



Activity 21

Spiritual Development: Prayer Exploration

You will need - A permanent market pen and a football.

Activity - Take a permanent market pen and write some prayer prompts on a football. The prayer prompts could be; family, friends, leaders, thanking God, asking God for help for someone or something, pets, the world, creation, our blessings, the emergency services, fun, forgiveness etc. When you have written the prayer prompts on your football, go outside with a group of friends and play football or any game involving the ball. When you stop or catch the ball, take a few minutes to look at which prayer prompt the ball has stopped at. Focus on the prayer prompts, then pass or throw the ball to someone else.



Football Prayers

To explore prayer through football.

