

Covid-19 World Weekend of Prayer Resource 2022 – Child

This is a children's resource for the World Weekend of Prayer focusing on issues caused by the Covid-19 Pandemic. As you work through the information, bible verses, activities and prayers, please make sure you follow social distancing and the other necessary safety precautions to stay safe from Covid-19.

Section 1: Loss

In the last year we've all been through a lot of change and gained and lost things, sometimes things that are really important to us. Some of us have lost people we love, and we can also lose things we can't see – for example our sense of feeling safe or feelings of hope for the future. It can be hard to feel okay when we lose things, but it's important to remember that you have a lot of strength inside you that will help you through. You can probably remember some times in your life where you were facing challenges, but you were able to keep going. It will be the same this time – if you're currently finding it hard not being able to see friends and family, or not being able to go to familiar places like school, it's good to realise that these struggles won't last forever.

It is also important to remember that we have a God who loves us and who is with us all the time. There are also people who God puts in our lives to help us – and people all around the world are praying for you right now! Other children around the world are also feeling similar things to you and going through similar challenges. It can be nice to know that you are never alone in what you are going through. You could try to talk to your parents or other trusted adults about how you feel and ask any questions, or you could go to your local church, school or youth group for support. To help cope with our feelings, it is important to give ourselves time to think about what has upset us. It can also be good to try and do things that make you happy, like playing, drawing or resting.¹

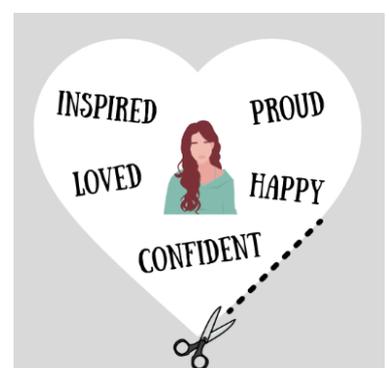
This has been a hard year for lots of people, but try to stay hopeful because better days are coming, and remember that God is always with you.

Bible Verses:

- 2 Corinthians 1:3-4 (New Living Translation): All praise to God, the Father of our Lord Jesus Christ. God is our merciful Father and the source of all comfort. He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us.
- Matthew 11:28-30 (International Children's Bible): Come to me, all of you who are tired and have heavy loads. I will give you rest. Accept my work and learn from me. I am gentle and humble in spirit. And you will find rest for your souls.

Activity: Cut out the shape of a heart. On one side write down or draw someone or something you miss, and write some words around it about how that person or thing made you feel. On the other side of the heart write a short prayer, thanking God for that person or thing and the memories you hold.

Prayer: Lord, please comfort us when we feel sad. Thank you for always being with us, and thank you for giving us the things that make us happy, even if we don't have them right now. We pray for other children around the world who are struggling with missing someone or something at the moment. Help us all to feel your peace. Amen. *You can continue with a time of prayer for other children around the world.*



¹Information used here is from Viva's Child and Family Phone Mentoring Programme: Phase 2 – Connecting In

Section 2: Hope

It feels great when something happens that we have really hoped for! But sometimes, we hope for something and it doesn't happen. Can you think of any times this has happened to you? For all of us – children and adults – there have been a lot of things that have happened in the last few months that might have meant things we were hoping for didn't happen. It can be hard to stay hopeful when things are really hard.

To help us stay hopeful, it is great to remember that God is with us and he cares for us. Noticing good things that happen is one way we can help ourselves to feel happier and more hopeful. Can you think of any good things that made you smile recently? You could try to think of a fun game, time you spent with family or friends, or a time when you learnt something new or saw something beautiful. In the next few days try and look out for moments of happiness and thanks God for them. During hard times it is also even more important to keep talking to trusted people around you. Don't be afraid to ask for help – people all around the world need help sometimes and the bravest thing to do is telling someone that we need something.²

When we find things difficult it is so important to notice the positives, do things which make us happy and talk to people we trust. It will help you find the hope you need to get through this challenging time.

Bible Verses:

- John 1:5 (New International Version): The light shines in the darkness, and the darkness has not overcome it.
- Psalm 62:5 (New International Version): Yes, my soul, find rest in God; my hope comes from him.
- Philippians 4:5-7 (International Children's Bible): Let all men see that you are gentle and kind. The Lord is coming soon. Do not worry about anything. But pray and ask God for everything you need. And when you pray, always give thanks. And God's peace will keep your hearts and minds in Christ Jesus. The peace that God gives is so great that we cannot understand it

Activity: I put my hope in you all day long. Psalm 25 v 5 & 6
Sand clock: Take two empty water bottles of the same size. Cut the top off from where the bottle begins to taper in to the bottle top. Unscrew one bottle top and discard. Make a hole in the other bottle top large enough for sand to fall through slowly but without getting blocked. Fix the ends of the two bottles together, top to top with tape. Cut two equal sized pieces of card into squares, large enough to seal each open end of the two bottles. On one card write "Hope in God all day long," and decorate. On the other card write "God's mercy and love for a long time," and decorate. Fix one card using tape to the open bottle top. Turnover and pour in enough dry sand to make a timer. Cut four straws or sticks to be the same height as the partially completed timer. Tape the four straws to each corner of the lower card. Secure and complete the timer with the second square card affixed to the top of the timer and the straws.



Prayer: Lord, thank you for always being with us even when we feel sad. Help us to notice when things make us happy and help us to find time to do things we find fun. We pray that other children around the world might also find happiness and that they would know your love for them. Help us all to ask for help when we need it. We pray that you will give us new hope for the days to come. Amen.

You can continue with a time of prayer for other children around the world.

²Information used here is from Viva's Child and Family Phone Mentoring Programme: Phase 2 – Connecting In



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Additional Activity:

If you can, play a song that helps you reflect on God's faithfulness. Maybe the special song for the World Prayer Weekend of Prayer, '[Teach me](#)' or the worship song, '[The Blessing](#)'. If you can't listen to music, think about the lyrics to a family worship song or focus on the Bible verses above. Take time to reflect on the words in the presence of God. Spend time thinking about the lyrics together, how the lyrics speak of God's character and how this can help fill us with hope.

