making each person special Thank Him for the things that are different but special about other people. Pray that we will learn how to celebrate and understand people who are different to us.
- * Find someone with the same number of studs on their brick as you Thank God for families and friends and all who care for us. Pray that He will help us to be friends to those who are lonely.
- * Swap your brick with someone Thank God for the person you swapped with and ask God to bless them this week.
- * Put all of the bricks together and build a structure or tower with them Thank God for the church and the communities we live in. Pray that He will help us to include others and to help people know that they are loved and valued.

(From: flamecreativelids.blogspot.com)

Get hold of a street map of your community and mark on it places where young people gather or attend (e.g. schools, church, sports clubs etc.). Get people to mark on it where they live and then to 'adopt' one of the areas nearest to them. Ask them to visualise some of the young people who go to those places and pray God's blessing and protection on them.



Sand and Stones:



- * You'll need a large, deep tray or container of sand, a similar container filled with a selection of large stones or rocks, and a small watering can or jug of water.
- * Have copies of the parable of the wise and foolish builders from a variety of translations, Bible verses: Matthew 7:24-29. This activity helps people to reflect on their own lives and what they are built on, as they meditate on the parable.
- * Encourage people to touch the sand and the rocks and then explore what happens when the rain is poured over the sand and the rocks. As they read the parable they can reflect on what happens when storms or difficult times come and our lives aren't built on Jesus' words and teachings.
- * Invite people to pray that they would not just hear but follow and live out Jesus' teachings.

PRAYING WITH ROPES:



Prayer ropes are not uncommon as an aid to intercession in Orthodox Christianity and of course prayer beads are well known in the Catholic tradition. The idea of a prayer rope is basically as a way to focus and discipline our prayers for others or, depending on the type of prayer used, a way to become still and open before God.

- * You will need a long, fairly thick piece of rope enough to create a circle onto which everyone in the group can hold.
- * You will also need a number of shorter pieces of rope of different colours, at least one for every person in the group.
- * When it comes to the time for prayer with your group, sit in a circle and then pass around the large, thick rope. The leader should then tie the two ends together firmly.
- * Explain that many Christians around the world use a rope with linots to help them pray. The central linot is often in the shape of a cross. You may at this point like to tie into the joining linot a small wooden cross.

- * The circle is a symbol of God's love that goes on forever and ever and which holds all things together. The cross is the guarantee of that love and the way we know that God's love is for each one of us. The rope itself is made of three cords intertwined and this is symbolic of the Trinity Father, Son and Holy Spirit the three ways in which we experience God who is nevertheless One.
- * Invite each young person to knot their smaller rope onto the larger rope.

 These represent the different sorts of prayers that they want to pray.
- * Once all the coloured ropes have been tied on, pass the rope around so that everyone holds onto a different linot for a short time. As people hold on to the different linots invite them to pray for the various things that have been mentioned, either silently or out loud.
- * Perhaps you could all say together something like: Thank you, God, for your strong love that holds all things together
- * God promises to help us find a way through the puzzling and knotty situations we all face and bring release in His time and way.

Don't spend your time worrying about things but in everything with prayers filled with thanks - let God know what it is on your mind. And the peace of God, which is beyond our understanding, will keep your heart and your mind at peace in Jesus Christ. Philippians 4:6-7.

(From: www.barnabasinschools.org.uk)

QUIET LIGHT:



'Father God, who created light in our world, bring peace and light to our schools now. Amen. 'Out of the darkness light shall shine' 2 Corinthians 4:6a

Many young people feel pressure or suffer bullying, maybe at school. God brings peace to places of unrest and light to darkness. Think of young people you know, and silently ask God to shine His light into their lives. Light a candle and say a prayer. Watch as your candle flickers and adds to the light.

WORD ART: *



Create a Tagul https://tagul.com/ (free)

