

Earth Stress Ball Prayer Practice

Thy Kingdom Come, Thy Will be Done on Earth as it is in Heaven

In heaven, God is in charge; God's will is done. Here on earth, God's will is accomplished by people who hear God's call, respond and do God's work as God commands.

Directions:

- Get into a comfortable position.
- You may choose to light a candle as a Christ Candle.
- Toss the earth ball into the air.
- After you catch it, look at the place your thumb landed.
 - If it is a continent, pray this sentence prayer; "God your will be done in (Name the continent)."
 - If it is in an ocean, pray the phrase from the Lord's prayer (Thy kingdom come, they will be done on earth as it is in heaven).
 - Think or talk about ways you can be part of helping God's will be done here on earth.
- Continue to toss and catch the ball, praying the simple sentence prayers.



With older children or if you want to go further.

Have a computer or tablet close by as you toss the ball. When you catch it and name the continent, go to Presbytery Mission Website (link on the Lent Page) This is an interactive map showing where Presbyterians are involved in mission work.

As part of your prayer practice, click on a colored part of the interactive map to learn about mission work that PCUSA is doing in that region of the world as part of God's will being done on earth.

On that page on the right, you will see names/pictures/information about mission workers. Your prayer can be "Lord, your will be done through the work of (name of mission worker in that region)."