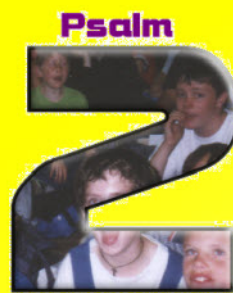
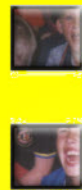
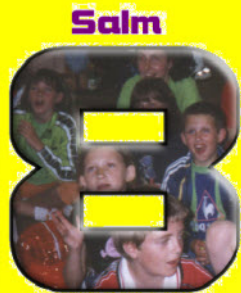


Grwpiau  
Gweddi



Prayer  
Groups

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enabling  
children  
to pray

a resources  
manual



# Grwpiau Gweddi **8-2** Prayer Groups

Compiled by Andy Hughes  
Pictures by Matthew Slater  
Translated by Delyth Wyn

Casglwyd gan Andy Hughes  
Darluniau gan Matthew Slater  
Cyfieithwyd gan Delyth Wyn



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*Wrth gyhoeddi'r llawlyfr hwn, cydnabyddaf yn ddiolchgar waith a chymorth Greg Leavers, Yvonne a Paul Mason, Chris a Kate Dean, Jo Porter ac eraill ar dîm plant Gogledd Cymru Wythnos Weddi Cymru. Diolch hefyd i Jenny Hill – yn enwedig am yr adran "sylfeini" – ac i Annette Oliver a Heledd Smith. Mae llawer o'r myfyrdodau a syniadau wedi eu benthyg neu wedi eu hanfon gan eraill sydd wedi eu defnyddio gyda llwyddiant. Diolch i bob un ohonynt ac i'n Duw am ei ysbrydoliaeth.*

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*Mae Andy Hughes yn briod gyda dau o blant ac yn byw yng Ngogledd Cymru. Bu'n gweithio gyda phlant a phobl ifanc er 1980 ac mae'n dal i ddysgu. Ers 1996, bu'n gweithio i Saint y Gymuned (Groesgadwyr Cymru cynt).*

### What is an 8:2 prayer group?

Very simply it is a small group of children who know or want to know Jesus and who meet together regularly to pray for one another, the nation and the world.

### Why 8:2?

From Psalm 8:2 which says:  
*"From the lips of children and infants you have ordained praise because of your enemies, to silence the foe and the avenger."* (NIV)  
 The groups are founded on the Biblical principle that God has a special place in His heart for children - and in particular young children. He loves to hear from them as they praise, worship and pray and has ordained that their praise should bring about change in the spiritual realms affecting the physical world. There are many historical examples of God doing this here in Wales. During the Beddgelert revival of 1817, there was a small gathering of children in a loft to pray which was crucially used in bringing Spiritual awakening first to the congregation at Nant Chapel, Pen Llyn and later the entire neighbourhood and beyond.

### Where, when, how etc?

A group can meet anywhere but probably in a home is best because this will feel informal and the children will feel more relaxed. Find a time which suits your children and adult facilitators best. Consider factors such as the need for transport for some or all of the young people. You may want to meet and have a meal together - say Saturday breakfast or tea one early evening after school. In starting, begin with children you know are serious enough about Jesus to come and pray. This does NOT mean just those who would be at home in an adult prayer meeting. Invite those who know or are keen to get to know Jesus.

### More about God and children

In the scriptures, there are a number of key passages (as well as Psalm 8:2) giving us a snapshot of how God sees children. These include:-  
*Matthew 19:14* Jesus was determined that the children should come to Him unhindered.  
*Matthew 18:12-14* The parable of the lost sheep is specifically told about little children.  
*Jonah 4:10-11* Unless the people of Nineveh were uncommonly unintelligent, the city was saved on account of it's little children.  
*Matthew 18:10* This is only said of children's angels - no-one else's!  
*Matthew 18:6* We need to be wary of how we behave towards and around children.

### Beth yw grwp gweddi 8:2?

Yn syml iawn, grŵp bychan o blant ydyw sydd yn adnabod neu am adnabod Iesu ac sy'n cyfarfod â'i gilydd yn rheolaidd i weddio dros ei gilydd, dros y wlad a thros y byd.

### Pam 8:2?

Daw o Salm 8:2 a ddywed:  
 "O enau plant bychain a rhai yn sugno y peraisst nerth, o achos dy elynion, i ostegu y gelyn a'r ymddialydd."  
 (gweler hefyd Mathew 21:16)  
 Mae'r grwpiau wedi eu seilio ar yr egwyddor Feiblaidd fod gan Dduw le arbennig yn ei galon i blant – yn enwedig plant ifanc. Mae wrth ei fodd yn eu clywed wrth iddynt foli, addoli a gweddio ac wedi ordeinio y dylai eu moliant beri newid yn y teyrnasoedd ysbrydol sydd yn effeithio ar y byd ffisegol. Mae llawer o enghreifftiau hanesyddol o Dduw yn cyflawni hyn yma yng Nghymru. Yn ystod diwygiad Beddgelert yn 1817, roedd criw bychan o blant yn cyfarfod mewn llofft i weddio a fu'n hanfodol bwysig wrth ddod â deffroad ysbrydol yn gyntaf i gynulleidfa Capel Nant ym Mhen Llyn ac yn ddiweddarach yn y gymdogaeth gyfan a thu hwnt iddi.

### Ble, pryd, sut ac yn y blaen?

Gall grŵp gyfarfod unrhyw le ond mae'n debyg mai mewn cartref yw'r gorau am y bydd hyn yn fwy anffurfiol a bydd y plant yn teimlo'n fwy rhydd. Dewiswch amser sydd fwyaf addas i'ch plant a galluogwyr mewn oed. Ystyriwch ffactorau megis yr angen am drafnidiaeth i rai neu i bob un o'r bobl ifanc. Efallai yr hoffech gyfarfod dros bryd o fwyd – dyweder brechwast bore Sadwrn neu de ar ôl ysgol rhyw noson. Wrth ddechrau, cychwynwch gyda phlant y gwyddoch amdanynt fel rhai sydd o ddifrif am Iesu ac yn awyddus i weddio. NID yw hyn yn golygu dim ond y rhai a fuasai gartref mewn cwrdd gweddi oedolion. Gwahoddwch rai sydd yn adnabod neu yn awyddus i ddod i adnabod Iesu.

### Rhagor am Dduw a phlant

Yn yr Ysgrhythrau ceir nifer o ddarnau allweddol (yn ogystal â Salm 8:2) yn rhoi darlun o sut mae Duw yn gweld plant. Maent yn cynnwys:-  
*Mathew 19:14* Roedd Iesu'n benderfynol y deuai plant ato heb iddynt gael eu rhwystro.  
*Mathew 18:12-14* Adroddir dameg y ddafad golledig yn benodol am blant bychain.  
*Jona 4:10-11* Oni bai i bobl Ninefe fod yn anghyffredin o anneallus, cafodd y ddinas ei hachub ar gyfrif ei phlant bychain.  
*Mathew 18:10* Dywedir am angylion plant yn unig – nid rhai unrhyw un arall!  
*Mathew 18:6* Mae'n rhaid inni fod yn ofalus o'n hymddygiad tuag at blant ac yn eu gwyydd.

Mark 9:37 Welcoming children means welcoming Jesus.

Mark 10:14 The Kingdom belongs to children!

Luke 10:21 Children can perceive things that "clever" adults can't!

Acts 2:39 Children are promised the Spirit.

### Adult facilitators

The group should have 2 or 3 adult facilitators/leaders. Note that these are NOT leaders in the Sunday School sense. They take the lead in organisation - arranging venue and transport, ensuring everyone knows about meetings etc. However, the group belongs to God and the children. It is important that the children have ownership of the group and take the lead in the business - prayer.

See yourself as an enabler - encouraging and facilitating the children in listening to God and praying (and, or course, joining in with them) rather than someone who leads them in prayer.

It is vital that all of the leaders are approved childrens workers - having been through the training and completed the appropriate forms for your Church's child protection policy. This will protect you and reassure parents/guardians.

Also, you must be a pray-er yourself. Children very quickly pick up on lack of integrity!

Be warned - they may well pray for you too!

### Praying creatively

Children are different from us - this is OUR problem not theirs! Jesus said WE have to change and become LIKE THEM in order to inherit the Kingdom. Children are creative - made in the image of a creative God.

This generation is visually stimulated.

You as facilitators probably grew up with radio and later came to TV. Computers are "technology" to you. To many children today, TV, video, computers etc have always been there. They are used to learning, being stimulated and expressing themselves visually rather than just audibly (the Church has much to learn about this).

Today's education today reflects this, being much more geared to learning by doing - children experiencing things for themselves rather than just taking someone's word for it! This can be helpful in establishing prayer groups and encouraging/enabling the children to participate.

### Keeping a log

Wouldn't it be good if your church had a record of everything that has ever been prayed for and God's answers - think how encouraging it would be to realise how many answers there are - it might change our prayer

Marc 9:37 Mae croesawu plant yn gyfystyr â chroesawu Iesu.

Marc 10:14 Mae'r Deyrnas yn perthyn i blant!

Luc 10:21 Gall plant ddirnad pethau na all oedolion "clyfar" mo'u dirnad!

Actau 2:39 Addewir yr Ysbryd i blant.

