



### Activity 59

### Canvas Prayers

**Spiritual Development:** To create a personal representation of the things that help us to pray.

#### Prayer Exploration

**You will need** – canvas, table-top easel, selection of paints, selection of embellishments, glitters, ribbon and glue gun.

**Activity** – This activity is intended to let your personal creativity flow! We had a wide range of finished art pieces, such as landscapes, flowers, sunsets and

many more. Use the materials you have, to create something that represents you, and that will help you to focus on when you pray and talk to God. Sit quietly and lose yourself in your picture, and spend time talking to God, through prayer.

