



## Activity 15

### Spiritual Development:

## Floating Prayers

### To explore prayer.

**You will need** – Thin paper, pens, scissors and a water tray/paddling pool.

**Activity** – Firstly think of someone or something you would like to pray for or about. Next cut a shape from the paper e.g. flower or star shape that you can write people's names on, heart shape if your prayer is looking at love or forgiveness or a circle for a prayer of thanks. You may think of a shape of your own. Write your prayer or names on your shape then fold the petals, corners or the sides upwards. Place the bottom of your shape on the water and wait!

Watch and reflect on your prayer as the petals or folded parts of your shape slowly open out - this may take a few moments. This is symbolic of your prayers opening to God.