### Galluogwyr mewn oed

Dylai'r grŵp fod â 2 neu 3 galluogwr/arweinydd mewn oed. Sylwch NAD arweinwyr megis yn yr Ysgol Sul yw'r rhain. Maent yn arwain gyda'r trefniadau - trefnu lleoliad a thrafnidiaeth, sicrhau fod pawb yn gwybod am gyfarfodydd ayyb. Er hynny, eiddo Duw a'r plant yw'r grŵp. Mae'n bwysig mai'r plant sydd berchen y grŵp ac yn arwain yn y gwaith ei hun sef gweddi.

Ystyriwch eich hunan fel galluogwr - yn annog ac yn galluogi'r plant i wrando ar Dduw a gweddi (ac, wrth gwrs, yn ymuno â nhw) yn hytrach na rhywun sydd yn eu harwain mewn gweddi.

Mae'n hanfodol fod pob arweinydd yn weithiwr/wraig plant cydnabyddedig - wedi ymgymryd â'r hyfforddiant a chwblhau'r ffurflenni priodol ar gyfer polisi amddiffyn plant eich eglwys. Bydd hyn yn eich amddiffyn chi ac yn rhoi sicrwydd i rieni/gwarcheidwaid.

Yn ogystal, mae'n rhaid i chi fod yn berson gweddigar eich hunan. Gall blant synhwyro diffyg gonestrwydd yn fuan!

Gofalwch - efallai y byddant yn gweddi drosoch chi!

### Gweddi'o'n greadigol

Mae plant yn wahanol i ni - ein problem NI yw hon nid eu problem nhw! Dywedodd Iesu y dylem NI newid a dod yn DEBYG IDDYNT er mwyn etifeddu'r Deyrnas.

Mae plant yn greadigol - wedi eu gwneud ar ddelw Duw creadigol. Mae'r genhedlaeth hon wedi ei symbylu'n weledol. Mae'n debyg i chi fel galluogwyr gael eich magu gyda radio ac yn ddiweddarach y teledu. Cyfrifiaduron yw "technoleg" i chi. I lawer o blant heddiw mae teledu, fideo a chyfrifiaduron ayyb wedi bod yno erioed. Maent wedi arfer dysgu, cael eu symbylu a mynegi eu hunain yn weledol yn hytrach nag yn glywadwy yn unig (mae gan yr Eglwys lawer i'w dysgu am hyn).

Mae addysg heddiw yn adlewyrchu hyn, wedi ei seilio'n fwy ar ddysgu trwy wneud - plant yn profi pethau drostynt eu hunain yn hytrach na chymryd gair rhywun arall amdano! Gall hwn fod yn ddefnyddiol wrth sefydlu grwpiau gweddi ac annog/galluogi plant i gymryd rhan.

### Cadw cofnod

Oni fyddai'n dda petai eich eglwys â chofnod o bopeth a weddiwyd drosto ynghyd ag atebion Duw - meddylwch pa mor galonogol fyddai sylweddoli faint o atebion sydd yna - gall newid ein bywyd gweddi!

Am y rheswm hwn, ceisiwch gadw cofnod i'r grŵp -

life! For this reason, be encouraged to keep a log for the group - make sure the children understand that it does not affect confidentiality - the log is only to be seen and used by the group. Write in brief an outline of what is asked of God by the children each week. Leave the right hand side of the page clear to write in how He answers. Come back to this each week and thank Him.

### Using this manual

After the "basics" sections, the remainder of this manual is a series of ideas to get your group started in praying creatively and imaginatively. These are not an end in themselves, they are simply aids to get the group praying.

You don't have to use these ideas - your group will undoubtedly come up with better ones - lots of them!

Do ADAPT them to improve them for your group and encourage the children to do so also.

However, hopefully you'll find these helpful - most are already "road-tested" with groups of children in Wales. Some come from other publications and people from across the world (apologies for not being able to acknowledge all the sources).

### You are not alone!

Across Wales there are other children already meeting to pray together regularly. If you would like to receive information about prayer and other events for children and any future resources, please do make contact to register your interest. We are NOT establishing an organisation - simply a network of those sharing the same heart to see our nation changed through the prayers of children and young people.

To register, see form at the end of this manual.

sicrhewch y plant nad yw'n effeithio ar gyfrinachedd - mae'r cofnod i'w weld a'i ddefnyddio yn unig gan y grŵp. Ysgrifennwch amlinelliad byr o'r hyn y mae'r plant yn eu ofyn gan Dduw pob wythnos. Gadewch ochr dde'r dudalen yn wag er mwyn llenwi sut mae Ef yn eu hateb. Dewch yn ôl at hwn pob wythnos a diolchwch iddo.

### Defnyddio'r llawlyfr hwn

Yn dilyn yr adrannau "sylfeini", ceir yn y llawlyfr gyfres o syniadau i helpu eich grŵp i weddio yn greadigol a gyda dychymyg. Cymorthion yw'r rhain i helpu'r grŵp i ddechrau gweddio.

Nid oes rhaid i chi ddefnyddio'r syniadau hyn - bydd eich grŵp yn siwr o feddwl am rai gwell - llawer ohonynt!

Addaswch hwy fel eu bod yn fwy priodol i'ch grŵp ac anogwch eich plant i wneud hynny hefyd.

Er hynny, gobeithio y cewch nhw yn ddefnyddiol - mae'r rhan fwyaf wedi eu profi gyda grwpiau yng Nghymru. Daw rhai o gyhoeddiadau eraill ac o rannau eraill o'r byd (ymddiheuriadau am na ellir cydnabod pob ffynhonnell).

### Nid ydych ar eich pen eich hun!

Ar hyd a lled Cymru mae yna blant eraill eisoes yn cyfarfod yn rheolaidd i weddio. Os hoffech chi dderbyn gwybodaeth am ddiwyddiadau gweddi a i blant ac unrhyw adnoddau yn y dyfodol, cysylltwch i gofrestru eich diddordeb. NID ydym yn sefydlu corff ond yn hytrach rhwydwaith o'r sawl sydd yn rhannu baich i weld ein cenedl yn cael ei newid trwy weddiâu plant a phobl ifanc. I gofrestru, gweler y ffurflen ar ddiwedd y llawlyfr hwn.



## BASICS

As with all prayer groups there are certain principles which Scripture encourages us to include. In a children's prayer group it may be that there is more of an emphasis on one week than another but ensure that these things are taught and encouraged consistently. As has already been mentioned, children enjoy learning, even principles of prayer, through visual images and games. Some ideas to help in teaching these principles are suggested.

### A) A clean heart

Psalm 139:23 says "search me O God and know my heart, test me and know my anxious thoughts."

Psalm 24:3-4 says "Who may ascend the hill of the LORD? Who may stand in his holy place? He who has clean hands and a pure heart, who does not lift up his soul to an idol or swear by what is false."

It is vital that the children understand that having a clean heart is necessary when coming to pray.

☐ One week encourage each of the group to bring a toothbrush to the meeting. In pairs look at each other's teeth for cleanliness. Then chew a disclosing tablet and watch the dirty parts show up. Read Isaiah 1:15-18 and explain how our sins show up to God but that Jesus can remove them by His sacrifice on the cross. Use toothpaste (and spittoons) to clean teeth and ask Jesus to clean our hearts. Refer to this on other occasions.

☐ Give the children a sheet of paper and a pen to privately write down the things they want the Lord to forgive. Shred them into a bin or have a bonfire explaining 1 John 1:8-10.

*Note:* This may be the first time a child fully understands the Gospel. Occasionally give the opportunity for anyone who has never asked Jesus to be their Saviour to respond. A number of children have become Christians during the months after joining a children's prayer group.

### B) Praise

The Lord loves to hear the children praise and worship Him and this can be encouraged in many creative ways. Psalm 8:2 says "from the lips of children and infants you have ordained praise."

☐ There are some wonderful worship songs that are excellent for children where the words are easily memorised.

☐ Encourage the group to speak out their praise from a song, or Psalm or from their heart.

☐ Stand in a circle and have a (Mexican) wave to Jesus. Everybody waves the palms of their hands while shouting "Jesus is King," "Jesus is Lord", or "Hallelujah."

## SYLFEINI

Fel gyda phob grŵp gweddï mae yna rai egwyddorion i'w dilyn sydd yn deillio o'r Ysgrhythur. Mewn grŵp gweddï i blant efallai bydd mwy o bwyslais arnynt ar un wythnos na'r llall ond sicrhewch y bydd y rhain yn cael eu dysgu a'u hannog yn gyson. Fel y nodwyd eisoes, mae plant yn mwynhau dysgu trwy ddelweddau gweledol a gemau, hyd yn oed wrth ddysgu egwyddorion gweddï. Ceir rhai syniadau ar sut i ddysgu'r egwyddorion hyn.

### A) Calon lân

Dywed Salm 139:23 "Chwilia fi, O Dduw, iti adnabod fy nghalon; profa fi, iti ddeall fy meddyliau."

Dywed Salm 24:3-4 "Pwy a esgyn i fynydd yr Arglwydd a phwy a saif yn ei le sanctaidd? Y glân ei ddwylo a'r pur o galon, yr un sydd heb osod ei feddwl ar dwyll a heb dyngu'n gelwyddog."

Mae'n hanfodol bwysig fod plant yn deall bod angen calon lân wrth ddod i weddïo.

☐ Anogwch pob un o'r plant i ddod â brws dannedd i'r cyfarfod un wythnos. Fesul dau edrychwch ar ddannedd eich gilydd i weld pa mor lân ydynt. Yna cnoiwch dabled datgelu a gwyliwch y darnau budr yn ymddangos. Darllenwch Eiseia 1:15-18 ac eglurwch sut mae ein pechodau yn amlwg i Dduw ond y gall Iesu eu dileu trwy ei aberth ar y groes. Defnyddiwch bast dannedd (a phoerlestri) i lanhau'r dannedd a gofyn i Iesu lanhau ein calonnau. Cyfeiriwch at hyn ar adegau eraill.

