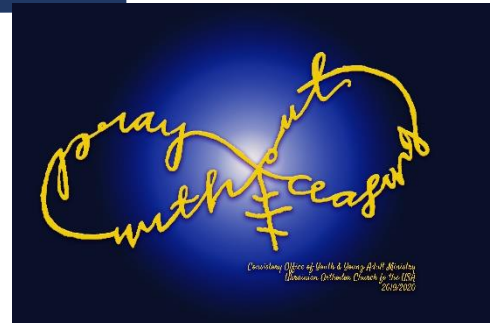


## Praxis Session One: Prayer books/Prayer Journals

*Main Ideas: Providing youth an ongoing tool to aid them in their life of prayer.*

*Supplies needed for children 12 and under: non-lined notebook (see photo – these were found at Target), copies of various prayers, paper icons, washi tape, markers/crayons, colored pencils, scrapbooking paper, clear-drying crafting glue, Bibles, prayer books (recommended – My Daily Orthodox Prayers compiled by Fr. Anthony Coniaris) clip art available at <http://dce.oca.org/resources/line-drawings/>*



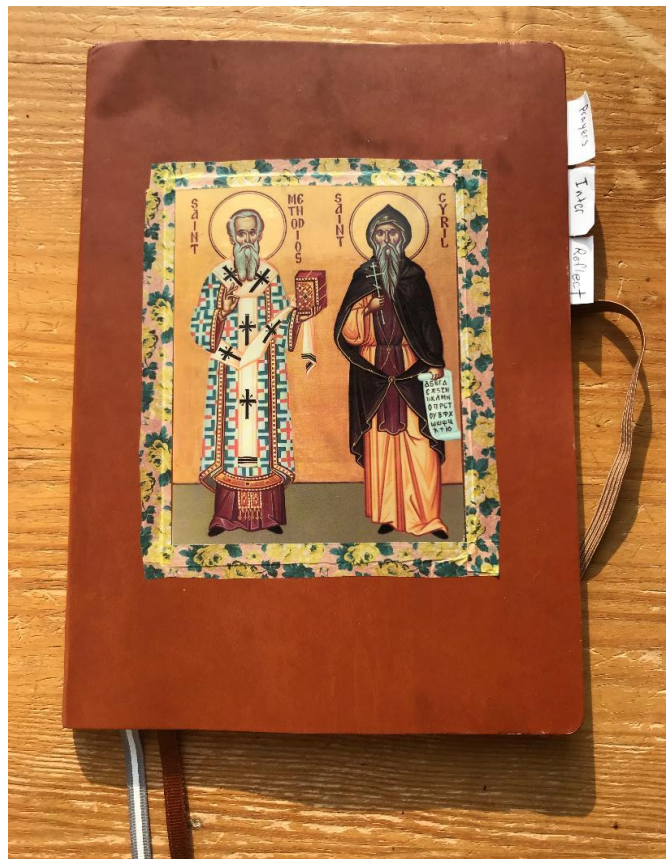
*Supplies needed for teenagers: non-lined journal, prayer books, Bibles, markers, pencils, paper icons, scrapbooking paper, clear drying crafting glue, write-on divider tabs.*

Preparation: Purchase all needed supplies. If possible, make a sample journal for each age group. Print out prayers for the younger children. These prayers may be found at the end of this session.

Introduction: Prayer can sometimes seem difficult. The church gives us many tools to help us in our prayer life. We will be learning about many of these tools and how we may use them in our life. Today we will be creating (for younger children – personal prayer books) – (for teenagers – prayer journals). Our hope is that you will use these prayer books/journals daily. They will also be able to grow as you grow in your prayer life and you may add to them as time goes on.

For children under 8 – You will design the cover and first page at this session. The books will then be kept by the instructor and used throughout the regular sessions.

For children 8 – 12 – They will choose their journals, and materials to create their prayer book. Inform them that there will be a section in the back for intercessions.



For teenagers – Allow them to choose the materials to decorate their covers and section title pages. Inform them that they will be handwriting their prayers into the journals. Ensure there are several prayer books and Bible available for the teens to use a resource. Instruct them to divide their journal into four sections: 1. Prayers, 2. Intercession, 3. Reflection, 4. (a topic of their choosing such as icons, psalms, scripture, etc.)

Inform the youth that their prayer book/journal is unique to them. They may add prayers, icons, scripture that they would like

Allow youth time to work on their books.

### **Places for additional inspiration (examples of Prayer Journals):**

Tips from the Monastery: Practical Advice for Praying Without Ceasing

<https://lessonsfromamonastery.wordpress.com/2013/01/21/tips-from-the-monastery-practical-advice-for-praying-without-ceasing/>

Orthodox Mom - <http://www.orthodoxmom.com/2015/09/25/make-your-own-prayer-binder/>

Orthodox Education Blogspot – Orthodox Kids Journals

<http://orthodoxeducation.blogspot.com/2018/09/orthodox-journals-for-year.html>

### **Resources:**

Other Orthodox Prayers - <https://www.orthodoxprayer.org/OtherPrayers.html#task>

Orthodox Prayer - <https://www.orthodoxprayer.org/index.html>

Once the session is over, ask the youth to help clean the area. Close the session in prayer.

### **Prayer After Any Task**

Thank You, Lord, for Your strength and guidance in my work. You are the fulfillment of all good things. Fill also my soul with joy and gladness, that I may praise You always. Amen.


### **Session Outline:**

- Opening Prayer
- Introduction
- Choose materials
- Allow youth time to create prayer books/journals
- Share your completed works
- Collect prayer journals for children under 8. (You may also choose to collect all the books and encourage the youth to use them at the end of each session during the program)
- Closing Prayer



**The Lord's Prayer**

Our Father, who art in heaven,  
Hallowed be Thy Name.  
Thy kingdom come,  
Thy will be done,  
On earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
As we forgive those  
who trespass against us.  
And lead us not into temptation,  
But deliver us from evil.  
For Thine is the kingdom,  
and the power, and the glory,  
Forever and ever.  
Amen.



A small icon of the Archangel Michael, depicted with wings, holding a sword and a shield, set within a red frame. The icon is mounted on a white background, which is placed on a wooden surface.