



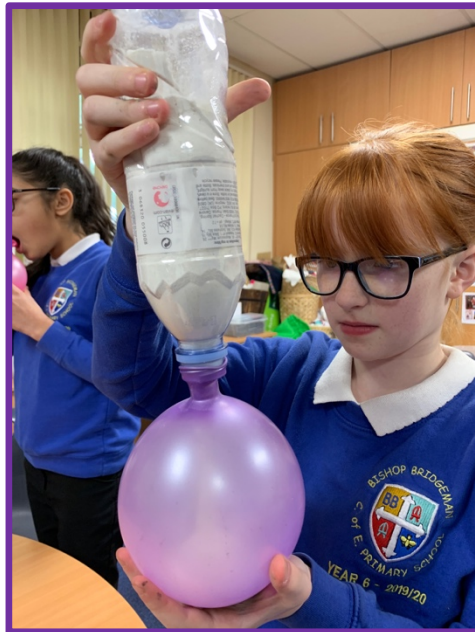
Activity 86

Prayer Ball

Spiritual Development: Prayer Exploration.

To explore prayer by making and using a prayer ball.

You will need – Flour, funnel, spoon, empty DRY water bottle, balloons, permanent markers, selection of different coloured yarns, glue and scissors.

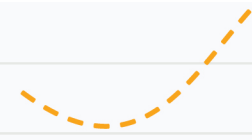


Activity – To make your prayer ball, firstly, take an empty dry water bottle and fill it with flour. Use a funnel to spoon the flour into the water bottle. Blow your balloon up to the size of a large orange. Ask a friend to hold the neck of the balloon to stop the air coming out. Put the end of the balloon over the top of the bottle (it is a little bit like putting a swimming cap on!) Next, take the balloon off the bottle and SLOWLY, let the air out. (If you let the air out too quickly, you will have a flour fountain!) Tie a knot in the balloon and your prayer ball is ready to decorate. With a permanent



markers, selection of different coloured yarns, glue and scissors.





marker, draw a face on your ball - you can also glue on some hair. If you do not want to draw a face, you could write some words or values on your prayer ball. Once you have finished your prayer ball, find a quiet place, by yourself or with others. Take your prayer ball and begin to squeeze it, mould it and concentrate on how it makes you feel. Think of the things you would like to talk to God about in prayer. What will you thank him for, ask for his help, pray for others and the world. As you pray, keep moving and moulding your prayer ball.

