



Activity 25

Spiritual Development: Prayer Exploration

You will need - 2 containers, 1 bag of soil, 1 bag of clay, 1 measuring cup, 1 wooden spoon, 1 sachet of wildflower seeds.

Activity - This activity celebrates new life and the environment. To make your seed balls empty half a bag of clay into the bowl. Then add half a bag of soil. Sprinkle half the sachet of wildflower seed into the bowl and stir the dry ingredients. Add 50ml of water into the soil mixture. Re-fill your measuring cup to 20ml, add more water, a few drops at a time and continue to stir until the mixture is a sticky dough consistency. Take small amounts of the mixture and roll them into balls approximately 2cms in diameter. Dry your seed balls for 24-48 hours. When you are ready to sow your seed balls, give thanks to God for creation and the wild

flowers. Give thanks for leaves, nectar and pollen that provides food for insects. Give thanks for the insects that themselves are eaten by birds, bats, amphibians, reptiles and small mammals, all of whom contribute to the cycle of life.

Prayer Seeds

To explore prayer through nature and new life.