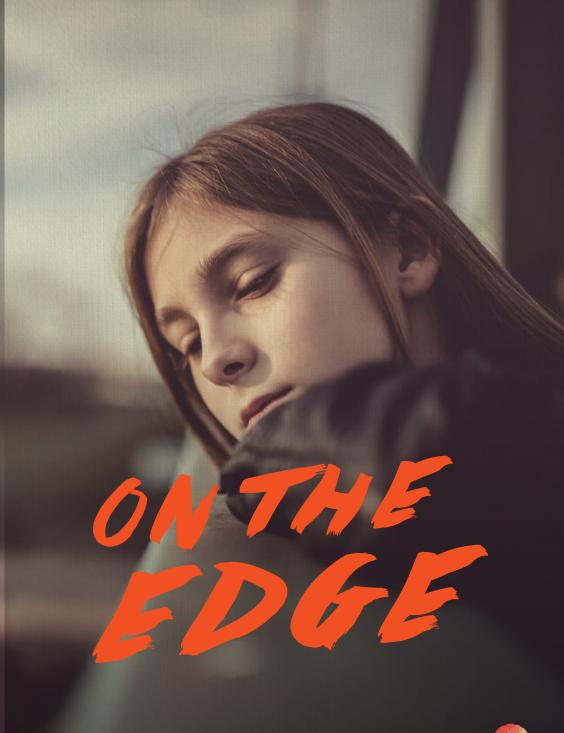
Choose words that say what you feel...then create a shape and select word sizes, colours and types of font.... Then print and mount on a card.

PRAY FOR YOUNG PEOPLE...

Loving God, who promises to be faithful and righteous, Help us to make real your vision for all young people, so that they are valued for who they are, not who they will be, so that they are encouraged and supported, not abused or neglected, listened to and challenged, not ignored or stifled, free to play safely not forced to grow up before their time. Amen.

Pray for young people in our communities; for those struggling with mental health issues, for those caught in the debt trap and for those who are rejected for who they are.

Pray for churches and organisations working with young people for those helping to bring Your Kingdom closer each day by serving those who are seen as the least in our society.





We make these promises to God our heavenly Father, to the children and young people we work amongst, to our church communities and to ourselves.

All who follow Jesus are given a share in the work He began. Through His grace we receive gifts and opportunities to demonstrate in words and actions God's love for them and for all His creation.

As members together of God's family, the work of the church amongst young people is the responsibility of us all. Will you all, as the People of God; support the work amongst young people with enthusiasm, prayer, finance and facilities? WITH GOD'S HEIP WE WILL

Will you allow and encourage young people to participate fully in the life of the church, offering opportunities for worship and for service which is both accessible and appropriate? WITH GOD'S HEIP WE WILL.

Those who work with young people have a special responsibility and a precious opportunity. It is through our words, our actions and our example that they see the love of God and learn of His kingdom.

Will you, as people who have been called to work with young people, welcome them, be good friends to them, care for them, listen to them and love them as fellow members of the family of God? WITH GOD!'S HEIP WE WILL.

Will you share with them your hopes, your joys and your faith, and celebrate together our lives in God's world? WITH GOD'S help we will.

Will you work alongside others in your church with love, support, understanding and forgiveness, pursuing all that makes for peace and develops unity? WITH GOD'S HEIP WE WILL.

Jesus said: 'As I have loved you, so you must love one another.'
FIII US WITH YOUR LOVE, SO THAT WE MAY LOVE OTHERS FULLY AND COMPLETELY.

Jesus said: 'I am the light of the world. Whoever follows me will not walk in darkness but will have the light of life.'

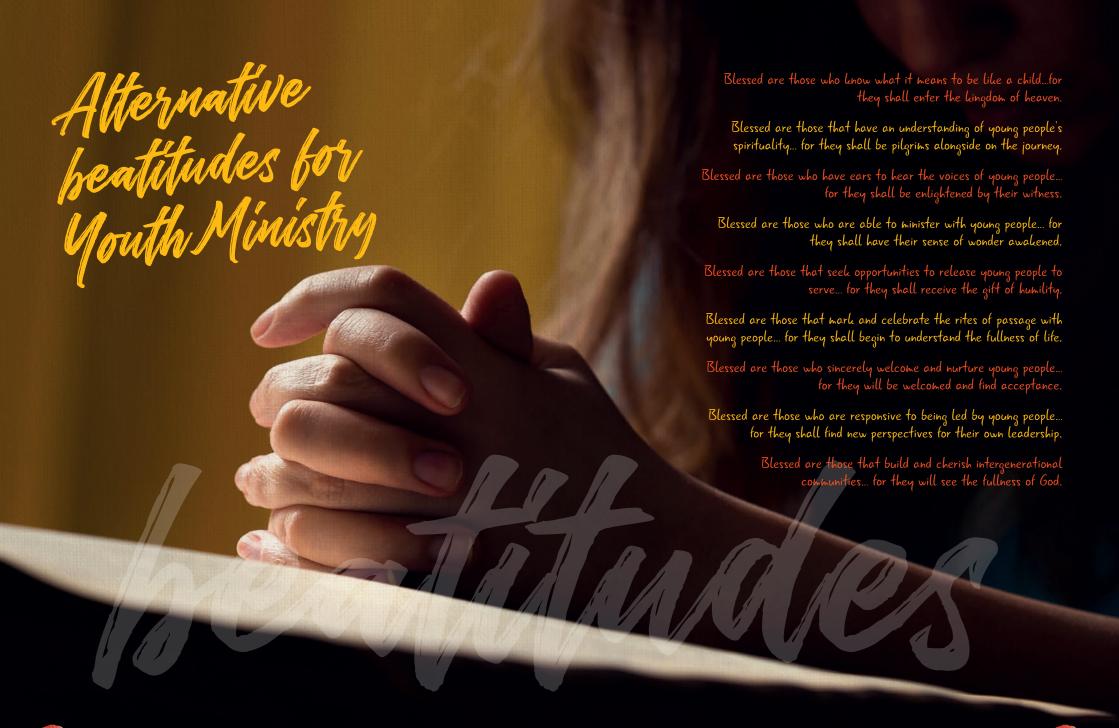
Shine on US, light of the world, so that we may always walk in your path.

