



Activity 47

Prayers Bands

Spiritual Development: Prayer Exploration

To make and use prayer bands to support personal prayer.

You will need – Prayer band templates, selection of felt tip pens, pencils and scissors.

Activity – Firstly, draw and cut out a band that is big enough to go around your wrist and wide enough for you to write names, places and words on. On your prayer band you can write the names of people you want to pray for. You could also, write the names of places, people and things you love and want to give thanks to God for. You can use your prayer band to write prayer prompts for yourself. Sit comfortably, and turn you prayer band around your wrist, stopping at each name or word you have written, and talk to God about that person, place or word.

We find prayer bands simple and easy to make, they can be changed regularly depending on your or other people's needs.