☐ Rhowch ddarn o bapur a phin ysgrifennu i'r plant a gofynnwch iddynt ysgrifennu mewn preifatrwydd y pethau maent am i Dduw faddau iddynt. Rhwygwch nhw yn ddarnau i mewn i flwch sbwriel neu i goelcerth gan egluro 1 Ioan 1:8-10.

*Nodwch:* Efallai mai hwn fydd y tro cyntaf i blentyn ddeall yr Efengyl yn llawn. O dro i dro rhowch y cyfle i unrhyw un sydd heb erioed ofyn i Iesu fod yn Waredwr iddynt i ymateb. Daeth nifer o blant yn Gristnogion yn ystod y misoedd yn dilyn ymuno â grŵp gweddï.

### B) Mawl

Mae'r Arglwydd wrth ei fodd yn clywed plant yn ei foli a'i addoli a gellir annog hyn mewn amryw o ffyrdd creadigol. Dywed Mathew 21:16 "O enau babanod a phlant sugno y darperaist fawl i ti dy hun."

☐ Mae yna nifer o ganeuon mawl gwych sydd yn addas i blant lle mae'r geiriau yn hawdd i'w cofio.

☐ Anogwch y plant i fynegi eu mawl trwy gân, neu Salm neu o'u calonnau eu hunain.

☐ Safwch mewn cylch a gwnewch chwifiad (Mecsicanaidd) i Iesu. Gall bawb chwifio gledrau eu dwylo tra'n gweiddi "Iesu yw'r Brenin", "Iesu sy'n Arglwydd" neu "Halelwia".

☐ Display some objects such as a candle, a rock, glass of water, some bread etc on some large sheets of paper. The group can write down their praise around the objects and read them out together afterwards.

### C) Use of Scripture

This cannot be stressed enough. The Bible may look like a big book to a small child but they can be encouraged to read and use it as the "sword of the Spirit" and "the Word of God." Give the children permission to colour in key Scriptures with a high-lighter and to use them in their prayers. Also encourage them to pray, sing and proclaim Scripture.

### D) Listening

Explain carefully and regularly that prayer is both talking AND LISTENING to God. Teach the group to ask and expect the Lord to speak to them and to listen for His words and thoughts. Give examples from Scripture of Samuel, David, Daniel etc. Explain how Elijah heard the "still small voice" of the Lord. You will want to talk together about some of the ways that God speaks to us. Make sure that your group times include time just to listen to God and that you enable the children to say what they are hearing. They might draw this or write it down then share it with everyone.

☐ Quieten the group and have them shut their eyes - give them 2 minutes to listen for sounds around - breathing, glug of pipes, birds singing etc. List those things on paper then ask the Lord to speak about what's on His heart for the group to pray. Listen again, share together and pray.

### E) Praying simply and creatively

Explain to the group that the Lord isn't impressed by "long babbling prayers with many words" (Matthew 6:7). It's best to pray short prayers straight from the heart. Encourage a number of shorter prayers that flow from different group members for a particular subject (until it is "soaked" in prayer) before moving on to another. Encourage the children to pray in creative ways. We don't have to bend out heads forward into the "shampoo" position with our hands together. We can pray with our eyes open, we can walk around, we can shout, we can pray silently, we can write or draw our prayers, we can all pray together out loud etc.

☐ Arddangoswch wrthrychau fel kannwyll, craig, gwydryn o ddwr, bara ac ati ar ddarnau mawr o bapur. Gall y grŵp ysgrifennu eu mawl o amgylch y gwrthrychau ac wedyn eu darllen i'w gilydd.

### C) Defnyddio'r Ysgrythur

Ni ellir pwysleisio hwn ddigon. Gall y Beibl ymddangos fel llyfr mawr i blentyn bychan ond gellir eu hannog i'w ddarllen a'i ddefnyddio fel "cleddyf yr Ysbryd" a "Gair Duw". Rhowch ganiatâd i'r plant liwio adnodau allweddol gydag aroleuwr a'u defnyddio yn eu gweddiâu. Hefyd anogwch nhw i weddio, canu a chyhoeddi'r Ysgrythur.

### CH) Gwrando

Eglurwch yn ofalus ac yn rheolaidd bod gweddi yn golygu siarad A GWRANDO ar Dduw. Dysgwch y grŵp i ofyn ac i ddisgwyl i'r Arglwydd i siarad â hwy ac i wrando am ei eiriau a'i feddyliau. Rhowch enghreifftiau o'r Ysgrythur o Samuel, Dafydd, Daniel ayyb. Eglurwch sut wnaeth Eleias glywed "Ilef ddistaw fain" yr Arglwydd. Byddwch eisiau trafod gyda'ch gilydd rai o'r ffyrdd y mae Duw yn siarad â ni. Gwnewch yn siwr bod amser y grwp yn cynnwys amser i wrando ar Dduw yn unig ac y byddwch yn galluogi'r plant i ddatgan yr hyn maent yn ei glywed. Efallai yr hoffent dynnu llun ohono neu ei ysgrifennu ac yna ei rannu gyda phawb. ☐ Tawelwch y grwp a gofyn iddynt gau eu llygaid – rhowch 2 funud iddynt i wrando ar y synnau o'u cwmpas – anadlu, swm ffrwtian yn y pibelli, adar yn canu ayyb. Rhestrwch y rhain ar bapur ac yna gofynnwch i'r Arglwydd i siarad am yr hyn sydd yn ei galon ar gyfer y grwp i weddio amdano. Gwrandewch eto, rhannwch gyda'ch gilydd a gweddiwch.

### D) Gweddiō'n syml ac yn greadigol

Eglurwch wrth y grŵp nad yw'r Arglwydd yn disgwyl i ni "bentyrru geiriau" (Mathew 6:7). Mae'n well ganddo weddiâu byr o'r galon. Anogwch nifer o weddiâu byr yn llifo o wahanol aelodau o'r grwp ar bwnc penodol cyn symud ymlaen at un arall. Anogwch y plant i weddio mewn ffyrdd creadigol. Nid oes rhaid plygu pen a rhoi dwylo ynghyd. Gallwn weddio â'n llygaid yn agored, gallwn gerdded o gwmpas, gallwn weiddi, gallwn ysgrifennu neu darlunio'n gweddiâu, gallwn oll gyd-weddiō'n uchel ayyb.

**F) Thanksgiving**

Psalm 107:8 says " *Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men.*"

It's important that the children are taught that it is the Lord who hears and answers our prayers and that ALL the glory goes to Him. Encourage the children to share answers to prayer and regularly go through the prayer log (see page 2).

Explain that some prayers may not have appeared to have been answered immediately and that there can be number of reasons for this: sometimes the answers can be delayed (as in Daniel), sometimes the Lord wants us to press in (keep praying), and sometimes we need to listen for a different way that God wants us to pray. Revisit the items in the log with this in mind.

Remind the group of the one leper who returned to thank Jesus (Luke 7:15) and be sure to thank and praise Him for answered prayer. Encourage the children to give testimony regarding answers to prayer and to acknowledge that it was the Lord who answered.

**G) Being led by the Holy Spirit**

Be led by the Holy Spirit. As a leader/facilitator, you need to ask the Lord for His guidance in leading, inspiring and helping the group.

Listen to Him and step out in faith for the ideas and ventures that are right (prepared) for you at this time. Ephesians 2:10 says, "*for we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.*"

**DD) Diolchgarwch**

Dywed Salm 107:8 "*Bydded iddynt ddiolch i'r Arglwydd am ei ffyddlondeb, ac am ei ryfeddodau i blant dynion*".

Mae'n bwysig bod y plant yn dysgu mai yr Arglwydd sydd yn clywed ac yn ateb ein gweddïau a bod POB clod yn mynd iddo Ef. Anogwch y plant i rannu atebion i weddi ac i droi yn rheolaidd at y cofnod gweddi (gweler tudalen 2).

Eglurwch bod rhai gweddïau'n ymddangos fel pe nad ydynt wedi eu hateb ar unwaith a gall fod nifer o resymau am hyn: weithiau bydd yna oedi (fel yn Daniel), weithiau mae'r Arglwydd am inni ddal ati i weddi, a weithiau mae angen arnom i wrando am arweiniad Duw at ffordd wahanol o weddi. Ewch yn ôl ar yr eitemau yn y cofnod gyda hyn mewn cof.

Atgoffwch y grŵp am yr un gwahanglwyf a ddychwelodd i ddiolch i Iesu (Luc 7:15) a gwnewch yn siwr y byddwch yn diolch i Dduw a'i foli am atebion i weddi. Anogwch y plant i roi tystiolaeth i atebion gweddi ac i gydnabod mai yr Arglwydd a atebodd.

**E) Arweiniad yr Ysbryd Glân**

Byddwch yn agored i arweiniad yr Ysbryd Glân. Fel arweinydd/galluogwr, bydd angen i chi ofyn i'r Arglwydd am ei arweiniad wrth arwain, ysbrydoli a helpu'r grŵp. Gwrandewch arno a chamwch mewn ffydd gyda'r syniadau a'r mentrau sydd yn briodol (wedi eu darparu) ar eich cyfer.

