

## **Praying Hands**

(Session to be adapted depending on the Year group)

Remind the children that this is their quiet time with God and that they do not have to share any thoughts or ideas with anyone other than God.

Hymn to be played: 'I give my hands.....'

On a piece of paper, draw around and cut out the shape of your own hand.

On the four fingers write:

- Someone to thank God for.
- Something to thank God for.
- Something for which you would like to ask God's help.
- Something you would like to say sorry for.

Fold down the fingers on the paper hand when you have said a prayer for each of the themes.

Stick the hands in the prayer journal.

Draw or use words.....

This made me think of..... I felt..... My prayer is.....