



Spiritual Development: To experience prayer through senses using praydough.
Prayer Exploration

You will need – Flour, salt, cream of tartar, vegetable oil, food colouring, fragrance, and dough tools, glitter etc.

Activity – First you need to make some dough, add some colour, fragrance (we used bubblegum and cherry) and texture (such as glitter). Take your praydough and begin to hold it. How does it feel? How does it smell? Squeeze, squish, roll and mould your praydough. Add into your praydough glitter, sequins, natural objects. How do they change your praydough? As you use your praydough think of the things you would like to talk to God about. Tell God about your day, ask for help with something for yourself or for another person. You could thank God for something in your life or for the wonderful world we live in. Ask God to keep you strong, or you may ask God for forgiveness about something. You may talk to God about a problem you are facing. Holly made a doughnut and thought about the hole in the middle, all the things that made her special and all the things that were important to her.

