

## Guide for ministry moments (with family, children, and persons of all ages)

### Breath Prayers:

Repeat until you feel your breath slow and your heart and mind calm. You might choose to follow a breath prayer with silence, or a time for sharing of concerns. You can close by saying: "Thank-you God for listening to us and for loving us).

**(breath in): Nothing can separate me**  
**(breath out): from the love of Jesus**

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**(breath in): Lord help us**  
**(breath out): to be instruments of peace.**

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**(breath in): Kyrie Eleison (God have mercy)**  
**(breath out): Christe Eleison (Christ have mercy)**

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### Practice the Daily Examen

(invite persons in your family to reflect on these questions together)

- "I experienced God today..."
- "I am thankful for..."
- "I need God's help with..."
- Pray together: "Give thanks to the Lord because God is good... God's faithful love lasts forever. Amen" (Psalm 118:1)

### **Devotional/Times of reflection**

(for use in family's, children sermons, other small group settings)

In times of crisis and tragedy it is important to create space for prayer, wondering, and reflection as we seek God's guidance in response to current events.

Using images, invite persons to reflect on their own experiences and emotions in response to today's current events. See [Vibrant Faith's visual faith project](#) for more information and tools for this work.

- **Preparation:**

Created by Rev. Dr. Tanya Marie Eustace Campen for the people of the Rio Texas Conference of the United Methodist Church. November 6, 2017.

- Select images to share with persons in your group. Make sure you take into consideration the ages of the persons you will be working with. For youth and adults you will want to select several images for your participants to choose from. For younger persons 2-6 images will suffice (see abbreviated version for working with children below).
- Select images from the news, from your community, or from your facebook page. Again, make sure the photos are age appropriate and that you have copyright permissions to share/use the photos. Visit [Vibrant Faith's visual faith project](#) for photos you can use for this work. This site also offers kid appropriate images too.
- **Invite:** Say- "I have many pictures for you to choose from. I invite you to pick one picture that reflects how you feel in response to *(insert name of current event)*. Remind participants that they will be returning the photo at the end of your time together. Provide ample time for persons to review and choose a photo.
- **Reflection:** When participants return to their seats invite them to share with a partner why they chose their specific photo.
- **Scripture:**
  - Invite someone to read: [Isaiah 43:1-2](#)
  - Ask: "how does your photo reflect God's promise as revealed in the book of Isaiah?"
  - Invite someone to read: [Joshua 1:9](#)
- **Close in Prayer:** God, our creator, redeemer, and sustainer- thank-you for being with us during this difficult time. Together we pray for:
  - for the victims of the *(insert current event)* tragedy...
  - for their families...
  - for the responders and all who respond to provide care, support, and help....
  - for all persons impacted and grieving in response to this tragedy
  - for the community impacted by this *(violence, disaster, tragedy, etc)*
  - for the healing of a broken world.
  - We ask that you give us courage. Help us to be brave as we seek to follow you in the midst of this tragedy. Guide us as we seek to help each other. Comfort us as we grieve. Reveal moments where peace is felt and hope is seen. Encourage us as we find ways to move forward together. It's in your Holy name we pray, Amen.
- **For short moments with children:**
  - **Choose** 4 appropriate images to share with children.
  - **Ask** wondering questions (see examples below):
    - I wonder how these images make you feel?
    - I wonder where God is in these pictures?
    - I wonder where you are in these pictures?
    - I wonder what you want to ask God?
    - I wonder what you want to share with God?
    - I wonder what God is calling you to do next?
  - **Say:** "God is always with us."
  - **Read:** [Isaiah 43:1-2](#)

- **Pray:** God, thank-you for loving us. Thank-you for listening when we pray. Help us as we help others. Amen.