



Activity 34

Prayer Fizzers

Spiritual Development: Prayer Exploration

To explore prayer by making and using prayer fizzers.

You will need – Baking soda, citric acid, Epsom salts, water, olive oil, essential oils (fragrance), mica powder colouring, glass mixing bowl, metal whisk, moulds, glass jar,

Activity – Bath fizzers are exciting and a fun way to pray. To make your prayer fizzer put 1 cup of baking soda, $\frac{1}{2}$ cup of citric acid, $\frac{1}{2}$ cup of Epsom salts into a glass mixing bowl. Take the glass jar and add 1 teaspoon of water, 2 teaspoons of olive oil and some drops of the essential oil (whichever fragrance you have chosen to use). Add some of the colour powder to the dry ingredients, how much depends on the intensity of the colour you would like. Mix together the water, oil and fragrance. As one person is stirring, using the whisk, someone else needs to add the solution





from the jar VERY SLOWLY. The mixture must be stirred at the same time to prevent the mixture from fizzing. Once all the solution from the jar is mixed in, you should be able to squeeze the mixture and it will stick together. Fill the moulds and leave for a few hours. When you are ready to use your prayer fizz, you will need some warm water. We used our prayer fizzers to pray together, but you can use them on your own also. Drop your prayer fizz into the water. Watch it spin and fizz, God is always excited when we pray as we build our relationship with him. How does your prayer fizz make you feel? You can use your prayer fizz to symbolise letting go of something and giving it up to God. Look at the colour of your prayer fizz, what does that mean to you? Smell the fragrance you chose, how does that make you feel. Prayer fizzers are a fun and exciting way to interact with God.

