



Activity 77

Spiritual Development:

You will need – Faith quotes, cross, beads, copies of prayer cards, LED candles, pens, draw string bag, prayer beads and relaxing music.

Activity – Our faith values sack is designed to stimulate discussion about faith and to provide time and a focus for prayer. You can add any activity that enables your group to explore faith and how it can impact on their life and that of others. We put materials into our faith sack so that you can sit and focus on prayer with others or on your own. As a group you can sit and discuss some of the faith quotes. The candles and relaxing music allow you to have some quite time to think about faith. If appropriate you can pray together or on your own. The more you use your faith sack the more activities you can add and develop.

Faith Values Sack

To explore the value of faith.