Dywed Effesiaid 2:10 "*Oherwydd ei waith ef ydym, wedi ein creu yng Nghrist Iesu i fywyd o weithredoedd da, bywyd y mae Duw wedi ei drefnu ar ein cyfer o'r dechrau.*"



## Ideas for praying creatively

### 1. Drawing the neighbourhood

Encourage the children to draw their neighbourhood or school. Encourage them to pray for each part as they draw it - especially the people. They could then pray together for what they have drawn. As a variation, try painting colour onto the pictures as they pray - symbolising the change that God's answers will bring.

### 2. Building a wall

Collect some large rocks (you could all do this together) so that each person has one. Encourage the children to think of one thing that God has done for them. They then write it down on the rock. Now get each of them to bring their rock and make a "memorial" pile to remember God's goodness (see Joshua 4). Note: you could also use shoe boxes.

### 3. Photographs

In advance, ask the children to bring photographs of their family members and maybe of their home. Use these to pray for each other's family. There are lots of variations of this - friends, schools, town centres, churches etc.

### 4. The "Hot seat"

Set a stool in the middle of the room. Each person in turn sits on the stool and everyone else gathers round to pray for them. Explain about laying hands on someone and encourage them to listen to God as they pray. They could pray one at a time, or all at once out loud.

### 5. National flags

Use flags of the nations to pray for the countries of the world. You may be able to borrow large flags and pray round/under them, or you could find flags in a book. The internet is a good source of these. Encourage the children to find and bring them in advance.

### 6. Plasticine prayers

Give each child some plasticine or soft modelling material (even clay) and encourage them to make models of their family, their house, a friend or their school. They then use these to pray for the people they represent. You might suggest that they lift them up to Father God as they pray or have a large cross where the models can be placed symbolically.

## Syniadau ar weddio'n greadigol

### 1. Darlunio'r gymdogaeth

Anogwch y plant i ddarlunio eu cymdogaeth neu ysgol. Anogwch nhw i weddio dros bob rhan wrth iddynt eu darlunio - yn enwedig y bobl. Yna gallant weddio gyda'i gilydd am yr hyn a ddarluniwyd. Os am amrywiad, ceisiwch beintio lliw ar y darluniau wrth iddynt weddio - fel symbol o'r newid a ddaw gydag atebion Duw.

### 2. Adeiladu wal

Casglwch gerrig mawr (gallwch wneud hyn gyda'ch gilydd) fel bod gan bawb un yr un. Anogwch y plant i feddwl am un peth y mae Duw wedi ei wneud drostynt. Yna maent yn ysgrifennu hyn ar y garreg. Gofynnwch i bawb ddod â'i garreg ac adeiladu pentwr "coffa" i gofio am ddaioni Duw (gweler Josua 4). Nodwch: gallwch hefyd ddefnyddio blychau esgidiau.

### 3. Ffotograffau

Gofynnwch ymlaen llaw i'r plant ddod â ffotograffau o aelodau eu teuluoedd ac efallai un o'i cartref. Defnyddiwch y rhain i weddio dros deuluoedd ei gilydd. Gellir cael sawl amrywiad ar hyn - ffrindiau, ysgolion, trefi, eglwysi ayyb.

### 4. Y gadair boeth

Gosodwch stôl yng nghanol yr ystafell. Daw pob person yn ei dro i eistedd ar y stôl a phawb arall yn ymgasglu o'i gwmpas i weddio drosto ef neu hi. Eglurwch ynglyn ag arddodi dwylo ar rywun ac anogwch nhw i wrando ar Dduw wrth iddynt weddio. Gallant weddio un ar y tro neu bawb gyda'i gilydd yn uchel.

### 5. Baneri cenedlaethol

Defnyddiwch faneri cenedloedd i weddio dros wledydd y byd. Efallai gallwch fenthyg baneri a gweddio o'u hamgylch/oddi tanynt, neu gallwch ddod o hyd i faneri mewn llyfr. Ffynhonnell dda arall yw'r rhyngwyd. Anogwch y plant i ddod o hyd iddynt ymlaen llaw a dod â nhw.

### 6. Gweddïau plastisîn

Rhowch ddarn o blastisîn neu ddeunydd modelu meddal (neu glai) i bob plentyn ac anogwch nhw i wneud modelau o'u teuluoedd, cartref, ffrind neu ysgol. Yna defnyddiwch y rhain i weddio dros y bobl maent yn eu cynrychioli. Gallwch awgrymu iddynt eu codi tuag at ein Tad Nefol wrth iddynt weddio neu cael croes fawr lle gellir gosod y modelau'n symbolaidd.

### 7. You can change the world

This is an excellent book by Jill Johnstone published by OM Lit - ISBN no. Is 0-310-40041-4. It gives information about many countries and some suggestions as to how/what you can pray for them. Equally good is "Window on the world" by Spraggett & Johnstone. published by Paternoster ISBN no. 1-850-78358-6.

### 8. Sand castles

If you live near the coast, the group could meet on the beach, otherwise use a sand pit. Encourage each child to make a sand castle. This could represent their house, their school or their Church. Encourage them to pray for them as they look at them (point out that sand castles are not very strong on their own).

### 9. Simple Lord's prayer

See the paraphrased version at the back of this book. Introduce this to the children and encourage them to pray this prayer. Stress that Jesus taught us to do so.

### 10. Identification prayers

Encourage the children to think of one thing which is true about them which is not true about everyone else in the world eg. I wear glasses, my dad doesn't live with us etc. They now pray for others who share this experience. Encourage others in the group to pray too but make sure the person who has suggested it has an opportunity to pray since they know how it feels and can identify with others in the same situation!

### 11. Make and walk the nation

Using masking tape, string or newspaper, encourage the children to make an outline map of your country (or any other) on the floor. You might want to discuss together what is wrong with the nation and the best way to pray for it. Then stand/walk around the outside and pray. This may work best when you encourage them to stand in the nation while praying for it.

### 12. Sticking notes on banners

Agree on some broad areas of intercession eg. world peace, schools etc. Write these on large sheets of paper and put them in different areas of the room. Encourage the children to write/draw prayers (what they specifically want God to do/change) on these sheets or to stick post-it note prayers on the sheets. They can also say "Amen" to each others' prayers. You might like to explain to the children about the written prayers at the Wailing Wall in Jerusalem.



### 7. "You can change the world"

Llyfr cyffrous gan Jill Johnstone yw hwn, cyhoeddwyd gan OM Lit – rhif ISBN 0-310-40041-4. Mae'n rhoi gwybodaeth am nifer o wledydd a rhai awgrymiadau ar sut neu beth allwch weddio drostynt. Llyfr da arall yw "Window on the World" gan Spraggett a Johnstone, cyhoeddwyd Paternoster, rhif ISBN 1-850-78358-6.

### 8. Cestyll tywod

Os ydych yn byw yn agos at yr arfordir, gall y grŵp gyfarfod ar y traeth, neu gallech ddefnyddio pwll tywod. Anogwch pob plentyn i adeiladu castell tywod. Gall y rhain gynrychioli eu tai, ysgolion neu eglwys. Anogwch hwy i weddio drostynt wrth edrych arnynt (tynnwch eu sylw nad yw cestyll tywod yn gryf ar eu pennau hunain).

### 9. Gweddi'r Arglwydd syml

Gweler yr aralleiriad yng nghefn y llyfr hwn. Cyflwynwch hwn i'r plant, ac anogwch hwy i weddio'r weddi hon. Pwysleiswch fod Iesu wedi ein dysgu i wneud hyn.

### 10. Gweddiâu adnabod

Anogwch y plant i feddwl am un peth sydd yn wir amdanynt eu hunain ond nid am bawb arall yn y byd e.e rwy'n gwisgo sbectol, nid yw Dad yn byw gyda ni ayyb. Yna gadewch iddynt weddio dros eraill sydd yn rhannu'r un profiad. Anogwch eraill yn y grŵp i weddio hefyd ond gofawch bod yr un sydd wedi gwneud yr awgrym yn cael y cyfle i weddio gan mai dyma'r un a fydd yn gwybod sut mae'n teimlo ac yn medru uniaethu gydag eraill yn yr un sefyllfa!

### 11. Gwneud a cherdded y wlad

Gan ddenyddio tâp masgio, llinyn neu bapur newydd, anogwch y plant i greu amlinell o Gymru (neu wlad arall) ar y llawr. Efallai yr hoffech drafod gyda'ch gilydd beth sydd o'i le ar y wlad a'r ffordd orau i weddio drosti. Yna safwch neu gerddwch y tu allan a gweddiwch. Gall hyn weithio'n well os cewch y plant i sefyll o fewn y wlad tra byddwch yn gweddio drosti hi.

### 12. Glynu nodion ar faneri

Cytunwch ar agweddau sylfaenol ar gyfer eiriolaeth e.e. heddwch byd, ysgolion ayyb. Ysgrifennwch nhw ar ddalennau mawr o bapur a'u gosod mewn gwahanol fannau yn yr ystafell. Anogwch y plant i ysgrifennu/darlunio gweddiâu (yr hyn maent yn benodol am i Dduw ei wneud/newid) ar y dalennau hyn neu i llynu gweddiâu ar nodion glynu ar y dalennau. Gallant hefyd ddweud "Amen" i weddi y naill a'r llall. Gallwch sôn am y gweddiâu ysgrifenedig ar Wal yr Wylofain yn Jerwsalem wrth y plant.

