

Vacation Bible School



Say A Little Prayer

Memory Verse:

Thy Kingdom
come, thy will be
done, on earth as it
is in heaven

~ The Lord's Prayer

Breath Prayers

Attached is a "Breath Prayer" card that your camper (or you!) can tuck into your bag, your Bible, your pocket... wherever you can easily get to them when you're feeling anxious.

HOW TO DO BREATH PRAYERS

- *inhale & exhale very slowly as you recite the words of each prayer to yourself
- *breathe in deeply and slowly through your nose & feel your lungs fill completely
- *try to focus on filling your lower lungs (your diaphragm) so that your stomach expands while your upper chest remains still
- *then slowly breathe out. The exhale should be the longest. Empty your lungs slowly & fully
- *meditate on the words of the prayer as you breathe



Science, Music, & Movement



Kate demonstrated The Lord's Prayer through an Elephant Toothpaste Science Demonstration. Prayer is an important spiritual practice. It is also a God-given way to relieve stress, increase empathy, improve togetherness, and live in hope instead of fear. Your camper participated in a science experiment that demonstrated how God's presence is the most important ingredient in our prayers.

Camper Quotes:

Why do we pray?

"We pray that we can be safe & that God will look after us"
~ Grace M



Mission Corner

Thank you to everyone who brought Bath Soap today! Our donations for the rest of the week are:

Wednesday: Mayonnaise

Thursday: Laundry Detergent

Friday: Maple Syrup

Arts and Crafts

Why do we pray?

Our younger campers decorated prayer boxes and filled them with things they are thankful for. Our older group marbled paper for the cover of their prayer journal. These can be taken anywhere the children go as a reminder that God is with them.



Like what you see? Consider supporting future ministry for youth at Trinity by making a donation today. You can donate online at www.trinityberwyn.com/give

