

101 ways to start a conversation with God



'Chat and catch' is simply the way we describe prayer. Just like we chat with our friends, and catch their answer - whether they tell you in words, a gesture or just by their body language - so we can chat and catch with God. Not just about the big things, but the little things too - we know that God wants to hear everything that's on our hearts (Philippians 4:6), and that he promises to talk to us too (Jeremiah 33:3).

Sometimes, it's helpful to have some ideas of things to help you start chatting and catching with God, so here are 101 ideas to get you started. Conversation is best when it's two-way! So remind your kids to catch if God is saying anything back and then carry on the conversation. Think of these ideas as conversation starters rather than stand alone ideas.

Remember it doesn't really matter what you chat about. The idea is just to keep encouraging your kids to connect with God and weave it into any and every part of their day. Feel free to use these reminders however you like. You could print them off and cut them out and pick one at random to try as you eat breakfast. Or you could stick one on your kid's mirror, or let them choose one for you to do in the car or just work through the list from top to bottom! Use them however works best for you and your family. If you'd like to know more about chat and catch, go to parentingforfaith.org/chat-and-catch for more examples and ideas.

Have fun!

parenting for faith



Ask God what makes him laugh

Tell God three words that describe you best

Tell God something that makes you feel worried and why

Tell God what you'd buy if you had £10,000

Ask God what he liked creating most when he made the world

Show or tell God the best thing about being you

Tell God a word you find hard to spell

Ask God how he feels when he watches the news

Tell God who you like playing with and why

Tell God about the last time you knew you were right

Ask God what he's been doing in the world today

Tell God the funniest joke you know

Tell God what your favourite TV programme is and why



Tell God something that makes your family special

Tell God about a time something started badly but ended well

Tell God your favourite song, or sing it to him

Ask God if there's anything he wished had never happened

Tell God something you found out that you wish you didn't know

Tell God about the last time you hurt yourself

Tell God what makes you a good friend

**“Call to me and I will answer you and tell you great and unsearchable things you do not know.”
Jeremiah 33:3**

Ask God what makes him happy

Tell God about something that makes you feel loved

Tell God how you feel when you're on your own

Ask God why he likes to spend time with you

Show or tell God something you're proud of

Tell God a rule you don't like and why

Tell God something you'd like to change about the world

Ask God what he does when he rests

Draw or tell God what you think heaven looks like

Tell God a sound you like and why

Tell God how you feel about school

Tell or show God something you are thankful for

Tell God something people do that makes you feel uncomfortable

Tell God where you'd like to be living in 10 years time and why

Tell God about someone you're missing

Show or tell God about the last picture you drew

Tell God something that makes you feel sick

Ask God what he'd like you to help him change

Tell God what you like about church and why

Tell or show God where you'd like to travel to and why

Tell God when you were the coldest you've ever been

Tell God what pet you'd have if you could have any animal in the world

Tell God about a memory that makes you laugh

Tell God your favourite food

Tell God what age you'd like to be and why

Tell God something you've just learned

Ask God what makes him sad

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| Ask God what he likes about your home | Tell God what makes you feel safe | Tell or show God your favourite colour | Ask God about a time when he came close to you | Tell God something you hate people doing but you know you do | Tell God how you feel when people argue around you | Tell God all about your craziest teacher | Tell God about a change that's happened and how you feel about it | Tell God your favourite sort of weather and why |
| Tell God the funniest word you know | Ask God what he does at night | Tell God about a time when you lied | Tell God what your favourite hobby is | Tell God about somewhere you don't feel welcome | Tell or show God the last photo you took and why you took it | Draw or tell God what rooms you'd like in a secret treehouse | Ask God what job he has for you to do | Tell God what superpower you'd like and why |
| Tell God the spiciest thing you've ever eaten | Show or tell God a part of the Bible you don't understand | Tell God what you love doing more than anything else | Tell God the best and worst things about the people you live with | Tell God about a time you felt alone | Ask God what movie he'd like to watch with you | Tell God something you like giving to other people | Tell God if you wrote a book what it would be about | Tell God something you don't understand |
| Tell God something you did that you didn't think you'd be able to | Ask God what story he'd like to read with you and why | Show God the funniest face you can make | Tell God about a place you've not been to recently | Tell God something you don't understand about adults | Tell God about someone you know who is ill | Tell God your favourite cereal and why you like it | Ask God what he's looking forward to and why | Tell God something that makes you sad |
| Tell God something that's bothering you at the moment | Ask God what he's proud of and why | Tell God what you really like about where you live | Tell God what Bible character you'd like to meet and why | Tell God about someone who needs his help | Tell God the person who encourages you the most | Tell God something that makes you excited | Tell God three things you'd like to do this week | Ask God what makes him angry |
| Tell God about someone you'd like to help | Tell God something about him that you don't understand | Ask God how he felt when Jesus was born | Tell God if you'd rather have four arms or four legs and why | Ask God where his favourite place in the world is and why | Tell God about your favourite sport | Tell God something that's been different recently | Ask God what game he'd like to play with you and why | Tell God about someone you admire |