### 13. Jig-saw world

Some schools have jig-saw maps of the world - or you could make your own by cutting up a world map into sections (maybe continents). Encourage the children to choose pieces to pray for - maybe in pairs/groups. They could find out more about their part in books, CD roms or on the internet.

### 14. Newspaper prayers

Give out local or national newspapers and encourage the children to find things to give thanks and pray for. They could ring the articles with marker pens or cut them out.

### 15. Pebbles

Tip a bucket of stones on the floor/table. Explain that each represents a person. Invite the children to pick out "people" and pray for them - they could think of non-Christian friends, family members, teachers etc. One great bit of this activity is that they can take the pebbles home in their pocket! Encourage them to keep the stones somewhere where they will keep finding them and remember to pray for the person each time they see or touch them.

### 16. Salt prayers

Tip salt on a tray and encourage the children to write or draw prayers in the salt. You might use Matthew 5:13 in this. A variation might be to use sand - note that Jesus wrote in the sand when with the woman who had sinned (see John 8:6).

### 17. 50/50

Encourage each child to think of something which has happened to them which may not have happened to everyone eg. They have moved house in the last year, they have just changing school, they have just lost a grandparent. They should then pray for themselves and for everyone else in the world/country who has had (or is having) the same experience. The idea is that 50% of the prayer is for themselves and 50% is a gift to others like them.

### 18. Praying from maps

Lay out one or more maps on the floor or a table and encourage the children to use these to pray from. They might lay hands on specific towns/areas of the map and pray for these communities or for specific aspects (schools, governments, Church etc). This may be used this with country, OS regional maps and town maps. You can do this with maps on the wall or using a globe. With a globe you could throw the globe to one another and pray for the places covered by your hands as you catch it.

### 13. Byd jig-sô

Mae gan rai ysgolion fapiau o'r byd ar ffurf jig-sô neu gallwch wneud eich jig-sô eich hun trwy dorri map o'r byd yn rannau (efallai cyfandiroedd). Anogwch y plant i ddewis darnau i weddio drostynt - efallai fesul dau neu mewn grwpiau. Gallant ddarganfod rhagor am eu rhan o'r byd trwy lyfrau, CD rom neu ar y rhyngwyd.

### 14. Gweddiâu papur newydd

Rhannwch bapurau newydd lleol neu genedlaethol ac anogwch y plant i chwilio am bethau i ddiolch amdanynt ac i weddio drostynt. Gallant rhoi cylch o amgylch yr erthyglau gyda phinnau ffelt neu eu torri allan.

### 15. Cerrig mân

Arllwyswch fwcet o gerrig ar y llawr/bwrdd. Eglurwch fod pob un yn cynrychioli person. Gwahoddwch y plant i ddewis "pobl" a gweddio drostynt - gallant feddwl am ffrindiau, aelodau'r teulu ac athrawon nad ydynt yn Gristnogion. Un peth da am y gweithgaredd hwn yw gall y plant fynd â'r cerrig adref yn eu pocedi! Anogwch hwy i gadw'r cerrig mewn manau lle byddant yn dod o hyd iddynt yn hawdd ac i gofio gweddio dros y person bob tro maent yn gweld neu'n cyffwrdd y garreg.

### 16. Gweddiâu halen

Arllwyswch halen ar hambwrdd ac anogwch y plant i ysgrifennu neu ddarlunio gweddiâu yn yr halen. Gallwch ddefnyddio Mathew 5:13 gyda hyn. Amrywiad arall fyddai defnyddio tywod - sylwch fod Iesu wedi ysgrifennu yn y tywod pan oedd gyda'r wraig oedd wedi pechu (gweler Iwan 8:6).

### 17. 50/50

Anogwch pob plentyn i feddwl am rywbeth sydd wedi digwydd iddynt sydd efallai heb ddigwydd i bawb e.e. symud tŷ yn ystod y flwyddyn ddiwethaf, newid ysgol, colli nain neu daid. Yna dylent weddio dros eu hunain a thros bawb arall yn y byd/wlad sydd wedi cael (neu yn cael) yr un profiad. Y syniad yw bod 50% o'r weddi dros eu hunain a 50% yn rodd i eraill sydd yn debyg iddynt.

### 18. Gweddio o fapiau

Gosodwch un map neu ragor ar y llawr neu ar fwrdd ac anogwch y plant i'w defnyddio i weddio oddi wrthynt. Gallant arddodi dwylo ar drefi/ardaloedd penodol ar y map a gweddiwch dros y cymunedau hyn neu dros agweddau eraill (ysgolion, llywodraethau, eglwysi ayyb). Gellir gwneud hyn gyda mapiau gwledydd, mapiau rhanbarthol OS a mapiau trefi. Gallwch wneud hyn gyda mapiau ar wal neu glôb. Os yn defnyddio glôb gallwch ei daflu y naill at y llall a gweddio dros y manau wedi eu gorchuddio gan eich dwylo wrth i chi ei ddal.

### 19. Coloured flags

Flags are used in many parts of the Church in worship - but each has a meaning:

- Amber - glory of God
- Blue - heaven, Prophecy
- Red - the blood, earth, sacrifice, redemption
- Purple - royalty, King of kings, intercession
- Gold - the glory, the Father, holiness
- Green - healing, life, growth, hope
- Orange - fire, Holy Spirit
- Silver - Holy Spirit
- White - purity, holiness, the Bride
- Grey - humility
- Brown - earth
- Black - death, sin, mourning

You can use these together to focus prayer for a person, nation or situation reflecting it's current state of future potential. The group could drape or wave them over a person or map symbolically as you pray for them eg. Waving a green flag over someone as you pray for healing.

### 20. Missionary Magazines

In advance, give members of the group copies of mission organisations' magazines eg. TEAR Times and ask them to bring one focus for prayer to the next meeting. You could have several of these together from different sources and have a "missions-focus" meeting. NB. Don't forget home missions as well as overseas.

### 21. Missionary correspondence

Encourage the group to get hold of news and prayer letters from missionaries linked with their Church. If they have none, you might like to adopt one as a group. You could also encourage the group to keep e-mail contact or write letters to missionaries for up-to-date prayer requests and answers.

### 22. Prayer wall

Sometimes it's easier to write or draw than it is to speak out prayers. Why not have a write-on prayer wall? This could be a whiteboard, blackboard, large sheets of paper, even a whitewashed or blackboard-painted wall. Note that you don't have to understand the detail for the prayer to be valid!

### 23. Stations for prayer

Use different parts of the room to represent different people or things to pray for with each part identified by a banner, poster or object. Have a time (maybe with some music playing) where you move around and pray individually or in pairs in different parts of the room. This way the members can choose what they feel most led to pray into.

### 19. Baneri lliw

Defnyddir baneri mewn llawer o rannau'r eglwys mewn addoliad – ond mae i bob un ei ystyr:

- Ambr – gogoniant Duw
- Glas – nefoedd, proffwydoliaeth
- Coch – y gwaed, daear, aberth, prynedigaeth
- Porffor – brenhiniaeth, Brenin y Brenhinoedd, eiriolaeth
- Aur – y gogoniant, y Tad, sancteiddrwydd
- Gwyrdd – iachâd, bywyd, tyfiant, gobaith
- Oren – tân, Ysbryd Glân
- Arian – Ysbryd Glân
- Gwyn – purdeb, sancteiddrwydd, y Briodferch
- Llwyd – gostyngedd
- Brown – daear
- Du – marwolaeth, pechod, profedigaeth
- Gallwch ddefnyddio'r rhain gyda'i gilydd i ganolbwyntio eich gweddi dros berson, gwlad neu sefyllfa yn adlewyrchu ei gyflwr presennol neu botensial i'r dyfodol. Gall y grwp eu taenu neu chwifio dros berson neu fap yn symbolaidd wrth i chwi weddio drostynt e.e. Chwifio baner werdd dros rhywun wrth i chwi weddio am iachâd.

### 20. Cylchgronau cenhadol

Rhowch gopïau o gylchgronau mudiadau cenhadol, e.e. TEAR Times, i'r plant ymlaen llaw a gofyn iddynt ddod ag un testun gweddi i'r cyfarfod nesaf. Gallwch gael llawer o'r rhain gyda'i gilydd o wahanol ffynhonnellau a chael cyfarfod i edrych ar genadaethau. DS. Peidiwch ag anghofio cenadaethau gartref yn ogystal â rhai tramor.

### 21. Gohebiaeth cenhadon

Anogwch y plant i gael gafael ar newyddion a llythyrau gweddi oddi wrth genhadon sydd wedi eu cysylltu â'u heglwys. Os nad oes ganddynt unrhyw un, efallai yr hoffech fabwysiadu un fel grŵp. Gallwch annog y grŵp i gadw cysylltiad trwy e-bost neu ysgrifennu llythyrau at genhadon er mwyn derbyn y ceisiadau ac atebion gweddi diweddaraf.

### 22. Wal weddi

Weithiau mae'n haws ysgrifennu neu ddarlunio nag i ddweud gweddiâu'n gyhoeddus. Beth am gael wal ar gyfer ysgrifennu gweddiâu? Gall fod yn fwrdd gwyn, bwrdd du, dalennau mawr o bapur neu hyd yn oed wal wedi ei gwyngalchu neu ei pheintio'n ddu. Sylwch nad oes angen i chi ddeall manylion y weddi iddi fod yn ddilys!

