



Activity 62

Prayer Sticks

Spiritual Development: Prayer Exploration

To investigate prayer by making and using prayer sticks.

You will need - Selection of different coloured yarns, selection of buttons, beads and other embellishments, glue gun, scissors and tassels.

Activity - Collect some sticks and let them dry out. Choose the colours of yarn you would like on your prayer stick. Start with your first colour and tie it on one end of your stick and then wrap the yarn around the stick for as long as you would like that colour. Change colour by starting to wrap over the end of the last colour, overlapping it and catching the end in. Keep doing this for as many times as you would like to change the colour. Choose a number of buttons, beads, mini pegs, large sequins and any other craft embellishments, and glue gun them onto your prayer stick. Make sure that an adult helps you with using a glue gun. When you have completed your prayer stick, you can use it to support your prayers. We had some quiet time using our prayer sticks. Each of our prayer





sticks is personal. We chose colours that mean something special to us, reminded us about the wonderful things that God provides for us such as: the countryside, trees, sea and the sky. The buttons, beads etc. are things that we focused on while praying. You can buy buttons in all shapes, sizes and themes. We had buttons of animals, sports, dinosaurs, butterflies and many more, that helped us focus our prayers. Your prayer stick can be used at anytime and anywhere. You may want to make a prayer stick for someone in your family, for a friend or for your place of worship.

