

Growing in Faith · Growing in Family

An All-Age, Hands-On Prayer Guide for the Week

This resource helps us pray the **same Bible passages and themes** as the main prayer guide, using simple actions and everyday objects.

The objects don't do the praying for us — they simply help us **slow down, notice, and remember** what we're praying for.

You can use this as a household, with friends, or on your own. Some days may be brief; others may open into longer conversation or prayer. That's all part of praying together.

A simple prayer to end each day:

Lord Jesus,
Help us grow in faith.
Help us grow in family.
Show us how to love and follow you.
Amen.

Day 1 — Monday | Rooted in Christ

Growing in faith

Bible verse — Colossians 2:6–7 (NIV)

“So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.”

Object: Something solid (a stone, book, mug, or paperweight)

Why this object?

Paul speaks of faith being **rooted and built up**. Holding something solid reminds us that faith isn't just a feeling — it needs a **firm foundation** that can hold weight and last over time.

Do

- Place the object on the table and rest a hand on it.

Pray together

- Thank God for Jesus, our foundation.
- Ask to grow deep roots rather than shallow faith.
- Pray for our **worship and prayer life together**, that it would be grounded, joyful, and Spirit-led.

Action for the day

- Leave the object somewhere visible. When you notice it, pray: *“Root us in you.”*

Lord Jesus,
Help us grow in faith.
Help us grow in family.
Show us how to love and follow you.
Amen.

Day 2 — Tuesday | One Family, One Parish

Growing together in belonging

Bible verse — Ephesians 2:19 (NIV)

“Consequently, you are no longer foreigners and strangers, but fellow citizens with God’s people and also members of his household.”

Object: Several small items (coins, LEGO, buttons, pebbles)

Why this object?

Each small item represents a person. On their own they seem ordinary, but **together they form a household** — just as the church is made up of many people, held together by God.

Do

- Place the items into a bowl or onto the table one by one.

Pray together

- Thank God that we belong in his family.
- Pray for **St Swithin’s and St Faith’s** as one parish and one family.
- Pray for the **Welcome Project at St Faith’s**, that the building would help people experience belonging.

Action for the day

- Look for a small way to help someone feel welcome.

Lord Jesus,
Help us grow in faith.
Help us grow in family.
Show us how to love and follow you.
Amen.

Day 3 — Wednesday | God's Provision for God's Work

Trusting God for finances and resources

Bible verse — 2 Corinthians 9:8 (NIV)

“And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work.”

Object: Coins or food (bread, fruit, snacks)

Why this object?

These are everyday reminders of what we **depend on**. Holding them helps us remember that provision ultimately comes from God, not just from what we earn or receive.

Do

- Hold the items in your hands.

Pray together

- Thank God for what you have.
- Pray for the church's **finances and provision** as grant funding ends.
- Ask God to grow generosity and trust.

Action for the day

- Choose one small act of generosity.

Lord Jesus,
Help us grow in faith.
Help us grow in family.
Show us how to love and follow you.
Amen.

Day 4 — Thursday | Sundays, Welcome, and Community Life

A church that feels like home

Bible verse — Psalm 92:13–14 (NIV)

“Planted in the house of the Lord, they will flourish in the courts of our God. They will still bear fruit in old age, they will stay fresh and green.”

Object: A plate, placemat, or cup

Why this object?

Tables are places of **welcome, nourishment, and shared life**. This reminds us that church is not just a service we attend, but a home where people are planted and can flourish.

Do

- Place the item on the table.

Pray together

- Pray for our **Sunday gatherings** to be joyful and welcoming.
- Pray for the **10am at the Salthouse** and the **4:15 at St Faith's**.
- Pray for those who connect through cafés, Stay Toasty, and community spaces.

Action for the day

- Think of one person you could notice, welcome, or invite.

Lord Jesus,
Help us grow in faith.
Help us grow in family.
Show us how to love and follow you.
Amen.

Day 5 — Friday | Families, Children, Youth, and Generations

Faith handed on and shared

Bible verse — Psalm 145:4 (NIV)

“One generation commends your works to another; they tell of your mighty acts.”

Object: Paper and pens

Why this object?

Writing or drawing helps us **name and remember** the different generations God is bringing together, and reminds us that faith is shared through stories and relationships.

Do

- Write or draw people of different ages and place the paper with your prayer items.

Pray together

- Pray for **children, youth, families, 18–25s, and older members**.
- Pray for **youth workers**, for wisdom, joy, and strength.
- Thank God for those who have passed faith on to you.

Action for the day

- Share a short story of faith with one another.

Lord Jesus,
Help us grow in faith.
Help us grow in family.
Show us how to love and follow you.
Amen.

Day 6 — Saturday | Mission, Partnership, and Quiet Revival

Growing beyond ourselves

Bible verse — Hebrews 10:24–25 (NIV)

“And let us consider how we may spur one another on toward love and good deeds... encouraging one another.”

Object: A piece of string, wool, or ribbon

Why this object?

The string reminds us that mission is **relational**. We are connected to one another, and encouragement flows along those connections.

Do

- Hold the string between you or place it in a circle.

Pray together

- Pray for **Alpha and Student Alpha**.
- Pray for partnerships with other churches.
- Pray for the **quiet revival** to grow.

Action for the day

- Ask: *Who could we encourage or invite?*

Lord Jesus,
Help us grow in faith.
Help us grow in family.
Show us how to love and follow you.
Amen.

Day 7 — Sunday | Called, Sent, and Led

Personal discipleship and shared leadership

Bible verse — 1 Thessalonians 3:12–13 (NIV)

“May the Lord make your love increase and overflow for each other and for everyone else... strengthening your hearts so that you will be blameless and holy in the presence of our God.”

Object: Your shoes

Why this object?

Shoes remind us that faith is **lived out**. We are loved, formed, and then sent — to walk in love wherever God leads us.

Do

- Place the shoes by the door.

Pray together

- Pray for our **leaders** and those who serve.
- Ask God how you can grow and serve this year.
- Pray for those on the edges to find family again.

Action for the week ahead

- Choose one small step of faith you will take.

Lord Jesus,
Help us grow in faith.
Help us grow in family.
Show us how to love and follow you.
Amen.