### 23. Gorsafoedd gweddi

Defnyddiwch wahanol rannau o'r ystafell i gynrychioli gwahanol bobl neu bethau i weddio drostynt gyda phob rhan yn cael ei adnabod gan faner, poster neu wrthrych. Trefnwch amser (efallai gyda cherddoriaeth yn y cefndir) lle gallwch symud o gwmpas a gweddio fesul un neu ddau mewn gwahanol rannau o'r ystafell. Gyda'r dull hwn gall yr aelodau ddewis yr hyn a deimlant yr arweiniad cryfaf i weddio drosto.

#### 24. Prayer songs

Use songs which speak to God - worship and request songs to help your group focus on Him. Particularly useful are songs which set Scripture to music. There are a lot available. For this, albums by Greg Leavers and Godfrey Birtles are recommended - also "Teach us to pray" by Mike Burn (Icthus).

NB. Keep it simple!

Also, if you have musical youngsters, why not encourage them to make up prayer songs. They could use scripture for lyrics. It would be great fun to share copies of the results if the children agree (see registration at back of manual).

#### 25. Praise banner making

Encourage the group to make praise banners which express things that they can use together. You might need to provide material etc for this or they may do so themselves. Again, you might focus on Scripture for this - particularly the Psalms.

#### 26. Pray the Bible

The Bible is packed full of prayers. They are for learning from but MOSTLY they're for praying! The easy language of The Message and the International Children's Bible are very useful for this. Guide the children to scriptures that they can easily identify with and use these all together. You might also focus on some all together and draw, paint or sculpt what is said eg. Psalm 139.



#### 27. Praise drawing

Give everyone an opportunity to do this - you might want to help those who are not great artists! Then each person can lift their picture up in the air and you can all join with them in praise for what God has done.

#### 28. Thanksgiving applause

Encourage the children to call out things to thank God for. After each one, give God an enthusiastic round of applause (and cheer if appropriate).

#### 29. Hand prints

Prepare some large sheets of paper and paints and get each of the group to put their hand print on them. Then encourage the group to use these to pray for one another. If you wait until they're dry, they could place their own hand on the print of someone else as they pray for them. Perhaps you could do enough for each of them to take a set home then they can use them through the week.

#### 24. Caneuon gweddi

Defnyddiwch ganeuon sydd yn siarad â Duw – caneuon mawl a chaneuon deisyf i helpu eich grŵp ganolbwyntio arno ef. Mae caneuon sydd yn gosod yr ysgrythur i gerddoriaeth yn arbennig o ddefnyddiol. Mae llawer o ddeunydd Saesneg ar gael ond ychydig sydd yn y Gymraeg. Ceir rhai yn "Tyrd i Ddathlu" a "Glas, Glas Blaned".

DS. Cadwch hyn yn syml!

Os oes gennych bobl ifanc cerddorol anogwch nhw i greu caneuon gweddi. Gallant ddefnyddio'r ysgrythur ar gyfer y geiriau. Byddai'n hwyl rhannu copiau o'r canlyniad os yw'r plant yn cytuno (gweler y cofrestru yng nghefn y llawlyfr).

#### 25. Gwneud baneri mawl

Anogwch y grŵp i wneud baneri mawl sydd yn mynegi pethau y gallant eu defnyddio ar y cyd. Efallai y bydd angen i chwi ddarparu deunyddiau ar gyfer hyn neu gallant wneud hyn eu hunain. Eto, gallwch ganolbwyntio ar yr ysgrythur ar gyfer hyn – yn enwedig y Salm.

#### 26. Gweddiwch y Beibl

Mae'r Beibl yn llawn o weddiâu. Maent ar gyfer dysgu oddi wrthynt ond AR Y CYFAN maent ar gyfer gweddiö! Mae iaith syml y cyfieithiad cyfoes o'r Testament Newydd ar y gwefan Beibl.net yn ddefnyddiol ar gyfer hyn.

Arweiniwch y plant at ddarnau y gallant uniaethu â nhw a defnyddiwch y rhain gyda'ch gilydd. Gallwch hefyd ganolbwyntio ar rai gyda'ch gilydd a darlunio, peintio neu gerflunio'r hyn a ddywedir, e.e. Salm 139.

#### 27. Darlun mawl

Rhowch gyfle i bawb i wneud hyn – efallai y bydd angen i chi helpu'r rhai nad ydynt wedi eu donio fel arlunwyr. Yna gall pob person godi ei lun i fyny a gall bawb ymuno â nhw mewn addoliad am yr hyn a wnaeth Duw.

#### 28. Cymeradwyaeth o ddiolchgarwch

Anogwch y plant i alw pethau y gellir diolch i Dduw amdano. Ar ôl pob un, curwch ddwylo gyda brwdfrydedd (a gweiddi hwrê os yn briodol).

#### 29. Olion dwylo

Paratowch dalennau mawr o bapur a phaent a gofynnwch i bob aelod i roi ei ôl llaw arnynt. Yna anogwch y grŵp i ddefnyddio'r rhain i weddiö dros ei gilydd. Os arhoswch nes iddynt sychu, gallant osod eu llaw eu hunain ar ôl llaw rhywun arall wrth iddynt weddiö drostynt. Efallai y gallwch wneud digon fel bod pob un yn gallu mynd â set adref ac yna gallant eu defnyddio drwy gydol yr wythnos.

### 30. Korean style

Agree what you are going to pray about. Now introduce your group to praying all together out loud. This can be liberating for those who may feel intimidated at having their out-loud prayers heard by others and enables them to offer them to God. Explain carefully that God can cope with lots of different prayers all at once!

In some churches in Korea they use a gong/bell to move from one prayer topic to another!

### 31. Mustard seed prayers

Have a packet of mustard/cress seeds. Give some to everyone. Explain that these are a little like our prayers. When we sow them in soil or on moist paper, they grow and bear fruit. So also when we bring our prayers to God, they are answered and bear fruit. It might seem just a small prayer but.....

And of course, plant them up - then the next time you meet you can see the increase in the seeds and also share the answers to your prayers.

### 32. Using candles

There are a number of ways you can do this. Explain that candles give light. Jesus said,

*"I am the light of the world."* (John 8:12)

Use the candle light to focus on Jesus.

You could also (carefully) use the candle to bring light as you pray for people by putting a candle so that it illuminates photographs or a piece of paper with someone's name on it. Pray that the light of Jesus will shine on them.



### 33. Shells

Collect shells from the beach (you could do this together if you live by the sea). Encourage the group to look closely at them and notice that even the same kind of shells are different from one another. In the same way we are each unique and different.

Give each person a marker and encourage them to write a name on a shell - it could be their own or someone else's - followed by the words "..... is special to God." Use these to pray for those named.

### 34. Prayer walking

Arrange to take the group out to particular places in your area and pray for the people there. For example, you might pray at school gates, outside Churches or in particular neighbourhoods/streets. Consider safety carefully!

It may be advisable to subdivide the group into 5's or 6's. Encourage each small group to listen to God and also to return to base and share what's happened.

### 30. Dull Korea

Cytunwch beth fyddwch yn gweddio drosto. Yna cyflwynwch eich grŵp i'r dull o bawb yn gweddio'n uchel ar yr un pryd. Gall hyn fod yn ryddhaol i'r rhai sydd yn teimlo ofn gyda'r syniad o eraill yn eu clywed yn gweddio'n uchel ac mae'n eu galluogi i wneud hyn heb fygythiad. Eglurwch yn ofalus fod Duw yn gallu gwrandao ar lawer o weddiâu gwahanol ar yr un pryd! Mewn rhai eglwysi yn Korea defnyddir gong/cloch i nodi amser symud ymlaen o un testun gweddi i'r nesaf!

### 31. Gweddiâu hadau mwstard

Ewch â pheycyn o hadau mwstard i'r cyfarfod. Rhowch rywffaint i bawb. Eglurwch bod rhain mewn un ffordd yn debyg i'n gweddiâu ni. Pan fyddwn yn eu plannu mewn pridd neu ar bapur gwlyb maent yn tyfu ac yn dwyn ffrwyth. Felly y mae hi pan ddown â'n gweddiâu at Dduw. Cânt eu hateb ac maent yn dwyn ffrwyth. Efallai y teimlwn mae gweddi fechan yw hi ond..... Ac wrth gwrs, plannwch nhw - yna'r tro nesaf byddwch yn cyfarfod gallwch weld y cynnydd yn yr hadau a gallwch rannu atebion i'ch gweddiâu.

### 32. Defnyddio canhwyllau

Mae yna nifer o wahanol ffyrdd y gallwch wneud hyn. Eglurwch fod canhwyllau yn rhoi goleuni. Dywedodd Iesu *"Myfi yw goleuni'r byd"* (Ioan 8:12). Defnyddiwch golau'r gannwyll i ganolbwyntio ar Iesu. Gallwch hefyd (yn ofalus) ddefnyddio'r gannwyll i ddod â goleuni wrth i chi weddio dros bobl trwy osod y gannwyll fel ei bod yn goleuo lluniau o bobl neu ddarn o bapur gydag enw rhywun arno. Gweddiwch y bydd goleuni Crist yn disgleirio arnynt.

### 33. Cregyn

Casglwch gregyn o draeth (gallwch wneud hyn gyda'ch gilydd os ydych yn byw ger y môr). Anogwch y grŵp i edrych yn fanwl arnynt a sylwi bod hyd yn oed y rhai o'r un math yn wahanol i'w gilydd. Yn yr un modd rydym ninnau'n unigryw a gwahanol. Rhowch bin ffelt i bawb ac anogwch nhw i ysgrifennu enw ar gragen - eu henwau nhw neu rywun arall - o fewn y frawddeg *"Mae.....yn arbennig i Dduw"*. Defnyddiwch rhain i weddio dros y rhai a enwir.

