



Activity 76

Prayer Flip Flops

Spiritual Development: To support prayer and explore discipleship by Prayer Exploration.

You will need – Sole shapes left and right, pipe cleaners, selection of beads, embellishments, glue gun, scissors and selection of felt tip pens.

Activity – Firstly, cut out the soles to make your prayer flip flops (make sure you have a left and a right). Then, take 2 pipe cleaners, twist them together for 4-5cms and poke the end through the card sole and bend backwards to secure. Now, add some beads to both

pipe cleaners. Make sure you leave enough of the pipe cleaner to poke through the sole at each side, to secure. To add extra strength, Canon Pilling used a glue gun on the back to hold the pipe cleaners in position. We also added a bead or button over the toe piece. Next, decorate your





flip flops. Prayer flip flops help to remind us about our discipleship and the ways in which we want to follow God. We made some feet to go in our prayer flip flops with words to help us. I want to follow by forgiveness, trust, family, help, friendship, support others, love, courage, peace and prayer.