Jesus said: 'You will receive power when the Holy Spirit comes upon you, and then you will be my witnesses.'

RENEW US WITH YOUR SPIRIT, SO THAT WE MAY AlwayS do Your WORK.

May the love of God, Father, Son and Holy Spirit, be with us and with the young people in our churches and communities. May we all grow in His love, follow His path, and be filled with His spirit.

AMEN





These prayers may be useful as you journey with your young people through the year

Advent:



An Advent Prayer activity 'The Light of the World'

Advent, a time where we are waiting for light of the world to step in our darkness, bringing His light.

To remind you of the hope of Christ, create yourselves a Lemon Pomander:

- * Using a toothpick, make a hole in the lemon where you wish the clove to be inserted.
- * For each clove you put into your lemon, pray for a person or a place where God's hope and light is needed this advent.

Christmas:



God our Father, as we listen again to the Christmas story, as we sing beautiful carols, we are glad that Jesus came to be our saviour and our friend. We hear how Mary laid her baby in a manger; we hear how the angels sang over the hills of Bethlehem "Glory to God, peace for the world". We hear how the shepherds hurried to see if what the angels had said was true and we hear how the wise men followed a star and arrived with gifts for the baby. Thank you, Lord Jesus, that you are the best gift of all and that you really are our saviour and our friend.

Father God, we thank you for this time of Christmas. We thank you for all the Christmas presents we will open on Christmas day and we pray for those who are too poor to give or receive Christmas presents. You said the Kingdom of heaven belongs to them, so show us how to give to them and learn from them.

We thank you for the Christmas meals we enjoy but pray for those today who have no food at all. You promised to fill the hungry with good things, so help us to do the same.

We thank you for all that you have given us and pray that you will help us to love you and help us to celebrate Christmas by giving our time, money and love to others.

We ask that this Christmas our celebration will be marked by our giving rather than our receiving, by joy rather than indulgence, by true peace rather than bustle.

We recognise that the story of Christmas reveals your character and values: awesome power and breath-taking simplicity. Gracious love and unfailing mercy.

Help us Father to demonstrate the reality of Christmas in our own lives.

Help us to develop faith like Mary, trust like Joseph. Help us to know the obedience of the shepherds, the perseverance of the wise men and the joy of the angels.

Above all Father we pray that we may know the experience this Christmas of your coming to us in the person of Your Son and the power of your Spirit.

IN CHRIST'S NAME WE PRAY.

AMEN

BECAUSE HE IS RISEN A POEM FOR EASTER BY GERARD KEILY

Because He is risen

Spring is possible
In all the cold hard places

Gripped by winter

And freedom jumps the queue

To take fear's place

as our focus

Because He is risen

Because He is risen
My future is an epic novel
Where once it was a mere short story
My contract on life is renewed
in perpetuity
My options are openended
My travel plans are cosmic
Because He is risen

Because He is risen
Healing is on order and assured
And every disability will bow
Before the endless dance of His ability
And my grave too will open
When my life is restored
For this trail and tragile body
Will not be the final word
on my condition
Because He is risen

Because He is risen

Hunger will go begging in the streets
For want of a home
And selfishness will have a shortened shelflife
And we will throng to the funeral of famine
And dance on the callous grave of war
And poverty will be history
In our history
Because He is risen

And because He is risen
A fire burns in my bones
And my eyes see possibilities
And my heart hears hope
Like a whisper on the wind
And the song that rises in me
Will not be silenced
As life disrupts
This shadowed place of death
Like a butterfly under the skin
And death itself
Runs terrified to hide
Because He is risen

You might want to try some simple prayer stations based around symbols of the Spirit - oil, water, fire and wind.

