

## Prayer Sticks *by Kate Huston*

### Why is this faith practice important?

Getting kids to pray at home is a goal of mine. Specifically, I want them to be comfortable with the idea of prayer at any time and feel empowered to initiate prayer for themselves or their families.

I try to empower my 3-year old to pray, as Paul reminds us to do in his first letter to the Thessalonians, by rejoicing always, to pray without ceasing, and to give thanks in all circumstances.



### Materials Needed

- Wooden craft sticks, of various colors
- Markers
- A jar, flower pot, or other container

### How to do it

**Consider various types of prayer:** In our home I wanted to try to expand my daughter's conception of prayer. I started with four types of prayer: blessing & adoration, petition, intercession, and thanksgiving.

**Label the sticks:** Choose what color craft stick will stand for each type of prayer. Then write that word on each stick of that color. Red sticks = blessing & adoration; Blue sticks = petition; Green sticks = intercession; Purple sticks = thanksgiving.

**Find a container:** You can use a jar, flower pot, or other decorated container for the sticks.

**Pray at meals:** Before our meal we open the jar and each take four different colored sticks. We then say our prayers for blessing and adoration first, listening to each other as we go around the table. Petition, intercession are next, and we finish with thanksgiving.



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## Resources for this Practice

### Option 2: Prayer Sticks with Prayer Intentions

Many people do prayer sticks by writing individual prayer intentions – one on each craft stick. For example, people, animals, or other things they wish to pray for.

For example, one stick might have "Aunt Christine," and on another "our garden." The containers used to hold these prayer sticks range from simple flower pots and mason jars, to highly decorated containers.

### Types of Prayer

Again, here are four basic types of prayer to consider when making prayer sticks:

*Adoration* – raising God

*Petition* – asking God for our own needs

*Intercession* – asking God for the needs of others

*Thanksgiving* – thanking God for our blessings

### About the author

*Kate Huston is the Director of Formation at St. Paul's Cathedral in Oklahoma City where she works with children, youth and adults. Currently, Kate is a member of 2015 class of the Certificate in Leadership for Lifelong Christian Formation. She enjoys spending time with her family: husband Greg, daughter Brigid, and their two large dogs, Rogue and Roxy. Kate holds a B.A. and an M.A. from the University of Oklahoma.*