

## Activity 53

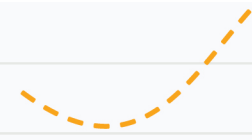
## Heart Prayers

Spiritual Development: To make and use heart prayers to know God can see what is in our hearts.  
Prayer Exploration

**You will need** – Heart-shaped cards, heart-shaped paper, selection of felt tip pens, heart confetti, art and craft embellishments, scissors, heart table cloth and Just to say heart cards.

**Activity** – “Man looks at how someone appears on the outside. But the Lord looks at what is in the heart.” Samuel 16 :7 Firstly, make a space with the theme of hearts. We used a heart table cloth, heart confetti and some of our Just to say heart cards. Take a heart card and think carefully of all the things and people in your life that you love. Say thank you to God that they are in your life. Perhaps someone you love needs some help at the minute





and you can ask God, through prayer, to help them. We must also remember that hearts are easily hurt. A heart is easily hurt by unkind words we say, or even by being mean, when we are at play. If you have hurt someone this is what you should do: say "I'm sorry, please forgive me, as God forgave me and you." We took a small wooden heart home to remind us of love and forgiveness.

