



Activity 18

Spiritual Development:
time to relax.
Prayer Exploration

Glitter Contemplation Prayer

To use prayer to find calm and



You will need - Empty water bottles, selection of different glitters, selection of beads, buttons etc, clear PVA glue, funnel, warm water, cold water, ribbon, selotape and pom poms.

Activity - First, using a funnel, put the glitter(s) of your choice in your empty bottle, along with confetti. Then add a few beads, small buttons and embellishments. Next, fill your bottle half full of warm water. Now add approx 100mls of clear PVA glue, then fill your bottle to the top with cold water. Screw the top on and secure it with selotape. We added some ribbon around the bottle neck and a glitter pom pom on the top. Shake your bottle to mix the ingredients. Now turn your prayer bottle upside down and talk to God, through prayer, as the glitter settles. Use your prayer glitter bottle to relax and spend time with God.



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