



Activity 94

Spiritual Development:

You will need – A variety of beads, wool, string, scissors and LED candles or tea lights.

Activity – This activity is designed to enable you to further explore prayer and ways to pray. First of all you need a long length of wool, string or beading thread. Choose a large decorative bead to go at the bottom and anchor all the other beads in place. Ensure that this bead is tied securely. Now choose beads that you like and that you find thought provoking, colourful etc. Continue adding beads until your length of string is full, leaving enough string to tie a loop at the end so you can hang your prayer beads if you wish. Use the LED candles or tea lights to create a quiet time where you can sit with your prayer beads and use them by touch and colour, i.e. some beads may represent people, places etc. Discuss with a partner or in small groups your prayer beads, which beads mean which values, virtues and qualities, people or places etc.

Prayer Mobiles To explore prayer.

