



Activity 97

Prayer Focus Holders

Spiritual Development: Prayer Exploration.

To explore prayer through making and using prayer focus holders.

You will need – A selection of rocks, selection of craft embellishments, paints, paint brushes, decoupage glue, jewellery pliers, thin wire, scissors, glue gun, a selection of beads and photo or picture that will focus your prayers.

Activity – First decorate a rock (see activity 44). Once your rock is decorated with a coat of decoupage and dry take some wire and wrap it around your rock. For this, make sure you have an adult to support you. With the jewellery pliers, twist the wire at the base of the rock and allow approximately a 20cm length of wire and cut it. Add

some beads and embellishments to about half the length of wire. Then twist the remaining wire around a pen or your finger, this will form the photograph holder. Sit quietly on your own or with a group of friends and focus on your photo and prayer rock. Use them to focus your prayers.

