

# Humble Hearts Prayer Station

The idea is straightforward. Create a prayer station featuring heart-shaped cutouts. Each child will write down one way they can practice humility in the upcoming week. This makes the abstract concept of humility tangible, offering a practical application in daily life.

## Materials

- Heart-shaped templates or paper cutouts
- Markers or colored pencils
- A Bible or printed copies of [Philippians 2:1-11](#)
- A box or basket for collecting the hearts

## Steps

1. Prepare the heart-shaped templates and writing supplies.
2. Read [Philippians 2:1-11](#) aloud, discussing the key points related to humility.
3. Invite kids to write down their commitment to a humble action on the heart template.
4. Collect the hearts in a box or basket.
5. End the activity with a group prayer, praying over the hearts. Here is an example: “Dear God, we offer these hearts as a symbol of our commitment to humility. Guide us in our actions this week, that we may reflect your love and grace. Amen.”

## Notes

- Age-Appropriate Language: Tailor the reading and discussion of Philippians 2:1-11 to the age group you’re working with. For younger kids, you might use a children’s Bible.
- Time Management: If you’re pressed for time, you could prepare the heart templates in advance. Alternatively, consider making the cutting of the hearts a part of the activity for older kids.
- Flexibility: Make it clear that the “humble actions” written on the hearts don’t have to be grand gestures. Even small acts of kindness or moments of self-restraint are meaningful.
- Group Prayer: When praying over the collected hearts, you may choose to have the children read their intentions aloud or keep them private, depending on the comfort level of the group.
- Follow-Up: Consider revisiting the hearts in a future session to discuss how successfully the children were able to carry out their humble actions. This could provide valuable closure and reinforcement.

## Resources

[Philippians 2:3 Stickers: Humbly Regard Others...](#)

[More Youth Ministry Activities](#)

<https://young-catholics.com/1285/homemade-model-magic-recipe/>