

Prayer Jars

Find three jars or other containers. Use the words below to label each jar, or decorate your jars as you want. The “Help” jar should have a lid. Once a day or even throughout the day, each person in the household should complete at least one slip of paper for each jar.

- “Help” includes any anxieties, fears, prayer requests for yourself or others. Naming these is important, and can give families an opportunity for sharing these feelings that are often lurking beneath the surface. This jar should be sealed with a lid as a symbolic recognition that we are handing these things over to God, who holds them for us.
- “Thanks” includes anything for which you are thankful. Write as many as you want, but at least one each day. “
- “Wow” is any place you feel the presence of God or see glimpses of God at work in the world.

At the end of the week, sit down and go through the jars reading each slip of paper as a prayerful activity together.

Help

Thanks

Wow