

Prayers for children and youth following the Sandy Hook School tragedy
Compiled by Sue Vogelmann, Director of Children/Youth Formation
at Trinity Episcopal Church, Newtown CT in December 2012

I didn't list sources for these because they were coming at me so fast in the immediate aftermath of the tragedy. Most of these are from Forma members written specifically for us in Newtown, CT.

The Lord Be With You! (*And also with you!*)

We thank you, Lord, for this time together.

Help us to know that You are with us always.

Help us to feel your love and your presence with us here today.

In Christ's name, Amen.

Taking Prayer Requests:

- Ask children if they have anyone they would like to pray for OR would like prayers for themselves. The adult leader might begin by saying a prayer request, such as, "I thank God for everyone who has helped us."
- Listen attentively to each prayer request. You might repeat the request by saying, for example, "I pray that Will's family will feel God with them."
- If a child does NOT have a prayer request, do not in any way force the child to make a request. You may, however, respond by saying, for example, "we pray for Catherine and her family." If the child later indicates that he or she would like to make a prayer request, please return to that child when appropriate.

Dear Lord, be with us today and always.

Give us strength to face hard things with love and courage.

Be with us as we heal in a hurting world.

In Christ's name, Amen.

O God,

Someone I love died.

I pray You will wrap him(her) in your arms and wipe his (her) pain away.

I'll miss him(her) so but know (s)he's secure in the love of You who made him(her).

The him(her) I love him(her) and will try hard to be as good as (s)he taught me to be when (s)he was here.

Tell her (him) I am still their friend and will be a friend to others as they were to me.

Grant to his(her) soul peace and eternal rest with You.

STRENGTH (p.57)

Lord, I am sad today.
I don't really know why.
Please help me feel better tomorrow.
God, I am sad, and angry and irritable.
God, I need a hug.
I'm down in the dumps today
and need You to lift me up.
Please send me a rainbow in the clouds,
so I can remember to sing and laugh
and be happy again.

A DEPRESSED CHILD'S PRAYER (p. 71) -- this is a teen prayer and I cut the section on feeling worthless

O God, I'm breaking into a million tiny pieces.
I don't think I can ever get back together again.
I'm so tired,
I can't get up.
I don't want to talk or think.
I don't want to hear anybody say anything
or know anyone feels sorry for me.
I don't want to run anymore from my pain.
I just want it to go away forever.
so I don't have to be afraid anymore.
So I don't have to feel alone anymore.
So I don't have to hurt and hurt inside
Please help me, God to learn to love and laugh and live again.

I lay my hands upon you (where ever you may be) in the name of a Loving Creator, Living Redeemer and
Eternal Spirit of Wisdom

I call upon the Trinity, the three in one, to guide, to guard, and to heal you,
That you might find wisdom, solace and strength in the arms of the Almighty
To embrace you with the love and the light and the healing power of Almighty Grace,
That it might surround sustain nurture and guide you this day and evermore.

May the words on our lips, and the secrets in our hearts,
Find the power of Thy name and the Wisdom of Thy will
To guide and guard us on our journey
This night, this day and evermore Amen....

Dear God, help us to always know that you are with us. Help us to see you in all things, the things that make us smile and the things that are scary. Help us know that you are with us even when we must say goodbye to friends or people we love. Help us to feel your arms around us when we are scared or don't understand why things happen. We need you to let us know that it will be ok, even if it takes a long time. We thank you for loving us and for loving everyone. Keep sending your love to those who are sad and to people who have lost people they loved. In your name we pray. Amen.

Let us pray. . .

We are here God. We have come together because we need each other – especially today.

Sometimes we don't know what's going on – but we know that you love us - all the time - and that you are always with us no matter what.

Wrap your love around us so that we feel it like a great big hug – and let us know in our hearts we are safe now. All of us are safe – even those who are not here with us today. *

We thank you God for this time together, for our families, and for all the people who love and care for us. Help us to find things to thank you for all day long because always we give you praise. -Amen

OPTIONAL: At * ask the children if there is anyone they would like to pray for. We have a prayer wall that the children write names on during prayer. You could just name things out loud instead – or tape butcher/poster paper up and let children write/draw names on that.