

PRAYER PRACTICE SUPPLY LIST

Portable Prayer Station Supplies

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

Lego Prayer: Confession & Forgiveness

- + 3 Legos, Duplos, or other snap-together building blocks

Mosaic Prayer: Confession & Forgiveness

- + colorful strips of paper in contrasting tones
- + scissors
- + a background piece of paper (stiff and receptive to glue)
- + a glue stick or bottle of glue

Praying in Color: Thanksgiving

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

Praying with Beads: Advanced Practice

- + a set of prayer beads with at least 7-10 beads
- + a focus verse

Prayer Stones: Pocket Prayers

- + river stones
- + acrylic paint
- + medium craft paint brush
- + fine tip paint markers
- + a focus word

Visio Divina:

- + A high quality image with lots of detail to gaze at. Images are provided in the student workbook and at the Creative Prayer Practices Year 2 QR code.

Creative Prayer Practices Cards

Printing Instructions

- + Use a high quality cardstock.
- + Print on both sides. Printing order 1,1,2,2,3,3,4,4 This will make two sets of double-sided cards.
- + Laminate for durability, if desired.

Prayer Practice Instructions

- + **Choose** one type of Creative Prayer to practice.
- + **Gather** your supplies.
- + **Watch** the video to learn how to practice the prayer. Scan the QR code or follow the link.
- + **Engage** in the practice. Refer to the back of the prayer card if you need some guidance.
- + **Repeat** this practice for at least 3-4 weeks, until it is very familiar to you and you find yourself spending more time praying than practicing.
- + **Conclude** your time of prayer with an Amen.
- + After 3-4 weeks, choose another card and begin again!

QR Code and Website Link

- + <https://deeprootsconfirmation.wordpress.com/creative-prayer-practices-year-2/>

