

Activity 44

Prayer Rocks

Spiritual Development: Prayer Exploration

To make and use prayer rocks to explore prayer.

You will need – A selection of rocks, selection of paints, paint brushes, paint pallets, decoupage glue, selection of craft embellishments and glue gun.

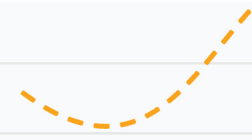


Activity – First choose a rock and paint it in the colour of your choice and leave to dry. Next, decorate your prayer rock with words and patterns. Your prayer rock is very personal to you and how you express your thoughts and feelings. Once you have painted on the decorations, leave to dry. Now, cover your rock with a glue that will dry clear, such as decoupage glue. Leave to dry and you will then have a beautifully painted and shiny rock. If you like, you can add craft embellishments onto your rock with a glue gun. Make sure you ALWAYS have an adult with you when using a glue gun. Find a



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quite space, either on your own or with a group of friends, and use your prayer rock to focus your time talking to God, through prayer.

