



### Activity 13

Spiritual Development:  
prayer post.  
Prayer Exploration

### Prayer Post

To investigate prayer by taking part in

You will need – Cardboard post box, paint, letter writing materials, art and craft embellishments, scissors and glue.



**Activity** – Firstly, paint your post box red. We decorated our prayer post box with pictures to help us focus, and with other art and craft embellishments. In this activity, you will be writing a letter or a prayer to God and then posting it. This is to symbolise your prayers going to God. You can decorate your letter in any way you choose.

Think carefully about the things you would like to write in your letter or prayer. We use our prayer post box all the time.

