

Prayer Patterns – A family prayer activity



Prayer Patterns – A family prayer activity

You will need:

- A large sheet of paper, if you don't have a large sheet try taping a few small sheets together, or paint on the reverse of a roll of wrapping paper or ever brown parcel paper.
- Paint and paint brushes
- Worship music (optional)



Ready to start!

Instructions:

While painting only paint circles (or dots – which are just little circle). Partly so that you don't have to think about what you are painting, but also as the circle symbolises God with no beginning and end.

While painting pray for family and friends and anyone you know in need. At the moment it would be good to think of neighbours, the elderly in our society, our church family and the NHS service. These prayers can be said out loud or quietly in your head whichever feels more comfortable. But this is a quiet activity, so unless you are praying out loud no chatting!



Don't think about what you are painting – but focus on your prayers and listening to God.

Play some worship music while painting.

Swap paint colours with whoever you are painting with.

Move around the table that you are working on so that everyone adds to each other's circles.

Paint until all of your paper is covered and everyone has finished praying.

If you have been praying silently ask your group to share the people they were praying for. Stand back and enjoy your painting.

