



Activity 100

Spiritual Development: Prayer Exploration.

You will need – various colours of yarn and knitting needles.

Activity – Knitting is a calming and relaxing activity to support quiet prayer, once you have learned how to knit. To learn to knit, find someone who can teach you or study YouTube videos on basic knitting. Once you are comfortable with knitting, find a place where you are comfortable and as you find yourself in the knitting rhythm, begging to talk to God, thanking God, asking for help about a situation, asking for guidance or generally talking to God about your day. Our ethos knit and pray group helped each other to learn to knit. We even knit our stripy prayer socks! Happy made herself a wonderful prayer blanket to use at home.

Prayer Knitting

To explore prayer through the art of knitting.