### 34. Taith weddi

Trefnwch eich bod yn mynd â'r grŵp allan i fan arbennig yn eich ardal i weddio dros y bobl yno. Er enghraifft gallwch weddio wrth giatau'r ysgol, y tu allan i eglwysi neu mewn strydoedd neu ardaloedd penodol. Ystyriwch holl ofynion diogelwch gyda hyn! Efallai y byddai'n syniad rhannu'r grŵp yn grwpiau o 5 neu 6. Anogwch pob grŵp bychan i wrando ar Dduw ac yna i ddychwelyd i'r man cyfarfod i rannu beth ddigwyddodd.

### 35. Triplets

In order to be able to share and pray more deeply (particularly initially), split the group into triplets to pray for one another. You might like to have one adult facilitator per triplet. Stress that these groups are confidential and anything shared for prayer is between you and God. Don't forget to share yourself and ask them to pray for you!

### 36. Night Lights

Draw the curtains and lay out a map on a table. Place night lights on the map, turn the main lights out and encourage the group to pray for revival to come to the illuminated places.

### 37. Praying blessings

Learn by heart some blessings from scripture. Encourage the group to give these to one another and to others eg. Numbers 6:24-26. You could develop this to declare blessings over families, the town or the area. There are some great Celtic blessings published too.

### 38. Guests

Invite someone with a specific calling from God to come and speak to the group for 5-10 minutes (max) and to give 3-4 specific prayer requests. Write these on large sheets of paper and spread them around the room. Encourage the group to move around and pray for each of these. You might put on some background music. Afterwards, ask the guest to stand/sit/kneel among the group and ask the group to pray for them. Do ask the guest for feedback re. answered prayers as soon as possible.

### 39. Praying on the hills

If you have a hill overlooking your community, take the group there to pray. Find a key scripture to read aloud over the community. Ask the children to look at the view carefully and ask to God what to pray for. Then pray together. Encourage the group to be bold in their prayers and maybe to sing or shout their prayers at the tops of their voices. You might encourage the children to stretch out their hands towards the part they are praying for (factory, area of town, village hall, school etc) as they ask God for His blessing on it. Another variation on this is to turn and face in each direction (NSEW) on the top of the hill and pray for all you can see and perhaps the nations beyond. It would be great to blow a shofar or trumpet in each direction too!!

### 35. Triawdau

Er mwyn medru rhannu a gweddio yn ddyfnach (yn enwedig ar y cychwyn), rhannwch y grŵp yn driawdau i weddio dros ei gilydd. Efallai yr hoffech gael galluogwr mewn oed ar gyfer pob triawd. Pwysleiswch bod y grwpiau hyn yn gyfrinachol a bod popeth a rennir ar gyfer gweddi i'w rannu'n unig rhyngddyn nhw a Duw. Peidiwch ag anghofio rhannu eich hunan a gofyn iddynt weddio drosoch chi!

### 36. Canhwyllau bychain

Tynnwch y llenni a gosodwch fap ar fwrdd. Gosodwch ganhwyllau bychain ar y map, diffoddwch y prif olau ac anogwch y grŵp i weddio am adfywiad yn y manau a oleuir.

### 37. Gweddio bendithion

Dysgwch fendithion o'r ysgrythur ar eich cof. Anogwch y grŵp i gyflwyno'r rhain i'w gilydd ac i eraill, e.e Numeri 6:24-26. Gallwch ddatblygu hyn i gyhoeddi bendithion dros deuluoedd, trefi neu'r ardal. Cyhoeddwyd nifer o fendithion Celtaidd addas hefyd.

### 38. Ymwelwyr

Gwahoddwch rywun â galwad penodol oddi wrth Dduw i ddod i siarad â'r grŵp am 5-10 munud (dim mwy) ac i roi 3-4 testun gweddi. Ysgrifennwch y rhain ar ddalennau mawr o bapur a gosodwch nhw o amgylch yr ystafell. Gofynnwch i'r grŵp symud o gwmpas a gweddio dros bob un o'r rhain. Gallwch ddefnyddio cerddoriaeth cefndir i'w helpu. Ar ôl hyn gofynnwch i'r gwestai sefyll/eistedd/penlinio yng nghanol y grŵp tra bo'r grŵp yn gweddio drosto ef neu hi. Gofynnwch i'r gwestai adrodd yn ôl ynglyn ag atebion i'r gweddiâu cyn gynted â phosibl.

### 39. Gweddio ar y bryniau

Os oes yna fryn uwchben eich cymdogaeth ewch yno i weddio. Defnyddiwch adnod/au allweddol i ddarllen yn uchel uwchben eich cymdogaeth. Gofynnwch i'r plant i edrych ar yr olygfa yn sylwgar a gofyn i Dduw beth i weddio amdano. Yna gweddiwch gyda'ch gilydd. Anogwch y grŵp i fod yn eofn yn eu gweddiâu ac efallai i ganu neu weiddi eu gweddiâu nerth eu pen. Gallwch annog y plant i ymestyn eu dwylo tuag at y rhan y maent yn gweddio drosti (ffatri, rhan o dref, neuadd bentref, ysgol, ayyb) wrth iddynt gyflwyno eu gweddi i Dduw. Amrywiad arall yw troi a wynebu i bob cyfeiriad (Gogledd, De, Dwyrain a Gorllewin) ar ben y bryn a gweddio dros y cyfan a ellir ei weld ac efallai y tu hwnt. Byddai chwythu utgorn neu drwmped i bob cyfeiriad yn hwyl hefyd!

#### 40. In the team

This works well with youngsters who are keen on team sports. Draw a sports pitch and show one of the teams on it - maybe with small scraps of paper or stones. Talk about those in the Church who are on the front line, in midfield, in defence, goal keeping or referees. Pray for them by name - you might write their names on the stones/paper. Point out that we all have different roles in the team (body of Christ).

#### 41. Chains

Either get a length of chain (from a DIY store) or make paper chains. Explain to the group that many people across the world are persecuted for being followers of Jesus. You could get information from Christian Solidarity Worldwide or WEC on specific cases/countries. Use the chains as a focus for your prayer for the persecuted church. If you've made paper chains, you could write the names or places on the paper and break the chains as you pray.

#### 42. Adopt a gran!

Using your Church directory if this helps, why not encourage the children to adopt an adult in the Church to pray for. As a variation to this, you could pray through the directory over a period of time having a member or household as a focus of prayer each week. You might, if appropriate, ask the adults for any prayer requests and to feed back answers to prayer.

#### 43. Exercise book

Bring an exercise book similar to those used in school. Ask the children to write the name of a different teacher on each page. They could also write specific prayer requests on the page. Now pray through this teacher book together - maybe taking a page each.

#### 44. Clothes labels

Divide the group into 4's or 5's. Look together at the labels on clothes and shoes worn by each group. Pray for the nations where the clothes were made. In particular pray for those being exploited in poorer countries - especially children.

#### 45. Cardboard boxes

In advance, collect a number of large cardboard boxes. Encourage the group to sit in them or shelter under them. Explain that in many parts of the nation and the world there are homeless people who derive their shelter and warmth in this way. Pray for them as you sit in the boxes.

#### 40. Yn y tîm

Gall hwn weithio'n dda gyda phlant sydd â diddordeb mewn chwaraeon tîm. Tynnwch lun gae chwarae a dangoswch un o'r timau arno - dyweder gyda darnau o bapur neu gerrig. Siaradwch am y rhai yn yr eglwys sydd yn y rheng flaen, yng nghanol y cae, yn amddiffyn, yn golwyr ac yn ddyfarnwyr. Gweddiwch drostynt wrth eu henwau - efallai bydd angen eu hysgrifennu ar y cerrig/papurau. Tynnwch eu sylw fod i bob un ohonom wahanol ran yn y tîm (corff Crist).

#### 41. Cadwynau

Defnyddiwch darn o gadwyn (o siop tasgau'r cartref) neu gwnewch gadwynau papur. Eglurwch wrth y grŵp fod nifer o bobl ar draws y byd yn cael eu herlid am fod yn ddilynwyr i Iesu. Gallwch dderbyn gwybodaeth gan Christian Solidarity Worldwide neu WEC ar achosion/gwledydd penodol. Defnyddiwch y cadwynau i ganolbwyntio eich gweddi ar yr eglwys dan erledigaeth. Os gwnaethoch gadwynau papur gallwch ysgrifennu enwau neu lefydd ar y papur a thorri'r cadwynau wrth i chwi weddio.

#### 42. Mabwysiadu nain!

Defnyddiwch eich llawlyfr/adroddiad eglwys i annog y plant i fabwysiadu oedolyn o fewn yr eglwys i weddio drosto ef neu hi. Amrywiad ar hyn fyddai gweddio trwy'r llawlyfr/adroddiad dros gyfnod o amser gydag aelod neu deulu yn ganolbwynt gweddi bob wythnos. Gallwch ofyn i'r oedolion am destunau gweddi os yn addas ac i roi adborth o atebion gweddi.

#### 43. Llyfr ysgrifennu

Defnyddiwch lyfr ysgrifennu tebyg i'r rhai a ddefnyddir mewn ysgolion. Gofynnwch i'r plant ysgrifennu enwau gwahanol athrawon, un ar bob tudalen. Gallant hefyd ysgrifennu testun gweddi penodol ar y dudalen. Yna gweddiwch trwy'r llyfr gyda'ch gilydd - gan gymryd tudalen yr un efallai.

