



## Activity 5

## Prayer Flags.

Spiritual Development: To explore prayer through making and the use of prayer flags.

### Prayer Exploration

**You will need** – A selection of craft materials and embellishments, scissors, felt, a selection of fabric, ribbon and binding, glue gun, material and wood hanger to make your flag on.

**Activity** – In this activity you can be free to personalise your prayer flag in any way you feel like. Use the selection of felt, fabric and craft activities to create something that you can focus on when you pray. Add things on your prayer flag that mean something to you, words that will prompt your thinking, the world or colours that will inspire you. You may wish to sit with your friends with their prayer flags and talk to each other about why your flag is special and how it helps you to pray. Then, spend some quiet time talking to God, using your prayer flag.

