

PRAYER PRACTICE SUPPLY LIST

Portable Prayer Station Supplies

- + a canvas bag or canvas string backpack
- + an LED tea light or small candle

Office Supply Prayer:

Choose **one** of the following:

- + a rubber band ball with multiple colors of rubber bands
- + a container of large paper clips with multiple colors of paper clips
- + one six sided die

Pray Dough Prayer:

- + a container of your favorite color of soft dough (my favorite is Crayola Dough). You could also find a recipe online.

Praying in Color:

- + good quality unlined drawing paper
- + your favorite type of coloring utensils with a fine tip (markers, pens, pencils, crayons, etc.)

Praying with Beads:

Choose **one** of the following options.

- + a bracelet or necklace with 7 to 10 large beads (You might make your own with the instructions provided here: <https://goodgodideas.wordpress.com/2021/08/01/prayer-bead-bracelets/>)
- + a set of Rosary beads
- + a set of party beads (attach a small wooden or metal cross)

Labyrinth Prayer:

Choose **one** of the following options.

- + Print off a copy of this labyrinth on stiff paper (laminate with shelf paper, if you want it to last a long time) http://quietmeadows.org/finger_labyrinth.htm
- + Learn to draw your own labyrinth: <https://whitebeararts.org/2020/04/meditation-in-motion-drawing-walking-a-finger-labyrinth/>
- + make a labyrinth with painters tape in your basement, driveway, or at your church: <https://goodgodideas.wordpress.com/2015/11/16/making-a-painters-tape-labyrinth/>

Visio Divina:

- + A high quality image with lots of detail to gaze at. Images are provided in the student workbook.