

RESOURCES

Home Group Prayer Resources

M & M Prayer

Appropriate for: Helping your whole group to pray

Good for: Developing intimacy and a more varied approach to prayer by including thanksgiving and confession.

You will need

- 1) A bag of M&M's (you can use any coloured sweets- just change the colours below if necessary)
- 2) A container to put them in (if possible- one that doesn't allow people to see the sweets so they have to choose at random. (i.e. brown paper bag- vase you can get your hand in)
- 3) A print out of the instructions below so that everyone knows what to pray for.

Now to him who is able to do immeasurably More than all we ask or imagine, according to his power that is at work in us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever. Amen Eph.3:20-21

INSTRUCTIONS

Reach into the container and take an M&M at random. Pray according to the colours.

For each **GREEN** M&M: thank God for one gift or one good thing in your life (Family, Love, Health, enough etc.)

For each **BLUE** M&M: pray for a friend or neighbor who needs help or who needs to know Jesus.

For each **RED** M&M: pray for someone you love.

For each **YELLOW** M&M: pray for our leaders or those God has put in charge of something (Church, School, Government)

For each **ORANGE** M&M: pray for someone who is sick or hurt and needs healing.

For each **BROWN** M&M: Pray for yourself. Tell God something you are sorry for, something that's worrying you or something you need help with.

You can eat the M&M after you have prayed!