



Activity 3

Spiritual Development: To
investigate personal prayer through the
of prayer socks.
Prayer Exploration

Prayer Socks.



You will need – A pair of stripy socks, sock template for writing down your feelings or prayers, pen, felt tip pens.

Activity – Prayer socks are so much fun! All you need for this activity is a pair of stripy socks. You can if you wish, write down your thought and prayers on a sock template or you can just use your prayer socks to be calm and talk to God. Firstly, find a quiet space either with friends or by yourself. Then, put on your prayer socks. Sit for a while and reflect on the different colours on your socks. Choose a few of the different coloured stripes and think of a prayer for each one. The colours may give your ideas of the things you would like to talk to God about. You might want to give thanks for something or ask for God's help with a problem. There may be something you would like to ask God's forgiveness for or you may wish to pray for other people you know or throughout the world.

