

Kreatiewe gebed soos aangebied by

Toegerus vir die Toekoms Kinderbediening Konferensie

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Toe Jesus se dissipels na hom kom om te vra hoe om te bid, het Hy die volgende gedoen. . .

- Hy het geleer deur sy voorbeeld, deur gereeld te bid
- Hy het hulle geleer wat om te bid – die Onse Vader
- Hy het hulle geleer deur ervaring – voer die menigte, wonderwerke
- Hy het hulle deelgemaak van gebed, hulle was nie toeskouers nie

Hoe leer ons kinders om biddende gelowiges te wees?

- Leer deur voorbeeld
- Leer deur instruksie – praat oor gebed
- Leer deur ervaring – stel kinders bloot aan stories van gebede wat beantwoord word
- Leer deur deelname!

Wat leer ons vir kinders oor gebed

- What do children need to know about prayer?
- “Let’s stress relationship not mechanics as we teach our children to pray.” ~ Keith Wooden, *Teaching Children to Pray*.
- What is prayer? Prayer is talking to God. When praying with children, emphasize relationship. We talk often with our friends and family. God is our friend and our heavenly Father. He wants to talk with us.
- Why should we pray? There are many reasons to pray—to give the Lord our thanks and praise, to confess our sins, to ask Him for help with our problems, to ask Him for help for others, and just to talk with our Father.
- How should we pray? Often children have learned that they must close their eyes, bow their heads and fold their hands to pray. This posture does reflect reverence. More importantly, it removes distractions. But emphasizing posture often removes the spontaneity of prayer. Teach the children from Bible examples that they can pray in any position.
- When should we pray? Men and women in the Bible have taught us that we can pray anytime. 1 Thessalonians 5: 17 tells us to “Pray without ceasing.”
- Where should we pray? Let the children share places where they have offered prayers to God. Also share examples of places where men and women of the Bible prayed. Emphasize the fact that we can pray anytime, anywhere.
- Why do we pray ‘in Jesus’ name?’ Jesus told us to ask or pray in His name (John 16:23b).

Play is God’s idea and play and games are excellent ways to learn and grow.

Daarom is dit nooit te veel moeite om verskillende maniere en gebruike rondom gebed te ontwikkel en te gebruik nie. Moenie kinders oorweldig nie – kies 2 of 3, wissel af na ‘n rukkie of gebruik elke week ‘n ander metode. ‘n Gebedskamer kan vir kinders lyk soos ‘n speelgoedwinkel, of dit kan ‘n plek van tuiskoms en betekenis wees.

Onthou dat kinders op verskillende maniere leer en waarneem, en daarom is dit goed om hulle aan verskillende tipes gebede bloot te stel – van stilte tot beweging, asemhaling na sintuie, Skrif tot objek, saam, alleen, springmielie gebede.

Die doel van die werkwinkel is om 'n paar idees te sien, maar ook te deel in gebedsmetodes.

Kleuters en gebed

Kids catch prayer as it is modelled

Kids have a short attention span

Kids need structure

Kids learn through repetition and structure

Kids are building a faith vocabulary

Kids need to know that God is mysterious

- Dankie boekie met prentjies wat uitgeskeur word of geteken word
- Gebedswiel
- Eggo gebed met beweging

Liewe Heer

Dankie vir voëls (waai arms)

Dankie vir visse (Sit handpalms teen mekaar om 'n vis se swem te demonstreer)

Dankie vir hasies (hop op een plek)

Dankie dat u my gemaak het (sit hand op jou eie kop)

Amen (handpalms bymekaar)

Laerskool kinders

- Skryf 'n brief vir God, of skryf 'n nuwe Psalm. 'n Psalm is soos 'n gediggie – sommige Psalms is geskryf om vir God te loof deur te vertel hoe goed Hy is, soms is dit geskryf wanneer iemand hartseer was.
- Sing 'n gebed – sommige liedere is eintlik 'n gebed en kan so gesing word. Bv. Jesus groot bo almal; Jesus be the center
- Gebedswandeling – stap deur jou woonbuurt of om die kerkgebou en bid vir almal wat daar bly of verby die kerk stap.
- Graffiti muur met hooftema's soos Dankie Heer vir, Here asb. Kinders kan dan self teken of skryf
- Gebedsversoeke – gee aan elkeen 'n kaartjie, laat elke kind 'n prentjie van hulself teken of net hul naam skryf – agterop 3 gebedsversoeke, ruil die kaartjie met iemand anders en bid dan daarvoor.
- Koerant gebede – gebruik koerante om gebedsversoeke en ook dankgebede op te stel en bid daarvoor.

Lessons That Get Kids PRAYING...

Bear Someone Else's Burdens

As the children enter give each child a smooth stone and a felt tip pen. Ask them to write a prayer need on the stone, then place the stone in the bucket. When every child has placed a stone in the bucket, ask a volunteer to try to carry the bucket.

What could we do to make this bucket easier to carry? Read Galatians 6:10 together. Discuss: What is a burden? How is this bucket full of stones like carrying a burden? What are some ways we can bear another's burden?

Discuss the fact that prayer is one way each of us can help someone else with a problem.

Let each child pick up another child's stone from the bucket. Ask him to pray for that need during the next week.

Throw Away Your Troubles

Give each child white paper and crayons. Ask them to draw pictures or write a sentence about problems or worries that are in their life. When they have finished, ask them to scrunch the paper up into a ball.

How do you feel when you have problem or are worried about something? What are some ways you handle your problems and worries? Let's read 1 Peter 5: 7 to find out the best way to deal with them. Who are we to cast all our trouble on? How can we cast all our troubles on Jesus? We can tell Him about our problems as we pray.

Set a wastebasket in the middle of the room. Have the children form a circle around it. Let each child toss his wadded paper of worries into the wastebasket. As he does so, encourage the other children to pray with him about these problems.

Gebed met jou hele liggaam:

Haal 5 keer diep asem

"Here, U is bo ons (lig arms op)

Onder ons (raak tone)

Binne ons (hande op hart)

En oral om ons (groot sirkel met hande)

Ek aanbid U (reik na bo)

En gee my hele lewe aan U (raak tone)

En ek het U lief (hand op hart)

Met alles wat ek is (groot sirkel)

Haal weer 5 keer diep asem

Centering prayer:

Word stil

Verbeeld jou jy staan in 'n woud, as los gedagtes kom, laat dit soos 'n blaas grond toe fladder

Asemhaling gebed:

Psalm 56:3

Asem in – Wanneer ek bang is

Asem uit – Vertrou ek net op U

Ballonne:

Waarvan is jy vol? Dink aan dankgebede, blaas ballon op. Sê dankie en laat los ballon dat die dankie-sê asems in die lug ontsnap.

Bid deur die koerant: Plak koerant uitknipsels op 'n plakkaat, bid daarvoor en sit die plakkaat teen die muur op.

Bid vir die wêreld: Maak sirkels op die vloer – bid vir jou dorp, bid vir ons land, bid vir die wêreld.

Be thankful

Be sorry

Be quiet

Be led