



Activity 28

Emoji Prayers

Spiritual Development: Prayer Exploration

To use prayer to look at and manage our human emotions.



You will need – Selection of emoji materials to make an emoji area, selection of different emojis to write prayers on, selection of felt tip pens and pencils.

Activity – We like to use emojis to explore our human emotions. Emoji prayers are good ways of talking to God to try to manage all the different emotions we have to deal with. Make a comfortable prayer space with emojis, throws, cushions, rugs and bean bags. Sit and think how you are feeling today. Maybe you can remember a situation when you didn't manage your emotions well and ask God for help with that emotion. Is there something that is worrying you, or that is causing you to feel angry? Thank God for the people, places and events that bring joy into your life. There may be something that is hard and making you tired – ask God for the strength to complete it. There may be something that is making you feel confused – ask God for clarity. If you are feeling sad, ask God to bring you peace.

