



TODAY'S TOPIC:

You are welcome to use this lesson to inspire spiritual conversation in your family or youth classroom. It is written for elementary age but could be adjusted as needed.

THINKING JOB: Ask a “thinking job question” to get everyone thinking about something pertinent to the lesson. This could be asked moments or hours before your conversation.

Who do you pray for?

Lesson

Prayer Flags

Materials

- Paper
- Markers
- String
- Hole punch

Things to Prepare

- Colored paper for prayer flags

Today's Goal

Discover the practice of making prayer flags

SAY: Have you ever seen these before. (show and image of prayer flags)

ASK: What are they? Prayer flags, yes! Can you tell me what prayer flags are? What they represent? (Allow for answers)

SHARE: Originating from Tibet a long time ago, prayer flags are a way of praying for the world. Traditionally, prayer flags are decorated with symbols of peace, strength, compassion, and wisdom and are hung outside. It is believed that as the wind blows it carries the prayers of the flags with it, blessing everything and everyone along the way.

ASK: What kinds of things can we pray for in the world? What kinds of things do we want to bless the world with? What are some symbols we can use to represent these things we want for the world? (write answers out for visualization)

ACTIVITY: Make some prayer flags. You can draw pictures, use symbols, write your wishes and prayers for the world on them. What did you put on your flag? Why?

AFFIRMATION – My prayer flag anchors peace, compassion, strength, and wisdom. repeat 4X

Note: Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/>