**CREATIVE PRAYER - WRITTEN WORD**

For some people writing their prayers is helpful in expressing their thoughts and feelings to God.

**How?** You can have a lap-top set up so that people can send emails to a general email address you can set up for that purpose. Or have paper available with the heading “Dear God” or “Dear Dad”. They could ‘post’ them in a container you leave nearby or take them with them.

**Materials:** Laptop & email address. Paper with Dear God on it, pens, envelopes, ‘post-box’ receptacle (bin/box).

**Instructions**

We see in the Psalms that a whole range of human emotion and situations are expressed to God in prayer; written down and at times sung out.

* Write your prayers as a letter/email to God.
* Feel free to be honest with Him about what you are experiencing and how you are feeling. Maybe it’s a letter of thanks and gratitude, or one of pain and sorrow. Whatever you are facing, sense the love of God as you open your life to him in prayer.
* Thank Him for what He has done and is doing in your life.
* Ask Him for help in any situation or with any concerns.
* Post/Send it or take it home with you.

***“I lift up my eyes to the mountains – where does my help come from? My help comes from the Lord, the Maker of heaven and earth. He will not let your foot slip – he who watches over you will not slumber; indeed, he who watches over Israel will neither slumber nor sleep. The Lord watches over you – the Lord is your shade at your right hand; the sun will not harm you by day nor the moon by night. The Lord will keep you from all harm – he will watch over your life; the Lord will watch over your coming and going both now and for evermore.* Psalm 121”**