#### 44. Labeli dillad

Rhannwch y grwp yn grwpiau o 4 neu 5. Edrychwch gyda'ch gilydd ar labeli dillad ac esgidiau'r plant. Gweddiwch dros y gwledydd ble cynhyrchwyd y dillad. Gweddiwch yn arbennig dros y rhai sydd yn cael eu camdefnyddio yn y gwledydd tlotaf - yn enwedig plant.

#### 45. Blychau carbord

Casglwch nifer o flychau carbord mawr ymlaen llaw. Anogwch y plant i eistedd ynddynt neu i gysgodi oddi tan y blychau. Eglurwch bod nifer o bobl ddigartref mewn rhannau o'r wlad a'r byd sydd yn gorfod defnyddio blychau i gael lloches a chadw'n gynnes. Gweddiwch drostynt wrth i chi eistedd yn y blychau.

#### 46. Footprints

Either printing using paint, or drawing round their feet, each member of the group should walk a "path" onto a large sheet of paper (use lining or wallpaper).

Where the paths cross encourage the group to pray for one another that they will always follow Jesus, asking Him to show each other how they should live and what to do with their lives.

You might also introduce the "footprints" poem to the group in conjunction with this activity.

#### 47. Adopt a street

Using a large map of your area (available from your local council) each person should colour in their street. Encourage them to pray for their own and each other's streets.

Also encourage them to pray during the week for families or individuals they know at certain houses. They might keep a personal log of their prayers.

#### 48. Circle prayers

Encourage the group to sit in a circle. Show them an object which introduces a focus for prayer eg. a loaf of bread in praying about countries in famine. Pass the object round and encourage each person to pray while they are holding it. NB. make it clear that it is OK to pass it on without praying out loud if they wish.

#### 49. Walking/Standing/Sitting

Introduce praying with a different focus in each of these positions eg. Lying down and praying for the sick, standing and praying for those standing up for justice, walking and praying for refugees.

#### 50. Praying from within

Find a map on cloth (typically these may be tea towels etc). This may be of a country, continent, town or the whole world. Gather either the whole group or pairs/groups under the maps and encourage them to pray for the nation/region/town near their head.

#### 51. Flowers

Buy a bunch of flowers or ask each child to bring one. Ask them to look in detail at a flower and consider the care with which it was designed and made. Now remind them that God took even more care over us (Matt. 7). Give thanks and maybe swap flowers and pray for each other.

#### 46. Olion traed

Gan brintio gyda phaent neu wneud amlinell o amgylch eu traed gofynnwch i bob aelod wneud "llwybr" ar hyd dalen fawr o bapur (defnyddiwch bapur wal neu bapur leinio).

Ble ceir llwybrau'n croesi anogwch y plant i weddio dros ei gilydd, y byddant bob amser yn dilyn Iesu a gan ofyn iddo ddangos iddynt sut ddylent fyw a beth i wneud gyda'u bywydau.

Gallwch hefyd gyflwyno'r gerdd "Ôl traed" i'r grwp i gyd-fynd â'r gweithgaredd.

#### 47. Mabwysiadwch stryd

Defnyddiwch fap mawr o'r ardal (ar gael o'r cyngor lleol) a gofyn i bob aelod liwio ei stryd. Anogwch nhw i weddio dros eu stryd a strydoedd ei gilydd.

Anogwch nhw hefyd i weddio yn ystod yr wythnos dros deuluoedd neu unigolion y gwyddont amdanynt mewn tai penodol. Gallant gadw cofnod personol o'u gweddiau.

#### 48. Gweddiau cylch

Gofynnwch i'r plant eistedd mewn cylch. Dangoswch wrthrych sydd yn cyflwyno testun gweddi, e.e. torth wrth weddio dros y rhai sy'n newynu. Pasiwch y gwrthrych o amgylch y cylch ac anogwch pob aelod i weddio wrth iddynt ei ddal. DS Sicrhewch y plant ei fod yn dderbyniol pasio'r gwrthrych ymlaen heb weddio'n uchel os ydynt am wneud hynny.

#### 49. Cerdded/sefyll/eistedd

Cyflwynwch y syniad o weddio gyda chanolbwynt gwahanol i'r ystumiau hyn, e.e. gorwedd wrth weddio dros gleifion, sefyll wrth weddio dros y rhai sy'n sefyll dros gyfiawnder, cerdded wrth weddio dros ffoaduriaid.

#### 50. Gweddio o'r tu mewn

Dewch o hyd i fap ar ddefnydd (fel arfer fe'i ceir ar lieiniau sychu llestri). Gall fod o wlad, cyfandir, tref neu'r byd cyfan. Ymgaslwch naill ai fel grwp neu fesul dau/grwpiau bychain o dan y mapiau i weddio dros y manau agosaf i'w pen.

#### 51. Blodau

Prynwch dusw o flodau neu gofynnwch i bob plentyn i ddod â blodyn. Gofynnwch iddynt edrych ar flodyn yn fanwl ac ystyried y gofal a oedd wrth wraidd creu a chynllunio'r blodyn. Atgoffwch nhw fod Duw wedi cymryd mwy o ofal drosom ni (Mathew 7). Rhowch ddiolch ac efallai cyfnewidiwch flodau a gweddio dros eich gilydd.

### 52. Town/Street of the week

Using an A-Z map or list of places, pray for a different place each time you meet. This could be a particular community in your nation, region or area or it could be a street in your village or town.

#### ....and finally

all these are visual tools to enable the group to pray. They are not the end in themselves - keep the prayer perspective/focus. They might not scratch where your group are itching! Do encourage them to find visual tools from their own hobbies, interests and daily lives.

### 52. Tref/Stryd yr wythnos

Gan ddefnyddio map A-Z neu restr o fannau, gweddïwch dros fan gwahanol pob wythnos. Gall hyn olygu cymuned penodol o fewn eich gwlad, rhanbarth neu ardal neu gall fod yn stryd yn eich pentref neu dref.

#### ...ac i gloi

mae pob un o'r rhain yn offerynnau gweledol i alluogi grŵp i weddio. Cymorthion yn unig ydynt. Y weddi sydd yn bwysig. Efallai na fyddant yn addas ar gyfer eich grŵp chi. Anogwch nhw felly i chwilio am gymorthion o'u diddordebau a bywydau pob dydd.

# Lord's Prayer

Our Father in heaven,  
hallowed be Your name

Your kingdom come,  
Your will be done  
on earth as it is in heaven

Give us today our daily bread

And forgive us our sins  
as we forgive those who sin  
against us

Lead us not into temptation  
but deliver us from evil

For Yours is the kingdom,  
the power and the glory,  
for ever and ever

Amen

Father God, you're great!

I want You to be in charge here

Please give us what we need

I'm Sorry, forgive me and help  
me to forgive others too

Keep me safe and don't let me  
give in to doing wrong things

You're wonderful  
and You always will be

Yesssss!

Tell God what you think of Him now

Ask God to take charge of you,  
your family, your school, your  
country etc

Ask God for the things you really  
need at the moment

Say sorry for the things you've  
done wrong. Ask Him to help you  
be patient with others

Ask Him to help you live for Him  
and not to get led astray

Tell God that you're glad He's  
always going to be in charge

Alright -  
this praying is cool!



## Gweddi'r Arglwydd

(BCN)

Ein Tad yn y nefoedd,  
Sancteiddier dy enw;

Deled dy deyrnas;  
Gwneler dy ewyllys,  
Ar y ddaear fel yn y nef.

Dyro inni heddiw ein bara  
beunyddiol;

A maddau inni ein troseddau,  
Fel yr ym ni wedi maddau i'r rhai  
a droseddodd yn ein herbyn;

A phaid â'n dwyn i brawf,  
Ond gwared ni rhag yr Un drwg.

Canys eiddot ti yw'r deyrnas, y  
nerth a'r gogoniant  
Yn oes oesoedd

Amen

Duw Dad, rwyf ti'n wych!

Rwyf am i ti fod yn ben.

Os gweli di'n dda rho beth  
sydd ei angen arnom

Mae'n ddrwg gen i, maddau i  
mi a helpa fi i faddau i eraill

Cadw fi'n ddiogel a phaid â  
gadael i mi ildio i wneud  
pethau drwg

Rwyf ti'n rhyfeddol  
Nawr a hyd byth.

Ie!

Dywed wrth Dduw beth wyt ti'n feddwl  
ohono nawr

Gofyn i Dduw i fod yn ben ar dy fywyd,  
dy deulu, dy ysgol, dy wlad

Gofyn i Dduw am y pethau sydd ei  
angen arnat ar hyn y bryd

Dywed ei fod yn ddrwg gennyf am y  
pethau drwg a wnest. Gofyn iddo dy  
helpu i fod yn amyneddgar gydag eraill.

Gofyn iddo dy helpu i fyw er ei fwyn ac  
i beidio â chael dy arwain ar gyfeiliorn

Dywed wrth Dduw dy fod yn falch y  
bydd bob amser yn ben

lawn -  
Mae gweddio yn cŵl!



AN ANTIQUITY WHICH HAS BEEN  
BY APPOINTMENT TO THE KING OF KINGS  
IN SWANLAND FOR OVER ONE HUNDRED YEARS  
SERVING YOUNG PEOPLE FOR OVER ONE HUNDRED YEARS

# **SAINT Y GYMUNED URBAN SAINTS**

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