Oil - Invite God's Holy Spirit into your life today and, as a sign of your invitation, smooth a little of the oil on to your wrist. (Use allergy free aromatherapy oil).

WATER - The Holy Spirit brings life to dead places, just as water brings life to a barren desert. Take a sip of water and focus on it replenishing your body.

FIRE - The Holy Spirit brings fire, energy and passion to places and people who were hundrum and dull or loveless and afraid. Pray for people and places around you, by placing a paper flame on the place or places you would like God's Spirit to set alight with His love and courage.

Wind - God's Spirit can lift a situation or relationship and take it to a new level, filled with life and hope. Hold such a situation before God now and breathe out your concern for the people involved by blowing into a bubble-wand and watching the bubble take on a life of its own.

(Adapted from www.barnabasinchurches.org.uk)



EXAMS

Mind, Body, Soul, STRENGTh...

Give each person a copy of a body outline and give them a few minutes to think about what young people are facing at exam times. Suggest they think about:

- * Physical demands
- * MENTAL DEMANDS
- * EMOTIONAL PRESSURES
- * SPIRITUAL PERSPECTIVES
- Relationships and external expectations

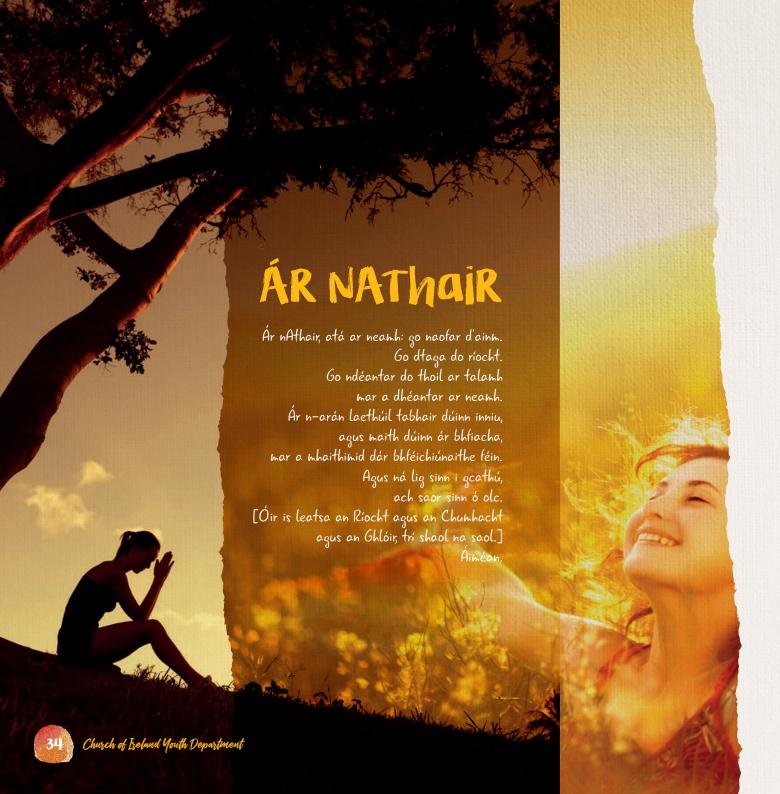
Invite them to write the different things they think about on and around their 'young person'. Bring the group back together and get people to teedback what they have been thinking about. Have a time of prayer based on these thoughts - you might like to simply pray in silence, offering the young people and all that is facing them up to God or have people praying out loud some of what they want to bring to God in response to what they've thought about and discussed.

At the end of this time, consider as a group what phrases you might come up with to summarise your heart for young people's identity at this time that help encapsulate what your vision is for how you would like to see themselves and their performance.

They might be things like 'loved whatever', 'grace not grades', 'relationships not results', 'excellence of effort and character' or 'human being not human doing'.

Invite people to jot these down and take them away with them to help them pray beyond today.







Books

'The Teenage Prayer Experiment Notebool' by Miranda and Noah Threlfall-Holmes

'Prayers for Teenagers' by Nich Ailen (MarshallPichering)

Serious Prayer by Trev Gregory (Scripture Union)

Call on Me: A Prayer Book for Young People by Jennifer Gamber and Sharon Ely Pearson (Morehouse Publishing)

Multi-Sensory Prayer by Sue Wallace (Scripture Union)

APPS

Prayer Mate App

Daily Prayer Church of Ireland App

WebSiteS

https://www.prayerspacesinschools.com www.24-7prayer.com https://www.youthscape.co.uk

