



## Activity 54

## Time for Prayer

**Spiritual Development:** To make and use a prayer watch to remind us to spend time with God.  
**Prayer Exploration**



**You will need** – A watch template, cut out from card, selection of felt tip pens, scissors, a selection of craft embellishments, glue and a clock.

**Activity** – This activity, we have designed to make us stop and think about how much time we devote to prayer and God. Cut out a cardboard watch and use the felt tips to decorate it. If you wish, you can glue some embellishments on, to add to the decoration. We are all ruled by time. Look at the clock and watch the time moving on and think about time. How much time do you have for peace? How much time do you have for prayer? How much time do you make for yourself? How much time do you have for God? Keep your watch to remind you to make time to talk to God through prayer and to make time for yourself. [You can talk to God through prayer at any time and God will listen.](#)

