



Activity 94

Lip Balm Prayers

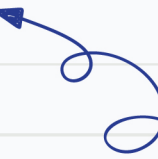
Spiritual Development:
Prayer Exploration.

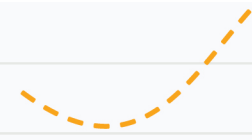
To explore prayer through making and using lip balm prayers.



You will need – Lip balm making kit, extra Beeswax beads, essential oils, empty lip balm tubes or tins, small bowl, kettle, colouring, shea butter and coconut oil.

Activity – Add 3 scoops of base wax and 27 wax beads to the measuring cup. Place the measuring cup in a small bowl with hot water (always have an adult to help with hot water). Once the wax has melted add some colour and 6 drops of your chosen fragrance. Pour the mixture into one of the lip balm tubes or tin and leave overnight to set. Balm is used to sooth and heal. When you sit quietly with your lip balm, put a little on your lips and feel how





soothing it is. Ask God to help you with a situation that you need help with. A situation that you feel needs soothing, and healing.

