

Prayer Mapping

*For as he thinks in his heart, so is he.
Proverbs 23:7*

Children, how do you need to change your mind? Do you need to believe you are safe and protected? With your permanent, real parents and won't have to leave? Will be able to overcome certain mental, emotional and physical challenges? How about being able to forgive and let go of the past? Parents, do you need help to be able to see your children growing up to have successful lives? A prayer map is a powerful form of visual prayer that helps get the ball rolling on self-change and exemplifies certain themes. When we have changed ourselves, not only does our perception of the world around us change, but also, so does our world.

Materials:

1. Pictures from magazines or downloaded from the Internet
2. A poster board of soothing color
3. Black permanent marker
4. Glue

Instructions:

1. Start collecting pictures and printed words from magazines, calendars, catalogues, the Internet, etc., which represent that which you need to believe about yourself or another. For example: A parent needs to believe that a child will become healthier, happier, more pleasant and fun to be around. So the parent chooses pictures of happy children who are relating healthily to the self and to their parents. A child needs to gain the internal strength to have more consistent self-control or make better choices. So the child selects pictures of strong animals, strong people, strong buildings, etc.
2. Be sure to find a very special picture that represents the loving power of God. That picture goes in the middle of your poster board.
3. Encircling the power of God, place the other pictures you have collected. God is the creator of that which is best for us.
4. Next to each picture, write an affirming caption such as "I am safe and protected." Or "My child makes good choices."
5. Put your prayer map on the wall where you can see it. Once or twice a day, sit and look (meditate on) your prayer map. What you meditate on, you become. Best times: Before bed and upon rising in the morning.

Prayer Map Reminders:

1. Please don't try and make your child perfect if you are not. That's like getting the cart before the horse and complaining that it won't go.
2. Pray for God's will in the creation of your prayer map. Doubtful, God feels anyone needs a little red sports car to be healthy, happy and holy. If it is not of God, it doesn't last.
3. God in the middle of the prayer map should be a defined, powerful, loving image that brings pleasure upon seeing.
4. A prayer map is not a collage. A collage is too much for the visual system to sort out. Be mindful of colors. One cannot relax and meditate upon a brightly colored, crowded poster board.
5. Be careful of your pictures. For example, you may want to pick a picture of a strong soldier to encourage the development of courage in your child, but if the soldier has a gun, what message is that sending out?
6. One theme with perhaps sub themes per poster board. Only one poster board at a time. One brain: one board.
7. You will have to supervise and help your child select the pictures for the prayer map. This is a parent-child joint endeavor.