



Activity 22

Prayer Bands

Spiritual Development: Prayer Exploration

To think about prayer never-ending.



You will need – a ball made our of coloured rubber bands.

Activity – Choose a rubber band. Have a good look at the rubber band you have chosen. Your rubber band is endless, there is no beginning and no end. It is the same for prayer and God's love for us. It is endless. It can't be measured. You can't find the beginning or the end. There is nothing you can do to make God love you more. There is nothing to do to make God love you less. Take the rubber band you have chosen and put it on your wrist as reminder that God loves you and that through prayer he is always there to listen to you.

